

# Cultural Daily

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## What are the Common Car Crash Injuries Reported in Queens?

Our Friends · Friday, July 26th, 2024

Car crashes are an unfortunate reality on the bustling roads of Queens, New York. These accidents often result in a wide range of injuries, some of which can have long-lasting effects on victims' lives. Understanding the most common car crash injuries can help residents better prepare and advocate for safer driving practices. When injured in an accident, it is always better to seek help from lawyers at **Sullivan & Galleshaw** rather than try to sort it alone with minimal legal knowledge.

This blog explores the typical injuries reported in car crashes in Queens, their implications, and preventive measures to mitigate them.

### 1. Whiplash

Whiplash is one of the most frequently reported injuries in car accidents, especially those involving rear-end collisions. It occurs when the head and neck are abruptly thrown forward and then backward, causing strain or sprain to the neck muscles and ligaments.

#### Symptoms:

- Neck pain and stiffness
- Headaches
- Dizziness
- Fatigue

#### Prevention:

Properly adjusting headrests and ensuring seatbelts are worn correctly can help minimize the risk of whiplash.

### 2. Broken Bones

The impact forces in a car crash can easily result in broken bones. Common fractures involve the arms, legs, ribs, and collarbones.

#### Symptoms:

- Intense pain

- Swelling and bruising
- Loss of function or movement in the affected area

### **Prevention:**

Wearing seatbelts, ensuring airbags are functional, and driving within speed limits can reduce the severity of impacts leading to fractures.

## **3. Traumatic Brain Injuries (TBI)**

Traumatic brain injuries occur when the head experiences a violent blow or jolt. In fact, TBIs can range from mild concussions to severe brain damage.

### **Symptoms:**

- Headaches
- Confusion and disorientation
- Nausea and vomiting
- Memory problems and cognitive impairment

### **Prevention:**

Using seatbelts, ensuring children are in appropriate car seats, and avoiding high-speed driving can help reduce the risk of TBIs.

## **4. Spinal Cord Injuries**

Spinal cord injuries are among the most serious outcomes of car crashes. They can lead to partial or complete paralysis, depending on the location and severity of the injury.

### **Symptoms:**

- Loss of movement or sensation
- Intense back pain or pressure
- Difficulty breathing (if the upper spinal cord is affected)

### **Prevention:**

Maintaining proper posture while driving, wearing seatbelts, and driving cautiously can help protect the spinal cord during accidents.

## **5. Soft Tissue Injuries**

Soft tissue injuries involve damage to muscles, ligaments, and tendons. These are common in car crashes due to the sudden movements and forceful impacts involved.

### **Symptoms:**

- Pain and swelling
- Bruising
- Reduced range of motion

## Prevention:

Regular exercise to maintain muscle strength and flexibility, along with the use of seatbelts, can help mitigate the severity of soft tissue injuries.

## 6. Internal Injuries

Internal injuries, such as damage to organs, internal bleeding, and punctured lungs, can be life-threatening and may not show immediate symptoms.

## Symptoms:

- Abdominal pain and tenderness
- Dizziness or fainting
- Blood in urine or stool

## Prevention:

Ensuring proper use of seatbelts and airbags, as well as driving defensively, can reduce the risk of sustaining internal injuries in a crash.

## 7. Psychological Trauma

Car crashes can also result in psychological injuries, including post-traumatic stress disorder (PTSD), anxiety, and depression.

## Symptoms:

- Flashbacks and nightmares
- Avoidance behavior
- Mood swings and irritability

## Prevention:

Engaging in safe driving practices and seeking immediate psychological support after a traumatic event can aid in preventing long-term psychological issues.

## Conclusion

Car crashes in Queens, NY, can lead to a variety of injuries, ranging from minor to severe. Understanding these common injuries can help individuals take proactive measures to enhance their safety on the road. Wearing seatbelts, driving within speed limits, and maintaining vehicle safety features are essential steps in reducing the risk of injury. If you or someone you know is involved in a car crash, seeking prompt medical attention and following through with recommended treatments is crucial for recovery. By staying informed and vigilant, we can collectively work towards safer streets in Queens.

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