

# Getting Back to Normal After Your Accident

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When you have been injured, the first thing on your mind is probably “how do I get back to a ‘normal’ life?” The first step is always to get medical treatment. We all know that pain is the body’s way of telling us something is wrong. If you were raised like I was, you try to deal with the pain without making a big deal out of it, and doctors are a last resort. It is expensive to go to the doctor and it can be inconvenient. It is also crucial.

It is not uncommon to get hurt in a car crash or from negligence, and have another injury shortly after that from another crash or fall. Maybe no one is at fault, maybe pain and weakness from the first injury caused the second one, or maybe it is just bad luck. If you ignore your pain and have another injury, the insurance company will blame that second one for your problems instead of the one that they are responsible to pay. Even more than the risk of a later injury, it is important to get medical treatment sooner rather than later for two very important reasons:

### 1 You won’t get better if you ignore your pain.

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I have questioned hundreds of doctors, and they overwhelmingly say that the most healing comes in the first 6-8 weeks. If you wait to get treatment, you are not only limiting the potential for healing, but you may be prolonging your injury. Not all injuries require active treatment, but you should let a medical professional guide you rather than just ignoring the pain. A doctor’s note may also be the only way you can get the rest you need to heal without losing your job!

## 2 You need to document your pain and problems from a legal standpoint.

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No jury, and therefore no claims adjuster will take your pain seriously without medical documentation. If you suffer in silence, there is little evidence that you were injured.

This is a tricky subject from a legal standpoint. If you go to a doctor just because your lawyer said to go or if you aren't honest about your symptoms, you will be punished by a jury for faking and trying to magnify your claim. If you are having real pain and problems though, it is crucial to go to the doctor every three to six months and make sure he or she knows you are suffering. Being honest about your injuries means that you tell your doctor when you hurt.

Remember that what happened to you doesn't matter in court- it only matters if we have evidence and can prove it happened. Without medical treatment and documentation, we won't have much evidence to help you get justice!

Make sure that our office knows when you start and stop treatment. Once your doctor releases you, don't be afraid to go back for care if symptoms return. Insurance lawyers love to argue about big gaps of time in between treatments. Sometimes clients hope things will get better without medical care. If they are right, they save a few bucks on medical treatment. If they are wrong, they don't get fair treatment from juries and insurance companies. Don't gamble with your health (or your case.) See your doctor.

### Contact Us

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Contact the personal injury attorneys at The S.E. Farris Law Firm for a free consultation about your case. The S.E. Farris Law Firm takes personal injury cases seriously. We understand that your case affects you and will help you get the compensation you deserve. Visit [FarrisLaw.net](http://FarrisLaw.net) or call 314-A-LAWYER today.