

Chapter One

Common Types of Injuries

Spinal Cord Injuries

Spinal Cord injuries consist of damage to any part of the spinal cord or nerves at the end of the spinal cord. Such injuries often cause permanent paralysis, loss of strength, and all normal body functions below the location of the injury. The severity of the injury is often denoted by the “completeness” of the injury and classified as either Complete (all senses and ability to control movement below the site of the injury is lost) or Incomplete (some senses may remain and there may be some muscle function below the site of the injury).

There are approximately 450,000 people in America who have a spinal cord injury, with an additional 11,000 new spinal cord injuries each year. Most spinal cord injuries are the result of injury to the vertebral column, which affects the cord’s ability to send and receive messages the brain sends out. People between the ages of 16-30 are the most likely to have spinal cord injuries. Males had 81.2 percent of the injuries. Car accidents, falls and gunshots are the most common reasons for spinal cord injuries.

The spinal cord is approximately a foot and a half long. It starts from the bottom of the brain and goes to the waist area. There are numerous bundles of nerve fibers that comprise the spinal cord. The spine is made up of four sections, excluding the tailbone. The first is the cervical vertebrae, which is in the neck. The second is the thoracic vertebrae, which is in the upper back area. The third is the lumbar vertebrae, which is in the lower back. The fourth is the sacral vertebrae, which is located in the pelvis.

The higher the spinal cord injury is—in other words, the closer to the brain—the more affect it will have on the body’s ability to move and feel. Paralysis resulting from a Spinal Cord injury may be referred to as:

- Quadriplegia- complete body paralysis, including hands, arms, feet, legs, and pelvic organs.
- Paraplegia-affects part of the trunk, legs, arms, and pelvic organs depending on the location and severity of the injury

Spinal cord injuries may result in one or more of the below listed symptoms:

- Loss of movement and muscle control
- Loss or reduced sensation
- Loss of sexual functions
- Diminished ability to breath, cough or other lung functions
- Loss of bowel and/or bladder control

Spinal Cord injuries result from damage to the spinal cord, vertebrae, discs, or ligaments. Generally, such injury is caused by a sudden traumatic blow to the spine, a penetrating injury such as a gunshot wound or stabbing, falls, etc.

Obviously, such injuries are traumatic to the patient, requiring lengthy and expensive hospitalization and rehabilitation. One's ability to work may be permanently affected. Long term nursing and personal care may be required. Additionally, family and loved ones are affected by such injuries. Some researches and scientists are hopeful that spinal cord injuries may be reversible.

Common Causes for Spinal Cord Injuries

If you have suffered a spinal cord injury, there are a number of ways you could have been injured to cause your injuries. The most common are:

- Car accident
- Truck accident
- Motorcycle accident
- Bicycle accident
- Crosswalk accident
- ATV accident

Given how serious spinal cord injuries are, these are not the kind of minor injuries that will just resolve on their own. Rather, they require serious medical care and a specialist to make sure they heal properly. Of course, many times spinal cord injuries will not heal at all. Instead, they remain permanent injuries and the affected individual requires a major modification in their lifestyle, such as a wheelchair or walker or cane in order to get around. Sometimes the injury is so severe a person needs around-the-clock medical care just to function.

Chapter Two

Whiplash and Soft Tissue Injuries

Whiplash is an injury to the neck often referred to as a neck strain. It is caused by sudden backward or forward jerking motion of the head. Vertebrae in the cervical spine, discs, ligaments or nerve roots may be damaged. Whiplash is frequently caused by car accidents, but can also be caused by falls, or other trauma to the head and upper torso.

Whiplash injuries can be really hard to overcome and take many months to recover from. Sometimes these injuries will resolve themselves on their own, but other times it takes weeks or months of consistent medical care from a chiropractor, massage therapist, chiropractor, or combination thereof to really make someone feel like they did before their injury.

Symptoms include:

- Neck pain and stiffness
- Pain in the shoulders and upper back
- Pain or numbness in the arm or hand
- Pain in the lower back
- Dizziness
- Inability to concentrate or loss of memory
- Unusual fatigue and disruptive sleep patterns

Common Causes for Whiplash Injuries

If you have been the victim of a whiplash injury, the chances are that you have been injured in one of the following ways:

- Car accident
- Truck accident
- Motorcycle accident
- Bus accident
- Crosswalk accident

All of these accidents can cause you tremendous suffering for your whiplash injury or soft tissue injury. If you have been injured by a car accident or truck accident felt the effects of a whiplash or soft tissue injury, you need to seek immediate medical care.

