

SOURCE: Secrest Family Chiropractic

June 14, 2011 16:00 ET

Auto Accident Injuries Most Common in Urban Areas, Mesa Chiropractor Offers Range of Treatments

SCOTTSDALE, AZ--(Marketwire - Jun 14, 2011) - Arizona auto accidents totaled more than 106,000 in 2009, according to the state Department of Transportation, resulting in more than 50,000 injuries. The majority of those injuries, or nearly 40,000, occurred in urban areas such as **Tempe** and **Scottsdale**. Secrest Family **Chiropractic** has long been treating the victims of **Scottsdale auto accident injuries**, with the first step always an assessment to determine the extent of damage done to the body's natural alignment. Once an assessment is made, Dr. Secrest can determine the best methods of treatment and tailor a specific treatment plan to alleviate pain and ensure the body is primed to start healing itself naturally.

Immediacy is the best policy following an auto accident, even if no immediate pain or discomfort is felt. It can take weeks, months or even years for **neck pain, back pain** or other effects of **auto accident injuries** to materialize, at which time the damage has already been in place for an extended period. Seeking immediate treatment also reduces the chances of additional complications and pain that can stem from the initial injury if left untreated. Related conditions that can surface after an extended period include migraines, poor posture and stress-related ailments such as **TMJ disorder**.

The main aim of **chiropractor treatments** is to restore the body to its natural alignment so it can naturally and fully heal itself. A wide variety of treatments are available in **Scottsdale** at Secrest Family **Chiropractic**, based on the type of injury suffered and the pain condition. **Koren Specific Technique** is a method used by Secrest **chiropractors**, a gentle and comfortable procedure that results in a full-body adjustment while standing, sitting and moving into positions in which the body is still feeling pain. The method strives to eliminate the mental trauma that has become trapped in the physical body which, in turn, releases the stress incurred by the accident.

Treatment options at Secrest cover spinal, cranial and extremity adjustments as well as physiotherapy. Physiological therapeutic procedures include Cox Spinal Decompression, KST Specific Therapy, low-level laser therapy, mechanical and manual massage. Treatment options are part of a full treatment plan that results in full recovery as long as the plan is correctly followed.

Dr. Secrest makes sure to not only assess the damage caused by an accident, but to suggest an ongoing series of exercises when applicable to further strengthen the body and correct the issue. Exercises are performed at home and lead to enhanced effectiveness of the initial **chiropractor** treatment as well as a reduced cost of future care by reducing the frequency of follow-up procedures.

Cost is another hardship that can result from auto accidents, not only with the price of repairing vehicular damage and potentially paying increased insurance rates but also the cost of proper healthcare to treat the injury. **Secrest Family Chiropractic** can usually work with a patient and their attorney on a "no-out-of-pocket fee basis," depending on the circumstances surrounding the accident and the insurances involved. More information about auto accident injury treatment is available on the **chiropractic** clinic's website, <http://secrestfamilychiropractic.com>.