

When a car accident occurs, you may find yourself in an excited state of shock. If you are not seriously injured, you will most likely get involved in assisting any injured passengers, removing your vehicle from the traffic flow, gathering insurance information from the other driver and talking with police officers.

While you may be in a heightened state of excitement or trauma, your body may also be in a mild state of shock. You may not feel any pain at first. However, you may have injuries that don't reveal themselves for hours, days, or even months after the accident.

That's why it's important for you and your passengers to have thorough physical and spinal exams to rule out possible hidden or invisible injuries—injuries to your nerves, muscles, bones and ligaments. Left untreated, these injuries can create severe and painful back, neck, headache, postural, arm or leg problems down the road.

So protect yourself and your loved ones with a comprehensive examination after your auto accident. In most cases your auto insurance will pay 100% of the cost. You'll be glad, and relieved, that you did.

### Fast, effective relief you need for:

- Neck pain • Headaches • Back pain • Bulging Disc problems
- Dizziness • Numbness • Joint stiffness • Muscle tension • Wrist pain • Leg pain • Shoulder pain • Hand, wrist & arm pain • Sprains & Strains • Sports injuries • Auto injuries • Nutritional therapy • Wellness care

### With the convenience you deserve:

- Insurance Claims processed for you • Easy parking • Flexible appointments • Unhurried treatment sessions • Friendly staff • Disability-friendly facility • Visa, MasterCard & Discover welcomed.



Dr. William Lyden is a Chiropractic Physician in private practice, specializing in integrated healthcare, since 1985. He has two postgraduate diplomates or specialty degrees: D.A.C.B.N. (Diplomate of the American Chiropractic Board of Nutrition) in Clinical Nutrition and a D.A.B.C.I. (Diplomate of the American Chiropractic Board of Internists) in Internal Disorders and Diagnosis. He is a member of the American Association of Chiropractic Physicians (A.A.C.P.) and the American Association of Anti-Aging Physicians (A4P). Dr. Lyden is a certified NeuroEmotional Technique (N.E.T.) practitioner. As past president of the Midwest Chiropractic Internist Association, he teaches and consults, and has developed laboratory blood profiles utilized by chiropractic physicians in the upper Midwest. As a participating physician in *Health Coach Systems International*, he is dedicated to changing health care paradigms in North America. Dr. Lyden has had over 20 years experience treating patients with injuries from motor vehicle accidents.



### MICHIANA WELLNESS & LONGEVITY CLINIC

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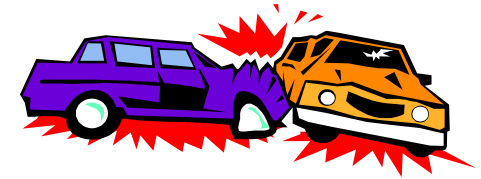
Phone: 574-258-4444  
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P/I

MICHIANA WELLNESS & LONGEVITY CLINIC

"Chiropractic & a Whole Lot More!"

## PERSONAL INJURY GUIDE



### WHAT TO DO if you're involved in a MOTOR VEHICLE accident

Tel: 574-258-4444

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## ACCIDENT CHECKLIST

### In the Event of a Motor Vehicle Accident:

1. Pull safely off the road or out of the flow of traffic, if at all possible. Stop your vehicle immediately, and check for injuries. Have your driver's license and proof of insurance ready.
2. Call the local police, highway patrol or 911, if you have a cell phone. Do not leave the scene of the accident. Wait for the police to arrive. Do not discuss the accident with anyone but the police or your insurance agent. Stick to the facts of what happened. Do not admit fault, because you may not have all the facts.
3. Collect witness information. Get names, addresses and phone numbers of all witnesses. If a witness does not remain at the scene, write down their vehicle license number, make and model. Police can contact them later for more information.
4. Fill out the accident information forms in this brochure. This information will help the police and ease the preparation of official documents.
5. If your vehicle is disabled, call your personal roadside assistance company (e.g., AAA) or a towing company to move your vehicle to a repair shop.
6. Even if you don't think you're injured, make an appointment for a spinal exam. It is better to be safe than sorry where your health is concerned. You'll want to make sure that you don't have any hidden injuries that could cause future pain or other problems.

