Title: 259

259…That’s the number of vehicles involved in the worlds largest car pile-up in history. Well, according to google at least. Nonetheless, there were a lot of sore necks and backs in Germany on that day, since the accident occurred on the Autobahn. To sprinkle a little chiropractic humor around…I missed out on that one. Locally, we don’t have to worry about unlimited speed limits but we do worry about snow, wind, and icy roads. We were all reminded of winter this weekend with the recent snow. Be sure to drive carefully, always wear your seatbelt, and never text and drive. But, sometimes accidents just happen and if you are one of the unlucky ones please get yourself checked out. Whiplash can often show up days or weeks *after* the accident, when the scar tissue begins forming. Getting checked out right away can prevent long term and chronic issues from becoming a reality. Often, your auto insurance will cover 100% of any treatment as well. If you were in an accident, make it a point to take care of your body, schedule an appointment. Merry Christmas!