

# Understanding Whiplash Injuries After a Car Accident

## A Fort Worth car accident whiplash attorney can help you fight for compensation

[Whiplash after a car accident](#) is more than just a sore neck. It's a soft tissue injury that occurs when the neck experiences a rapid back-and-forth motion, similar to the cracking of a whip. This sudden movement can strain or tear the muscles, tendons, and ligaments in your neck.

Rear-end collisions are the most common cause of whiplash, but any accident that jerks your head abruptly can lead to this injury. Even low-speed impacts can cause significant damage, so don't dismiss the possibility of whiplash just because a car accident seemed minor.

Getting the medical care you need is important, and you have the right to seek compensation for any economic or non-economic losses related to your crash. Experienced Fort Worth [car accident lawyer](#) Coby L. Wooten can help you seek the full compensation you're entitled to.

## What are the symptoms of whiplash?

Symptoms of whiplash can vary from person to person, and they might not appear immediately after a car accident. Common signs include:

- **Neck pain and stiffness:** You might feel soreness or tightness in your neck, making it hard to turn your head.
- **Headaches:** Whiplash headaches often start at the base of the skull and can range from mild to debilitating.
- **Shoulder and back pain:** The discomfort can spread to your shoulders and upper back.
- **Dizziness and fatigue:** Feeling lightheaded or unusually tired is not uncommon.
- **Numbness or tingling:** You might experience a pins-and-needles sensation in your arms.
- **Difficulty concentrating:** Cognitive issues such as memory problems or trouble focusing can also arise.

## How is whiplash diagnosed after a car accident?

Whether or not you have symptoms, it's important to get immediate medical attention after a car accident. This helps you address the injury early on and establish a link between your whiplash and the collision you were involved in.

A doctor can check for tenderness, limited range of motion, and issues with reflexes. They may also use diagnostic tools such as X-rays, MRIs, or CT scans to rule out fractures or other serious conditions. Delayed symptoms can complicate diagnosis, so keep track of any new or worsening symptoms and communicate them to your doctor.

## What are the treatment options for whiplash?

Whiplash recovery time can range from a few weeks to several months. Following your treatment plan can prevent chronic pain, reduced mobility, and other long-term complications. Treatment for whiplash varies depending on the severity of your injury but often includes:

- Rest to give your neck time to heal.
- Physical therapy to restore range of motion and strengthen neck muscles.
- Over-the-counter pain relievers or prescription medications to alleviate discomfort.
- Chiropractic care to provide relief and promote healing.
- Heat and cold therapy to reduce inflammation and soothe muscles.

### **What are my legal rights as a whiplash victim in Texas?**

Texas operates under an “at-fault” system, which means the person responsible for your car accident is liable for damages. If another driver’s negligence caused your whiplash injury, you have the right to seek compensation for medical expenses, lost wages, and pain and suffering from their insurance company.

The statute of limitations in Texas for personal injury claims is generally two years from the date of the collision. Acting promptly ensures you don’t miss this window of time to file your claim. Plus, the sooner you file your claim, the easier it will be for an attorney to gather evidence and witness statements before they disappear.

### **How do I prove whiplash in a personal injury claim?**

Proving whiplash can be challenging due to its often invisible nature. Insurance companies often try to dispute whiplash claims by saying that you’re exaggerating your injury. Here’s how you can build a strong case:

#### **Collect evidence at the crash scene**

If you’re able, take photos of the vehicles involved, as well as any visible injuries, road conditions, traffic signs, and skid marks. Additionally, collect contact information from any witnesses who saw the accident or can attest to your immediate condition afterward. Don’t forget to obtain a copy of the police report, as it provides an official account of your car accident.

#### **Keep all medical documentation**

Make sure to keep every piece of documentation related to your medical care. This includes hospital records, doctor’s notes, diagnostic test results, prescriptions, and treatment plans. These documents provide concrete evidence linking your whiplash injury directly to the car accident.

#### **Keep a symptom journal**

In addition to official medical records, keeping a personal symptom journal can significantly strengthen your case. Start documenting your symptoms from the day of the accident. Note the intensity and frequency of your pain, any physical limitations you're experiencing, and how the injury impacts your daily life.

### **Follow all medical recommendations**

The best thing you can do while seeking a claim for whiplash is attend all medical appointments and listen to your doctor. That means avoiding activities that can worsen your condition or give insurance companies a reason to dispute your injury.

### **What compensation can I receive for whiplash injuries?**

The amount of money you may be eligible for after a car accident depends on the severity of your whiplash and the impact it has on your life. While insurance companies are quick to offer lowball settlements, it's best to let an experienced attorney negotiate for a higher amount.

This includes all eligible damages, such as:

- Past and future costs for treatment, rehabilitation, and medications.
- Lost wages if your injury causes you to miss work.
- The monetary value assigned to physical pain and emotional distress.
- Loss of earning capacity if you can't return to your previous line of work.

### **Let a Fort Worth attorney fight for you**

If you've suffered whiplash in a Fort Worth car accident, don't let insurers take advantage of you. You need a seasoned attorney who knows how to stand up to them and get the compensation and justice you deserve.

[Coby L. Wooten, Attorney at Law, P.C.](#), can help. Attorney Coby L. Wooten has been fighting for car accident victims in Fort Worth and throughout Texas for over 30 years. He has a [strong track record](#) of obtaining verdicts and settlements for his clients. That includes:

- A **\$3,651,685 jury verdict** for the wrongful death of a 17-year-old girl killed in a multi-vehicle collision.
- A **\$1,155,000 settlement** for the family of a victim who was rear-ended and killed instantly by a semi-tractor truck.
- A **\$1,800,000 settlement** for a client who suffered a closed head injury after being rear-ended by a tractor-trailer.

Coby leaves no stone unturned in building a compelling case on your behalf. He knows the tactics insurance companies use and won't back down until you receive fair compensation for

your medical bills, lost wages, and pain and suffering. [Contact us online](#) or call our Fort Worth law office today for a free case evaluation.