Soft Tissue Injuries

Whiplash can also be called soft tissue injuries, or another way to think of it, whiplash injuries can also lead to soft tissue injuries. Many people in the medical community and insurance industry refer to whiplash as a soft tissue injury. What is a soft tissue injury? If there is a rapid change in one direction that leads to your body absorbing the force of impact. Soft tissue injuries result in three different but common forms. The first is a sprain.

A sprain is common in particular after a car accident. It comes when there is a ligament that has been abnormally stretched or torn. Ligaments connect bones. The second is a contusion. A contusion is another name for a bruise. Severe forces or blows to the muscle fiber can cause a contusion.

These significant forces can crush fibers in the muscle, resulting in discoloration, such as black and blue bruises, in the area that was harmed. The third is a strain. A strain typically injures the muscles and tendons. Neck strains are also known as whiplash injuries as they are often usually interchangeably.

Chapter Three

Traumatic Brain Injury

Traumatic Brain Injury, often referred to as TBI, is usually caused by a strong force, blow, impact or penetrating projectile to the head. Commonly the brain collides with the inside of the skull, brain tissue and nerve fibers may be torn, and bleeding occur putting pressure on the brain. With mild injuries confusion or headache may occur. More severe injuries can result in disability, long term impairment, or death.

TBI is commonly caused by falls, motor vehicle accidents, and penetrating injuries such as a gunshot wound. It is not uncommon for TBI to be caused as well by sports or recreational related causes.

Symptoms of a Traumatic Brain Injury

Symptoms often occur immediately after the injury, or they may emerge weeks or months afterward. Because TBI often result include brain bruising and swelling of the brain, a severe injury may cause:

- Loss of consciousness
- Persistent semi-conscious state
- Coma
- Seizures or convulsions
- Slurred speech
- Frequent vomiting
- Confusion
- Agitation
- Changes in mood
- Changes in sensory perceptions

TBI can have devastating consequences. Cognitive problems, sensory loss, personality changes, coma, and long-term neurological problems are common results of TBI. Obviously accompanying this can be loss of ability to work, loss of income, and tremendous medical and long-term care expenses.

After suffering a TBI, there can be a whole raft of problems that emerge and warning signs that someone is seriously suffering from such an injury. One is an intelligent problem or symptom. After suffering a TBI, people will have a change in their thinking, including a delayed processing time. There may also be memory and learning issues, along with reasoning and shortened concentration.

Second, there may be issues with executive functioning, including multi-tasking, being able to solve problems, and organizing thoughts. Third, there may be serious communication problems. With respect to this, this usually results in an inability to properly convey one's thoughts. Fourth, there may be social problems.

This may be an inability to pick up on normal social cues and inability to even form the right words at the time they are being thought. Fifth, there may be changes in behavior. This might

be exhibited in a lack of awareness of one's self, engaging in risky or difficult social situations, or acting out in an angry way.

There may be emotional changes, which includes an inability to empathize with other people, becoming very irritable, angry, or become moody towards others. Seventh, someone could also experience problems with their senses. Many people have ringing in their ears, have vision issues, a reduced hand-eye coordination, and most commonly, have balance issues.

Common Reasons for Traumatic Brain Injuries

- Work accidents
- Construction accidents
- Car accidents
- Truck accidents
- Motorcycle accidents
- Bicycle accidents
- Pedestrian accidents
- On the job injuries

While there are occasions when traumatic brain injuries simply go away on their own, without medical care, more often than not they do not. Further, more often than not, they also go undiagnosed. It is crucial to get the medical care you need in order to have your traumatic brain injury resolved. If you do not, it is likely that your traumatic brain injury will simply worsen with time.

Chapter Four

Paralysis

Paralysis is the loss or impairment of voluntary muscular power. Depending on the cause, paralysis can affect a specific muscle group or a much larger area. Paraplegia is the term used to describe loss of muscle function in the legs. Quadriplegia is the term used to define muscular function in both the arms and legs.

Additionally, paralysis is often accompanied by the loss of feeling in the affected area. Paralysis is generally caused by damage to the nervous system, and especially to the spinal cord. Many medical conditions can lead to paralysis including cerebral palsy, ALS, spina bifida, etc. However, paralysis is often caused by trauma to the spine.

Spinal cord injuries may come from damage to the vertebrae, ligaments, discs in the spinal column, or there may be damage to the spinal cord. If there is a serious hit to your spine that fractures or compresses your vertebrae then you likely will have a spinal cord injury.

Gunshot wounds or stabbings can also do this to the spinal cord. There may more problems that arise if there is either bleeding or swelling around the spinal cord. The spinal cord is comprised of soft tissue that is surrounded by bones and it goes from the base of your brain, which is comprised of nerve cells that get transmitted all of your body. The end of your spinal cord comes to a halt at your waist.

