

Physical Therapy After a Car Accident Can Help You Recover Faster

Attending physical therapy after a car accident can help you speed up your recovery time. It can strengthen your muscles and improve your range of motion. When you're hurt in a car accident, you want to return to your life as quickly as possible. LC Physical therapy in Lockport, IL can help your body regain strength so that you can reduce the amount of time it takes to see improvement and fully recover from your injuries.

Physical Therapy Can Help You Recover Better

In addition to helping you recover faster, physical therapy treatments can also help you see a better outcome from your medical care. LC Physical Therapy can help you reduce or prevent the long-term effects of your injuries. You may believe that it's impossible to regain the ability to walk or recover full movement in your arms or wrists, but physical therapy can help you ensure that you recover to the fullest extent possible for your injuries.

You Can Prevent Further Damage With Physical Therapy

Going to physical therapy sessions can help prevent secondary injuries. In a weakened state, you might suffer from a fall or strain. LC Physical Therapy can help you address this risk and prevent additional harm that may result from your injuries that follow a car accident.

Getting Treatment Helps Reduce Reliance on Painkillers

After a car accident, you may need medicine to manage your pain while you recover. If you're concerned about using painkillers or worried about using too many painkillers for too long, physical therapy

can be a solution. LC Physical Therapy can help you build your natural strength and reduce or eliminate the use of painkillers in the recovery process.

Boost Your Mental Health

When you're the victim of a car accident in Lockport, IL or surrounding areas your mental health can suffer as well as your physical health. Attending physical therapy can help you boost your mood. Feeling better emotionally as well as physically can help you speed up the recovery process.

Costs of Physical Therapy Can Be Included in Your Claim for Compensation

When you attend physical therapy after an accident, you can include the costs of your treatment in your compensation claim. The goal of a legal claim is to put you in the same financial position that you may have been in if the accident had not happened as well as compensate you for your suffering.

Physical therapy bills fall under the category of medical care. You may include the entire cost of physical therapy in your demand for payment after an accident.

Attending Therapy Sessions Can Establish a Pattern of Care

You may not be able to fully recover from your injuries before you resolve your legal claim. If you have long-lasting injuries, you may need to determine your long-term prognosis to place a value on the cost of future care. Attending therapy sessions helps you establish a pattern of care to include future costs in your compensation claim.

Physical Therapy Sessions Show That You're Not Overstating Your Injuries

A common defense in accident cases is that the victim is embellishing their injuries. Physical therapy sessions are one way to establish that you're telling the truth about your claim. If you have been recommended for physical therapy, and you don't follow up, you may have to defend yourself against allegations that your injuries aren't as serious as you claim.

It Shows You're Serious About Your Recovery

If you don't attend physical therapy, the other side may try to claim that you're not serious about addressing your injuries. They might argue that you're not doing your part to address your injuries and recover.

Attending physical therapy shows that you're following your treatment and that you care about your recovery. Dutifully attending your therapy sessions and following your treatment provider recommendations can show the opposing party that you're taking your treatment and the case seriously.

What If I Need Physical Therapy Now?

After a car accident, you need the best possible medical care right away. You might find yourself in a situation where you need physical therapy before you receive payment for your car accident claim. The care you need might include physical therapy. You might wonder what you can do to get the physical therapy that you need if you're unable to pay the bills before you receive compensation.

Fortunately, there are ways that you can get the physical therapy that you need without having to wait for your case to resolve. Our skilled Physical Therapy team can help you through your care and afterwards. Contact us today if you or someone you love has suffered injury in a car accident.