



Motor Vehicle Accident & Concussion Recovery

Choreographing tissue healing and nervous system rebalancing together

Why MVA Recovery Is Different

After a motor vehicle accident, symptoms often feel bigger than imaging shows: neck pain, dizziness, fatigue, brain fog. This isn't a mystery. It's the predictable result of rapid acceleration-deceleration forces causing both tissue damage and nervous system defensive responses. Both must be addressed for complete recovery.

Common Post-MVA Symptoms

Physical: Neck pain, headaches, shoulder tension, low back pain, muscle guarding

Neurological: Dizziness, balance problems, light sensitivity, noise sensitivity

Cognitive: Brain fog, concentration difficulty, memory problems, mental fatigue

Emotional: Anxiety, hypervigilance, sleep disturbance, mood changes

Concussion and Post-Concussion Syndrome

Concussion disrupts brain function through metabolic changes, not structural damage. Most recover within weeks, but 10-30% develop persistent symptoms. Treatment requires coordinated care addressing physical symptoms, vestibular dysfunction, cervical strain, and nervous system regulation - not just rest and waiting.

What Recovery Looks Like

Acute (0-6 weeks): Manage symptoms, begin gentle movement, coordinate care team

Subacute (6-12 weeks): Address persistent trigger points, progress activity, regulate nervous system

Chronic (3+ months): Break reinforcing loops, comprehensive rehabilitation, prevent chronicity

Why Coordinated Care Matters

MVA recovery requires multiple specialists working together: physiatry, physical therapy, neurology, psychology, pain management. Without coordination, contradictory advice prolongs recovery. Integrated care breaks the cycle between tissue dysfunction and nervous system hypervigilance, leading to steadier, more complete healing.