Tracts in the spinal cord will relay messages between your brain and your body. Sensory tracts transmit signals, such as pain and sensation, from your brain to your body, so you can see how people can lose feeling and sensation if there is trauma that causes a disruption in the signals being transmitted.

In particular, if there is damage to the nerve fibers, this will impact some, if not all, of your muscles and nerves beneath the place where you were injured. A chest or low back injury can have a big impact on your torso and legs, whereas a neck injury has an impact on your arms and breathe.

We recognize that paralysis can be a devastating, life changing diagnosis. Often paralysis is caused by work related injuries, and motor vehicle accidents. Medical expenses, loss of income, emotional distress of the patient and loved ones can be immense.

Common Reasons for Paralysis

- Car accidents
- Bicycle accidents
- Truck accidents
- Crosswalk accidents
- Falls from a roof at a construction site
- Motorcycle accidents
- Construction Accidents
- On the job injuries
- Worksite injuries
- Crane accidents

If you have been injured to the point you are suffering paralysis, or if you're completely paralyzed, it's likely from one of the above-listed reasons. Paralysis is a serious condition that will not likely just go away with time. Most of the time you will have to receive extensive medical care to either cure you or treat your injuries from paralysis, but getting connected with the right medical care is crucial.

Chapter Five

Knee Injuries

The knee is one of the most frequently injured parts of the body. Motor vehicle accidents, falls, and sports cause the majority of knee injuries. A very complex joint, the knee connects the thigh bone (femur) to the shin bone (tibia). Multiple tendons and ligaments connect the knee bones to the leg muscles controlling movement and stability to the knee joint. Cartilage cushions the bones in the knee joint. Falls, motor vehicle accidents or other trauma can damage any or all ligaments, tendons of bones in the knee joint.

Symptoms and Treatment

Pain and swelling are very common symptoms of a knee injury. Additionally, the knee joint will often feel unstable with stiffness and the loss or reduction in ability to twist, turn, or pivot. Diagnosis is commonly made through a physical examination by a physician or other skilled medical provider. MRI's or other imaging will commonly be used to confirm the diagnosis and extent of the injury. Treatment can be wide ranging based on nature and extent of the injury. Rest complimented by ice and compression wraps or a supportive brace are commonly prescribed for minor injuries. Major injuries will commonly require surgery and rehabilitation.

MCL Tear

The meniscus is cartilage that cushions and stabilizes the knee joint. A meniscus tear is very common and can be very painful, limiting movement. In some cases, the knee can even “lock up” because of the cartilage breaking loose and getting caught in the knee joint. A meniscus tear is a very common injury often associated with sports such as football, basketball, soccer, etc.

A meniscus tear can occur in either contact or non-contact sports. Because the meniscus can weaken with age injuries are especially common in older people. It is also common for meniscus tear injuries to occur at work. Repetitive motion, falls, twisting are all common factors in meniscus injuries. In many cases other structures in the knee may also be affected.

Symptoms and Treatment of a Knee Injury

Symptoms commonly include the following:

- Knee pain
- Swelling
- Stiffness in the knee joint- difficulty bending the leg
- A popping sensation when the injury occurs, coupled with great pain
- Locking of the knee

Diagnosis of a Meniscus tear is made through a physical examination by a qualified medical professional. Often an MRI scan will be utilized to confirm the injury. Treatment for a Meniscus tear will depend on the size and location of the injury. If the tear is small and there is a good blood supply, the tear may heal on its own.

Often however the injury will occur in the inner portion of the meniscus, where blood supply is limited. Rest, frequent icing, compression bandages, and keeping the leg elevated will often benefit the knee and speed recovery.

This will generally be accompanied by over the counter paid relievers such as Advil, Aleve or Motrin. More serious tears often will require surgery, which generally produces good short-term results. In the long term, however, a meniscus injury may result in a higher risk of developing arthritis later in life.

ACL Tear

ACL tears are common in knee injuries. It stands for anterior cruciate ligament. Surgery is likely going to be necessary to get the full use of the knee back. Your knee joint is made up of a femur, tibia and patella, which is your kneecap. Ligaments connect the bones in your body. Collateral ligaments are on the sides of the knee, with the medial collateral ligament being on the inside of the knee, which determines the sideways movement of your knee.

The cruciate ligaments are inside the knee joint, and they cross each other, controlling the back and forth movement of the knee. If you have injured a ligament in the knee, this is called a sprain and there is a spectrum in terms of how serious this is.

A grade one sprain is where the ligament is somewhat damaged, with just some stretching but you're still able to keep the knee joint steady. A grade two sprain is when the ligament is extended so far out it loses its strength, becoming loose, to the point there is a partial tear. This is serious. Grade three is when there is a tear of the ligament, severing it in two, and the knee joint is not able to stabilize itself. This is a very severe problem.

