



ACCIDENTCARE

Newsletter

February 2019

WEAR YOUR SEATBELT

One of the safest choices drivers and passengers can make is to buckle up.

In 2016, seat belt use in passenger vehicles saved an estimated 14,668 lives and could have saved an additional 2,456 people if they had been wearing seat belts. Nearly 27.5 million people still don't buckle up.

Your safety is our #1 priority at Accident Care!

Seat Belts Save Lives

14,668

NUMBER OF LIVES SAVED BY SEAT BELTS IN 2016



Carpal Tunnel Syndrome from a Car Accident?

When people hear the term carpal tunnel syndrome, many generally think of typists, factory workers, and other people who have to perform repetitive tasks with their hands. And while it is often classified as a "repetitive use" injury, it can also be caused by sudden trauma, such as in a car accident. Carpal tunnel syndrome (CTS) from a car accident is referred to as acute CTS or traumatic CTS.

CTS can range from mild to debilitating and can cause significant adverse ramifications for accident victims. Insurers often argue claims of this nature, so claimants will need substantial medical documentation to support their case.

What exactly is carpal tunnel

syndrome?

The carpal tunnel is the small space along the wrist that houses the median nerve, blood vessels, and several flexor tendons that run from the forearm to the palm of the hand. CTS is a condition that arises out of damage to and pressure around the carpal tunnel.

In a car accident, if the structures in the forearm, wrist, and hands such as the nerves, tendons, and muscles sustain damage and become inflamed, the wrist can swell and compress the median nerve, causing CTS. The damage commonly occurs when people brace themselves or tense up and grip the steering wheel just before impact.

The impact with the steering wheel

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and excess force and tension on the wrist area winds up causing damage to the soft tissues.

Symptoms of CTS can include the following:

- Aching pain
- Tingling
- Burning
- Itching
- Numbness
- Weakness in the hands
- Reduced grip strength and a tendency to drop things

You may not feel the symptoms of CTS right away; damage to the carpal tunnel can take a while to manifest. On the other hand, you may also notice symptoms straightaway. It is important to seek chiropractic attention immediately after an accident, and thereafter as you experience additional pain, discomfort, and/or limited mobility in your back, neck, or extremities.

What are the effects of CTS?

The symptoms of CTS may come and go, and worsen over time if not treated. Many people find their condition worsens at night, waking them up and causing restlessness, which in turn can contribute to sleep deprivation and persistent grogginess. With numbness and reduced grip

"You may not feel the symptoms of CTS right away..."

strength, it can make daily tasks difficult to perform. It can be impossible to work if your hands are not functioning correctly. Even brushing your hair or teeth can become difficult.

If you suspect that you are developing CTS, you will want to address your concerns with your chiropractic doctor.

Depending upon the severity and persistence of your injuries, the following are conservative or invasive treatments for CTS:

- Avoiding excess strain to the area and any activities that aggravate your symptoms
- Cold packs
- Wrist splinting
- Kinesio Taping
- Physical Therapy

Some patients find relief with additional measures, such as acupuncture and ultrasound therapy.

We Appreciate Your Reviews!

"I have had a great experience thus far and look forward to coming to my therapies. The services have been nothing but professional and useful. The receptionist are very helpful also." - Perla A.

"Have been around a few chiropractic offices before and this one definitely stands out!! The staff are so friendly and go the extra mile to help the patients and to accommodate to ones schedule even going as far as providing transportation if needed to patient's they are so awesome. The doctor is amazing and great at what he does makes me feel comfortable all around an amazing environment with incredible staff!!! Definitely highly recommend."
- Kelsey V.



Dr. Alexis Lee

Your favorite Pacific NW Restaurant? I love brunch at Salty's

Your favorite vacation destination? Disneyland, where I can be kid again.

Who is your idol and why? My friend and long-time staff member at the Accident Care Portland clinic, Rajeny Sinarath. She is my idol because despite any hardship in her life - and she had her fair share - she somehow is always able to see the goodness in people and focus on the positives. It is so easily understood in principle, but so hard to practice in life, and she mastered it.

What are some of your favorite hobbies? I enjoy reading, spending time with my family and friends, and cooking.

