

If you have never visited a chiropractor after a car accident, you may wonder what actually happens during the examination. A post-collision chiropractic visit should involve more than simply identifying where it hurts and performing an adjustment.



Mill Creek
CHIROPRACTIC CLINIC



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The purpose of the evaluation is to understand what happened during the accident, what symptoms developed afterward, how your movement has changed, and whether chiropractic care is appropriate for the injuries being evaluated.

At Mill Creek Chiropractic Clinic, auto-injury patients receive individualized care based on their symptoms, examination findings, health history, and the circumstances surrounding the collision.

What Should You Tell Your Chiropractor About the Accident?

The details of the collision help [Car accident chiropractor](#) provide context for the examination.

Your chiropractor may ask questions such as:

- Were you the driver or a passenger?
- Was the vehicle struck from behind, from the side, or from another direction?
- Were you wearing a seat belt?
- Did your head strike anything?
- Did you lose consciousness?
- When did symptoms begin?
- What movements or activities make the symptoms worse?
- Have you previously injured the same area?

These details can help determine what areas deserve closer examination.

Checking Neck Range of Motion

Neck stiffness is a common complaint after motor vehicle collisions.

A chiropractor may assess how comfortably you can:

- Turn your head left and right
- Look upward and downward
- Tilt the head from side to side

The examination is not simply about measuring how far the neck moves. The provider may also pay attention to which movements cause discomfort, stiffness, or other symptoms.

Learn more about [neck pain care in Mill Creek](#).

Evaluating the Back After a Collision

Car accidents can affect more than the cervical spine. The middle and lower back may also become painful or stiff after sudden impact.

A chiropractic examination may evaluate:

- Spinal movement
- Ability to bend and rotate
- Muscle tenderness
- Areas of restricted movement
- Symptoms during sitting, standing, or walking

The findings help determine whether conservative musculoskeletal care may be appropriate.

More information is available on the clinic's [back pain treatment](#) page.

Checking for Signs of Whiplash

Whiplash is frequently associated with rear-end collisions, although the term describes an injury mechanism rather than one identical condition in every patient.

Someone with a whiplash-related injury may experience neck stiffness, headaches, shoulder discomfort, muscle tenderness, or limited range of motion.

The chiropractor considers the patient's symptoms and physical findings rather than assuming that every [Mill Creek Chiropractic Clinic](#) rear-end accident produces the same injury.

Read more about [whiplash symptoms and treatment at Mill Creek Chiropractic Clinic](#).

Examining Muscle Tension and Tenderness

Muscles in the neck, shoulders, upper back, and lower back may become tender or guarded after a collision.

During an examination, the chiropractor may assess areas of muscle tension and determine whether specific movements or positions reproduce the patient's discomfort.

This information can help provide a more complete picture of how the accident affected normal movement.

Evaluating Headaches After an Accident

If headaches began after the collision, the chiropractor will need to consider whether they occur alongside neck symptoms and whether any signs suggest that medical evaluation is necessary.

Headaches following trauma have multiple possible causes. Chiropractic care may be appropriate for some musculoskeletal headache patterns, but suspected concussion or neurological problems require appropriate medical assessment.

Mill Creek Chiropractic Clinic offers personalized chiropractic care for back pain, neck pain, headaches, auto injuries, sciatica, shoulder pain, and other musculoskeletal concerns. Find us at 16212 Bothell Everett Hwy, Suite E, Mill Creek, WA 98012, or call (425) 745-4430. Contact Mill Creek Chiropractic Clinic today to schedule an appointment and take the next step toward more comfortable movement.

Learn more about [headache care in Mill Creek](#).

Checking for Numbness, Tingling, or Weakness

Numbness, tingling, weakness, or pain traveling into an arm or leg can be important symptoms following an accident.

Patients should tell their healthcare provider about these symptoms rather than assuming they are ordinary soreness.

Depending on the findings and severity, additional medical evaluation, imaging, or referral may be appropriate.

Does Every Car Accident Patient Need X-Rays or an MRI?

