

## Accidents happen.

It's hard to go through life without experiencing a slip and fall, car accident or sports injury. It's important to understand how these injuries affect your spine and what this means for your long-term health.

Your spine is composed of more than 100 joints that are held in place by a specialized system of ligaments. Damage to these supporting ligaments creates joint instability and ultimately leads to advanced and accelerated degeneration unless diagnosed and appropriately cared for.



## You're not alone.

Unfortunately, spinal ligament injuries are common. They often occur during car accidents, falls, work accidents, sports training, etc. These injuries are responsible for the top leading causes of chronic pain nationwide (low back pain, neck pain, and headaches). Spinal ligament injuries often go undiagnosed without the help of a spinal injury expert.

HEADACHES

NECK PAIN

BACK PAIN

ARM PAIN

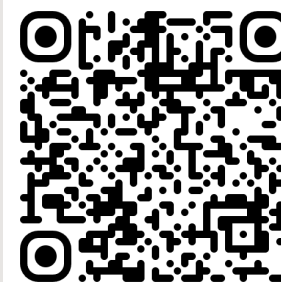
LEG PAIN

*These are just a few of the symptoms  
that can be caused by this injury.  
There can be many more.*

## If You Have a Spinal Injury, Get Tested Immediately

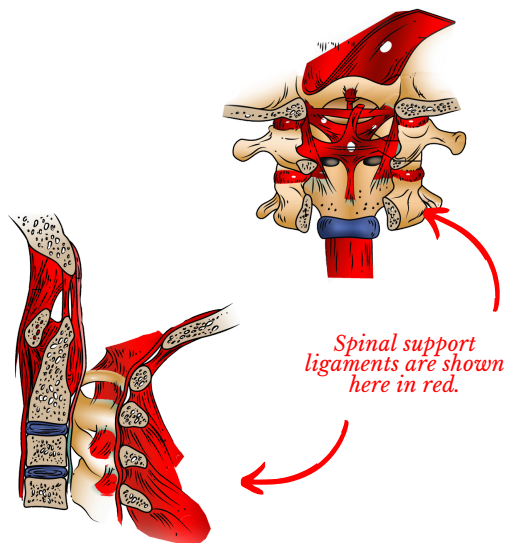
If you've recently been in an accident, it's critical to work with a provider who understands how to identify spinal ligament damage using specialized X-rays and an excessive motion test—this test reveals the level of instability or excessive motion present due to the injury. In our experience, most spinal injury patients receive care from doctors with little to no training in this area.

Once your provider identifies exactly where your spinal ligament injuries are, they can design a targeted treatment plan to reduce your pain and significantly improve your quality of life!



**"This is what Non-Disc spinal ligament damage looks like. If we suspect disc involvement, we may refer you for an MRI to assess the extent of the damage."**

# YOU HAVE 197 NON-DISC SPINAL SUPPORT LIGAMENTS



Spinal support  
ligaments are shown  
here in red.

## HOW DAMAGED IS YOUR SPINE?

*"A simple set of X-rays can reveal whether there is — or has been — damage to the spinal ligaments that may now be contributing to your current condition."*



Learn More

## Spine Trauma

"The long-term effects of spinal injuries caused by slips and falls, sports accidents, auto collisions, or work-related incidents."