What is your favorite book? Oh my, so many to choose from. Recently, I read *Atlas Shrugged* by Ayn Rand. That book challenged my thinking about my relationships with people as well as how I conduct my business. It gave me a lot to think about and I enjoyed being challenged intellectually.

Q&A with Dr. Alexis Lee

1. What made you want to become a chiropractor? I was hurt in 4 high impact car accidents from the age of 18-21. I sought treatment from many different providers across many disciplines in medicine, including: orthopedic doctors, allopathic doctors, physical therapists, and massage therapists just to name a few. Although each of those providers helped me along the way, I had residual pain in my neck and upper back that made it very difficult for me as a college student to sit in class and concentrate on my studies. It was then that I sought treatment from a local chiropractor in Corvallis - Dr. Don Peterson - to allow me to be out of pain long enough to focus on my studies. I was planning to study physical therapy and found chiropractic very appealing for many reasons. The decision to pursue a career in Chiropractic has been one of the most important decisions in my life. I truly enjoy pairing thousands of patients with chiropractors at Accident Care Chiropractic to help them heal from their injuries.

2. What modality is your favorite? We use a wide variety of modalities in our practices, so it is hard to choose a favorite. Each modality serves a different role in assisting the body to heal itself. With that said, as a chiropractor, I believe that the chiropractic adjustment is the foundation for any treatment plan. Without the adjustment to put the body in its natural aligned state, the nervous system, the musculoskeletal system, and all the other systems cannot work in its optimal state to allow the body to heal itself.

3. Tell me a patient success story that stands out in your mind: Usually patients come to Accident Care very soon after their accident, but I had this one middle-aged woman come to me after 5 months of treatment with various providers across different medical disciplines, yet she continued to experience pain in her low back. She decided to give chiropractic a try and she came to see me for treatment. I performed my history and physical exams and found out none of the other providers had taken x-ray images of her back. I ordered a standard lumbar spine x-ray images and discovered she had a compression fracture of her L4. Once we discovered the **real** cause of her problem, we were able to manage it properly and got the real problem taken care of. This stuck out in my mind because we achieved amazing results not through exceptional skills or expert training, but with simple, standard tools and protocols in our training, along with doctors who understand standard of care and are willing to perform these basic procedures. 90% of the correct diagnoses are common conditions and they can be diagnosed using very basic standard procedures and tests.

4. What is the best advice you can give to your patients? To those patients who are suffering from common neck and back pain, I recommend chiropractic and other types of conservative treatments - such as acupuncture and massage - before giving up to more aggressive treatments. Once you go for the more aggressive treatments, such as pain medications or more invasive procedures, there are side effects that you cannot reverse or avoid.

5. What has been your proudest moment in your career? There are so many moments that I wouldn't be able to pick one. What I am most proud of is the team of providers and staff at all of the Accident Care clinics who work very hard every day to help thousands of patients in our community. We are well trained and experienced in our management of auto accident related injuries. The level of customer service provided by our staff not only takes care of the clinical aspects of the patient conditions, but all of the paperwork and billing aspects of their auto accident claims as well. Leaving the patients so well taken care of that they don't have to worry about anything other than getting better and returning to their pain-free lifestyle.



Ingredients

1 large head cauliflower, separated into 1-inch florets

3 tablespoons olive oil

1 medium onion, finely diced

Kosher salt

2 tablespoons fresh parsley leaves, finely chopped

Juice of 1/2 lemon

**Accident Care Recipe of the Month:
Healthy Cauliflower Rice**
Cauliflower can shine in many forms!

Trim the cauliflower florets, cutting away as much stem as possible. In 3 batches, break up the florets into a food processor and pulse until the mixture resembles couscous.

Heat the oil in a large skillet over medium-high heat. At the first wisp of smoke from the oil, add the onions, and stir to coat.

Continue cooking, stirring frequently, until the onions are golden brown at the

edges and have softened, about 8 minutes.

Add the cauliflower, and stir to combine. Add 1 teaspoon salt, and continue to cook, stirring frequently, until the cauliflower has softened, 3 to 5 minutes. Remove from the heat.

Spoon the cauliflower into a large serving bowl, garnish with the parsley, sprinkle with the lemon juice and season to taste with salt.

Serve warm.

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Learn More at: www.accidentcarechiropractic.com