

# Auto Accidents Happen

Whiplash is an injury to the soft tissues of the neck that occurs from a sudden jerking or “whipping” of the head. This type of motion strains the muscles and the ligaments of the neck beyond their normal range of motion.

Whiplash often occurs when a vehicle stops suddenly in a car crash or is struck from behind. Either of these two actions causes things in the vehicle to be thrown forward...including passengers.

A seat belt will keep a person’s body from being thrown forward, but the head may snap forward, then backward, causing a whiplash injury in the neck. In addition to car accidents, whiplash can be caused by roller coasters and other amusement park rides, sports injuries, or being punched or shaken.



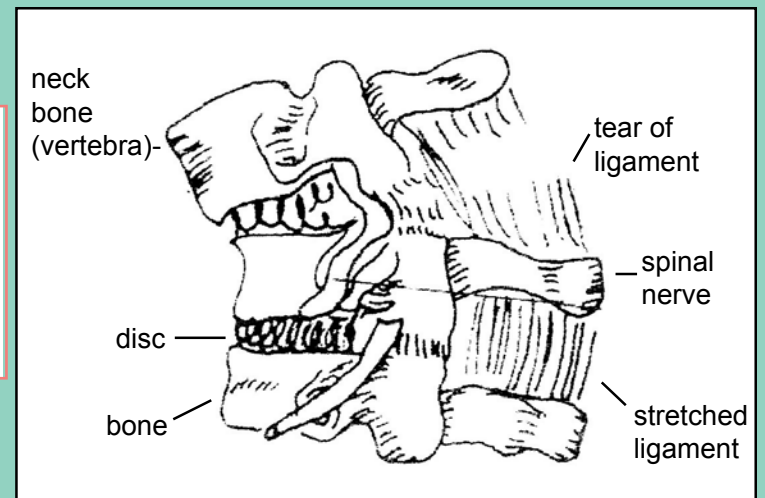
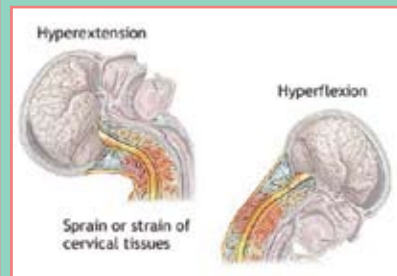
## Symptoms:

Often you feel pain and stiffness in your neck for the first few days following a whiplash injury. Then you feel better, but the pain and stiffness may come back several days later. The discomfort you feel may involve surrounding muscle groups in your head, chest, shoulders and arms. You may also experience blurred vision, difficulty swallowing, irritability and fatigue, nausea, ringing in the ears, vertigo, numbness and tingling pain in the jaw or face.



## Treatments:

Chiropractic care works on correcting complications and relieving pain associated with whiplash injuries. If you are involved in an automobile accident or any type of accident, big or small, and experience pain, please call our office for a complimentary consultation.



# Dr. Timothy J. O'Grady

2708 S. U.S. Highway #1, Fort Pierce, FL 34982

# (772) 468-1000



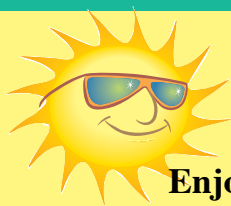
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**Serving St. Lucie Co. Over 20 Years!**  
**Visit us on our new website:**  
**[www.DrTimothyJOGrady.com](http://www.DrTimothyJOGrady.com)**

## Special Events



### AUGUST

**Cool...Cool...Summer**

**Celebrate Fridays with us!**

**Enjoy ice cream, cold drinks and popcorn through the month of August.**



### OCTOBER

**Patient Appreciation Day  
Annual Fall Harvest Festival  
Friday, Oct. 30th - 6:00-9:00**

**Join us for an evening of food and fun!**



### NOVEMBER

**"Thankful for our Blessings!"**

**Annual Food Drive**

**Donate a brown paper bag FULL of dry goods & receive a no charge adjustment**



|               |       |                                   |
|---------------|-------|-----------------------------------|
| Virginia      |       |                                   |
| Gardenia      |       |                                   |
| Wisteria Ave. | U S 1 | Nature's Way Gym<br>Heathcote Dr. |
| Edwards       |       | Savannah Rd.                      |