

A Back Injury Explainer

Back injuries are one of the most persistent and debilitating injuries a person can suffer from an automobile accident. Back injuries run the gamut from low-grade strains to the more severe herniated disks and spinal cord damage, both of which require surgery and extensive recovery periods. If you've been in a car accident and feel you may have suffered an injury to your back, you should seek medical assistance immediately. Without treatment, back injuries can grow exponentially worse with time and can lead to chronic pain, paralysis, and many other long-term issues.

Common Types of Back Injuries

The most common injury to the back, by far, is damage to soft tissue, whether it be bruising or actual tearing of the tissue. The back is a complex weave of muscles, tendons, and ligaments, any of which can be injured in even the most minor of car accidents. Though this type of back injury is one of the least serious, the pain can sometimes be excruciating.

A still more severe class of injuries are the various fractures one can suffer from an automobile accident. Dislocation and compression fractures are possible in an automobile accident, and each one is a serious injury which should be treated by a medical professional as soon as possible.

Bulging or herniated discs are another potentially serious back injury. When a disc is damaged it can either rupture or slip out of place. This can not only cause severe pain, but inhibit your ability to walk or even sit properly. A damaged disc should be treated immediately and not taken lightly.

Back Injury Treatments

Surgery is one of the most important treatments for a number of major back injuries, and oftentimes it is the only treatment. The most common back surgeries are endoscopy, laminectomy, and spondylodesis, commonly known as a spinal fusion surgery. Endoscopy is an invasive procedure which uses a camera attached to a small tube a surgeon will insert through a small incision in a patient's back in order to locate damaged disks, pinched nerves, or vertebrae in need of fusing. A laminectomy is when a surgeon removes a piece of a vertebrae called the lamina in order to relieve pain from an exposed nerve. A spondylodesis is when a surgeon fuses two vertebrae into one. Each of these surgeries is expensive, costing upwards of \$100,000, and recovery time can number in the weeks if not months.

Physical therapy is another common treatment for automobile-related back injuries. Physical therapy is not only a useful complement to a surgical procedure, but can sometimes actually replace surgery as an option. Undergoing physical therapy can help restrengthen injured muscles, joints, and tendons. Physical therapy also has a shorter window of recovery and is far less expensive than surgery.

Chiropractic treatment is another popular treatment option available to victims of an automobile accident, especially ones who have suffered whiplash. Car accidents are almost always jarring events, causing a misalignment of the back and neck as well as various soft tissue injuries. Seeking treatment from a chiropractor may greatly reduce pain and discomfort, and accelerate recovery time.

Call The Advocates Today

Automobile accidents can be traumatic events and recovering from them can send the even the most well-prepared person's life into a tailspin. A painful back injury will only exacerbate this confusion by leaving you stuck on bedrest. The skilled attorneys and staff at The Advocates work with only the best medical providers who will help you get back on your feet again. Call The Advocates today for a free case evaluation.