## The Accident

Date of Accident \_\_\_\_\_ Time \_\_\_\_\_ AM/PM Dusk/Dark

Location (include city, cross streets, miles to nearest town, etc.)  
\_\_\_\_\_  
\_\_\_\_\_

Weather conditions: \_\_\_\_\_

Description of Accident (Include what happened to you and if you hit anything inside the vehicle): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Police Officer Name: \_\_\_\_\_

## The Information

Badge # \_\_\_\_\_

Other Driver's Name: \_\_\_\_\_

Their Address \_\_\_\_\_  
\_\_\_\_\_

Their Home Phone: \_\_\_\_\_

Their Work Phone: \_\_\_\_\_

Owner: Yes/No    Driver's License: \_\_\_\_\_

Vehicle License #: \_\_\_\_\_

Make \_\_\_\_\_ Model \_\_\_\_\_

Their Insurance Co./Agent \_\_\_\_\_

Description of Visible Damage: \_\_\_\_\_  
\_\_\_\_\_

Names & Phone Numbers of Other Vehicle's Occupants:

1. Name \_\_\_\_\_ Phone \_\_\_\_\_

2. Name \_\_\_\_\_ Phone \_\_\_\_\_

3. Name \_\_\_\_\_ Phone \_\_\_\_\_

4. Name \_\_\_\_\_ Phone \_\_\_\_\_

Names & Phone Numbers of Witnesses:

1. Name \_\_\_\_\_ Phone \_\_\_\_\_

2. Name \_\_\_\_\_ Phone \_\_\_\_\_

3. Name \_\_\_\_\_ Phone \_\_\_\_\_

## INJURY CHECKLIST

Use this checklist to note any injuries, pain or other symptoms you have experienced since your accident.

- |                                                                   |                                                        |
|-------------------------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> Headaches                                | <input type="checkbox"/> Ache all over                 |
| <input type="checkbox"/> Rapid heartbeat                          | <input type="checkbox"/> Loss of neck motion           |
| <input type="checkbox"/> Stiff or painful neck                    | <input type="checkbox"/> Blackouts                     |
| <input type="checkbox"/> Nausea                                   | <input type="checkbox"/> Fatigue                       |
| <input type="checkbox"/> Dizziness                                | <input type="checkbox"/> Muscle swelling               |
| <input type="checkbox"/> Double vision                            | <input type="checkbox"/> Loss of balance               |
| <input type="checkbox"/> Loss of hearing                          | <input type="checkbox"/> Painful back                  |
| <input type="checkbox"/> Muscle spasms                            | <input type="checkbox"/> Cold hands or feet            |
| <input type="checkbox"/> Nervousness                              | <input type="checkbox"/> Shortness of breath           |
| <input type="checkbox"/> Tingling in limbs                        | <input type="checkbox"/> Memory loss                   |
| <input type="checkbox"/> Ringing in ears                          | <input type="checkbox"/> Depression                    |
| <input type="checkbox"/> Anxiety                                  | <input type="checkbox"/> Tension                       |
| <input type="checkbox"/> Painful joints                           | <input type="checkbox"/> Numbness in hands and/or feet |
| <input type="checkbox"/> Changes from your pre-accident condition |                                                        |

After a car accident, it's extremely important that you get a thorough physical exam by a qualified medical professional. We want to be sure that you have not sustained any hidden injuries. We also understand that the last thing you need is additional medical bills. That's why we encourage you to call and schedule your priority injury exam and consultation.

### FREE Priority Evaluation &

### INJURY Consultation Includes:

- ▶ Private, unhurried consultation
- ▶ Personal interview
- ▶ Individual health history
- ▶ Discussion of findings
- ▶ Recommendations for treatment

**Call (574) 258-4444 TODAY**

**For your prompt appointment**