

Why physical therapy?

Physical therapists are rehabilitation specialists extensively trained in evaluation and treatment of injuries to your neck, back and limbs following a motor vehicle accident. Working in a team approach with your doctor, your physical therapist:

- Evaluates the joints, muscles, and nervous system and works to determine the best individualized treatment program for your injury.
- Guides you through the four critical stages of healing as outlined in this brochure.
- Monitors the postural alignment of your neck and back and works to re-establish correct alignment during the healing process. Poor posture, (which applies unwanted stress to the joints and muscles of the neck and back and often occurs after an accident) can be a cause of ongoing pain.
- Initiates pain reducing steps including ice, heat, ultrasound and electrical stimulation to help increase your comfort.
- Utilizes mobilization techniques to help restore normal joint movement to neck, back, and limbs.
- Incorporates soft tissue work and massage to help regain full length and elasticity of your muscles and soft tissue.
- Instructs and trains you in a program of stretching, strengthening and coordination exercises designed to restore your normal movement, strength and function.

Research References

1. Active intervention in patients with whiplash associated disorders improves long term prognosis. Spine volume 28, Number 22, pp 2491-2498
2. Comparison on the effects of laser and ultrasound treatments on experimental wound healing in rats. Huseyin Demir, MD; Solmaz Yaray, MD; Mehmet Kirnap, MD; Kadir Yaray, PhD. JRRD, V41 Number 5, September/October 2004 pp 521-728.

Mission

Jackson County Physical Therapy is committed to supporting you on your return to optimal health and well-being.

Jackson County Physical Therapy Locations

Ashland

370 E. Hersey St. Ste 1
(541) 482-6360

Eagle Point

158 W. Main St.
(541) 830-0914

Medford

36 Hawthorne St.
(541) 776-2333

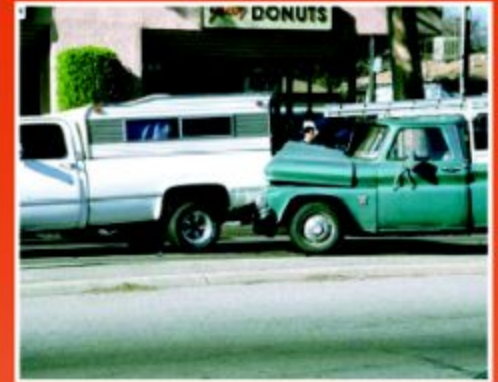
Phoenix

242 Fern Valley Rd.
(541) 512-0757

Vision

Jackson County Physical Therapy aspires to improve the quality of life of our patients by creating an environment that promotes wellness. We are committed to providing an experienced, caring staff dedicated to learning, teaching and personal development. We strive for a safe and confidential setting with unparalleled individualized care.

Recovery from a Motor Vehicle Accident



**JACKSON
COUNTY
PHYSICAL
THERAPY** LLP



Heal Your Body. Strengthen Your Life...

Our goal is to maximize your recovery and minimize any residual problems you may experience following your accident. Physical therapy intervention has been shown to help in recovery after a motor vehicle accident.¹

At **Jackson County Physical Therapy** we work with you to achieve this by:

- Teaching you about the stages of healing.
- Guiding you through each stage, providing appropriate clinical and home intervention.
- Assisting you in achieving maximum recovery and full return to an active lifestyle.



The Stages of Healing

First Stage: Day 1 to Day 10

Immediately following your accident, your body works to clean up the injury site and starts to lay down healing tissue (substrate) called fibrin. During this stage we recommend that you:

- Get plenty of rest.
- Use an ice pack on swollen area(s).
- Avoid painful body positions.
- Provide your body with good nutrition.

Second Stage: Day 10 to Week 4

For the next 3 to 4 weeks your body begins putting down the majority of healing tissue (called collagen) that it will produce. During this stage your therapist's goal are to:

- Assist your body in the production of more collagen. This may include ultrasound and infrared treatments.²
- Provide you with appropriate stretching and strengthening exercises.
- Help with pain control. This may include electrical stimulation, heat, and ice.

Third Stage: Week 4 to Week 10

By week five, new tissue production is mostly done. The new tissue you have made starts to shrink and connect together to strengthen the injury site. At this stage your therapist will:

- Guide you through an exercise program designed to strengthen the new tissue.
- Use techniques to achieve maximum flexibility of the injured area.
- Continue pain-relieving steps as needed.
- Utilize joint mobilization/movement to promote healing in correct postural alignment.



Stage Four: Week 10 to 1 year

During this stage, tissue healing continues by collagen shrinkage and interconnection. Your physical therapist will provide you with a home program of continued stretching to maintain flexibility and ongoing strengthening of the injured area.



Common Problems

Motor vehicle accidents may result in strain to muscles, ligaments, nerves, and joints in the spine. Swelling, pain, and spasms can limit movements, sometimes severely. It is not uncommon to experience some or all of the following:

Numbness/tingling, constant/or intermittent pain, weakness, headache, dizziness, ear ringing, nausea, fatigue, or poor balance.

These symptoms may come on immediately, appear after several days, or they may come and go over time.

Call your doctor immediately if you experience:

- Decrease in bowel or bladder control
- Loss of consciousness
- Persistent tingling in extremities
- Persistent dizziness
- Blurred vision
- Nausea