No. Imaging decisions should be based on the patient's symptoms, examination findings, health history, and clinical circumstances rather than ordered automatically for every collision.

When imaging or specialist evaluation is indicated, the chiropractor may coordinate or refer the patient to the appropriate healthcare provider or facility.

Does Treatment Start at the First Visit?

That depends on the patient and examination findings.

Before treatment begins, the provider should determine whether chiropractic care is appropriate and whether any findings warrant additional medical evaluation.

When conservative chiropractic treatment is appropriate, a care plan may involve techniques such as joint mobilization or chiropractic adjustments, mobility exercises, activity recommendations, and other individualized approaches.

Why a Personalized Care Plan Matters

Two people involved in similar accidents may develop different symptoms and examination findings. One person may primarily experience neck stiffness, while another develops lower-back pain or headaches.

For that reason, treatment decisions should be based on the individual patient rather than simply on the fact that a car accident occurred.

Mill Creek Chiropractic Clinic's current auto-injury services focus on individualized evaluation and chiropractic care for conditions such as whiplash, back pain, neck pain, and other musculoskeletal complaints following collisions.

Learn more about [car accident injury treatment in Mill Creek](#).

What Should You Bring to a Car Accident Chiropractic Appointment?

When available, useful information may include:

- Identification and insurance information
- Details about the accident
- A list of current symptoms
- Relevant medical history
- Information about previous injuries
- Records or imaging from other healthcare providers, when applicable
- A current medication list

If you do not have every document available, that should not prevent you from seeking appropriate evaluation when you are experiencing symptoms.

When Chiropractic Care Is Not the First Step

Some post-accident symptoms require immediate medical evaluation.

Seek prompt or emergency care for signs such as:

- Loss of consciousness
- Significant confusion

- Difficulty speaking
- Difficulty walking
- Significant or increasing weakness
- Severe or rapidly worsening headache
- Difficulty breathing
- Significant chest or abdominal pain
- Severe or rapidly worsening symptoms

Car Accident Chiropractic Evaluation in Mill Creek, WA

Mill Creek Chiropractic Clinic provides chiropractic evaluations and care for patients experiencing musculoskeletal symptoms after car accidents in Mill Creek and surrounding communities.

The clinic is located at 16212 Bothell Everett Highway, Suite E, Mill Creek, WA 98012, near the SR-527 corridor and Mill Creek Town Center area.

You can view directions and patient reviews at [Mill Creek Chiropractic Clinic on Google Maps](#).

Frequently Asked Questions

What does a chiropractor do at the first visit after a car accident?

The visit generally begins with a health history, discussion of the collision and symptoms, and a musculoskeletal examination. Treatment recommendations depend on the findings.

Mill Creek Chiropractic Clinic provides chiropractic care for patients dealing with neck pain, back pain, whiplash symptoms, and other musculoskeletal concerns after a car accident. Visit us at 16212 Bothell Everett Hwy, Suite E, Mill Creek, WA 98012, or call (425) 745-4430. Schedule an evaluation today and find out whether chiropractic care is appropriate for your recovery.

Will a chiropractor automatically adjust my neck after an accident?

Treatment should not be automatic. The chiropractor first evaluates the patient's symptoms and examination findings to determine whether chiropractic care and a particular technique are appropriate.

Can a chiropractor order or recommend imaging after a crash?

When clinical findings indicate that imaging or another type of evaluation may be appropriate, a chiropractor can help determine the next step or coordinate referral according to the patient's needs.

Can a chiropractor treat whiplash after a rear-end accident?

Chiropractors commonly evaluate musculoskeletal symptoms associated with whiplash, including neck stiffness, restricted movement, and related discomfort. Treatment depends on the type and severity of injury.

Where is Mill Creek Chiropractic Clinic located?

Mill Creek Chiropractic Clinic is located at 16212 Bothell Everett Highway, Suite E, Mill Creek, Washington 98012.

Important Note

This article is provided for general educational purposes and is not a substitute for individualized medical advice, diagnosis, or treatment. The appropriate evaluation and treatment after an automobile accident depend on the patient's symptoms, injuries, and clinical findings.