

Car accidents are stressful even when everyone walks away. In the days that follow, it is common to notice stiffness, headaches or neck and back pain that were not obvious at the scene. McNamara Chiropractic Center in Lighthouse Point provides auto accident injury care, including care for whiplash and disc injuries, and accepts Florida PIP (Personal Injury Protection) insurance.

This article explains some general points about post-accident care and timing in Florida. It is general information and not legal or medical advice.

Why symptoms can show up later

During a collision, the head and neck can move quickly back and forth. That sudden motion may strain muscles and ligaments or irritate joints and discs. Adrenaline at the time of the crash can mask discomfort, so some people only notice symptoms hours or days later. Common complaints include neck pain and stiffness, upper or lower back pain, headaches [chiropractor Deerfield Beach mcnamarachirocenter.com](#) and reduced range of motion.

Anyone with severe pain, numbness, weakness, confusion or other worrying symptoms after a crash should seek emergency medical care first.

Florida PIP and the 14-day window

Florida's no-fault system includes PIP coverage for medical care after an auto accident. Under Florida law, you generally need to seek initial care within 14 days of the accident to protect your PIP benefits. That timing is one reason the team at [McNamara Chiropractic Center car accident doctor](#) encourages people not to wait and see if symptoms fade. Your insurer or an attorney can answer specific questions about your own policy and claim.

What auto injury care looks like at the office

Care begins with a consultation and examination by Dr. Carol McNamara-Krauss, DC. She reviews how the accident happened, what symptoms you have noticed, and how they affect daily life. After explaining her findings, she outlines a personalized plan. Depending on the exam, that plan may include:

- Chiropractic adjustments to help restore motion in the neck and back
- Spinal decompression when a disc injury is suspected
- Therapeutic ultrasound, Class IV laser therapy or shockwave therapy for certain soft-tissue problems
- Massage therapy with Dawn Marie Teufel, LMT

Progress is reviewed during care, and the plan can be adjusted. If Dr. McNamara believes another provider, such as a physician or imaging center, should be involved, she will say so.

Keeping good records

After an accident it helps to keep simple notes: when symptoms started, how they change, which activities are harder, and copies of any paperwork. Clear records make it easier for every provider involved in your care to understand your situation.

Close to home in north Broward

The office sits on US-1 between Sample Road and Copans Road, which puts much of north Broward within a short drive. Patients come from Lighthouse Point, Pompano Beach, Deerfield Beach, Lauderdale-by-the-Sea and Fort Lauderdale. Look for the building with State Farm on the front, directly across from Publix; parking is free and the entrance is on the side.

If you have been in a car accident and want to be evaluated, call McNamara Chiropractic Center at (954) 902-6371 or learn more at mcnamarachirocenter.com.

This article is general information only. It is not medical or legal advice, and individual results vary.

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Searching for non-surgical back, neck or joint pain care in Lighthouse Point? [McNamara Chiropractic Center](#) is at 3320 N Federal Hwy, Lighthouse Point, FL 33064, on US-1 across from Publix. Call (954) 902-6371 to ask about an evaluation. This content is general information, not medical advice.