Common Reasons for Knee Injuries

- Car accidents
- Bicycle accidents
- Truck accidents
- Crosswalk accidents
- Falls from a roof at a construction site
- Motorcycle accidents
- Construction Accidents
- On the job injuries
- Worksite injuries
- Crane accidents

Knee injuries that occur because of someone else's negligence, or a company's negligence, can be life-altering. If you are active, fit, and love to play sports, then suffering a knee injury of any sort can really derail your plans. Worse, most serious knee injuries, especially

grade two and grade three ACL tears, do not just heal on their own. Extensive medical care, with the right medical professionals, is needed to get you back to health.

Chapter Six

Degloving Injuries

A Degloving injury also called avulsion, is a severe injury characterized by the top layers of skin and tissue are torn away from underlying muscle, bones or connective tissues. In a simple sense a degloving injury is like stripping a body part of skin similar to removing a glove from one's hand. Degloving is a severe often life- threatening injury that can affect virtually any body part.

It is an especially common injury to the legs, hands, and often to the arm or pelvic region. However, any body part or area can be subject to injury.

There are two types of Degloving injuries: Open Degloving and Closed Degloving. Regardless of which type it is, these injuries are very serious and can take a tremendous toll on someone. They can be life-altering injuries that require extensive treatment and therapy to recover from.

Open Degloving

This term is applied to a condition when skin and tissue is ripped away or still partially attached as a flap near the wound. Such injuries are often caused by:

- Car vehicle accidents
- Truck accidents
- Motorcycle accidents
- Bicycle accidents
- Industrial or farm accidents
- Animal bites
- Falls from heights
- Sports injuries

These injuries are normally very traumatic in nature and will not resolve themselves on their own. They normally take a great deal of medical care to resolve and from very specialized medical professionals.

These injuries, when they are inflicted by the negligence of another person or company, also often have a psychological element to them that can be difficult to recover from and that need to be addressed, in many cases, by a professional therapist, counselor, or psychologist who can help you recover mentally and emotionally.

Together, the combined efforts of doctors and mental health experts can help try to get you back to where you were prior to your injury.

Closed Degloving

This term is applied to injuries that are sometime not visible. Often a bruise is the only visible symptom. Closed Degloving involves the separation of the top layers of skin and tissue

from deeper tissues. This creates a space called Morel-Lavallee lesions. These lesions can fill with blood, lymph fluid, etc. Closed Degloving injuries often have the same causes as listed above with Open Degloving. The most common location for a Closed Degloving injury is at the top of the hip bone. However, it can also occur in the torso, lower spine, buttocks and elsewhere.

Chapter Seven

Back Injury

Back injuries are commonly caused by trauma to the bones, muscles and tissues in the back. The term Back Injury is broad and may include many injuries such as common sprains, and more serious herniated spinal discs or fractured vertebrae.

There are many possible causes of bank injuries. Sprains may occur from twisting or bending while lifting heavy objects or simply be caused by the weight of the object. Sudden movements and trauma often caused by a fall or auto accident (perhaps 50% of all back-injury cases) are a common cause of back injury.

Diagnosis is made by a physician or other qualified medical professional after a physical examination. Often specialized imaging will be utilized such as CT or MRI scans. There are wide ranging treatment options from simply the use of pain reducing medications, Cold/Heat therapy, spinal nerve blocks, and in severe cases, surgery.

Herniated Disc

A herniated disc is a serious problem. A disc becomes herniated when there is a problem with the discs between the vertebrae of your spine. Some people refer to them as “slipped discs” or “ruptured discs” even though it is the same thing. A herniated disc takes place when the disc edges between a tear in the exterior.

This can be very painful because nerves can become irritated. In addition to pain, people can also feel numbness and weakness. Fortunately, surgery is not always needed to correct the problem. Most herniated discs occur in the lumbar spine, but they can also take place in the cervical spine—in other words, either the lower back or the neck.

Common symptoms that show in the body from herniated discs are:

- Arm and leg pain: if you are experiencing arm or leg pain, that’s a sign you may have a herniated disc. You may also feel pain in your butt or calf. Even sneezing and coughing can be painful in the event you have a herniated disc.
- Numbness or tingling: numbness and/or tingling in your limbs may be a sign that you are suffering from a herniated disc as well.
- Weakness: if your muscles have become weak, or if you do not move as strongly as you used to, this is yet another sign of your herniated disc.

Some disc herniation is simply caused by age and wear and tear, which is also known as disc degeneration. Other factors that will increase a person’s risk of a herniated disc are excessive weight, certain jobs that involve a lot of pushing and pulling, and hereditary factors in a person’s family.

Many people suffer herniated discs as a result of rear-end car, truck, or SUV accidents.

Bulging Disc

The spine has vertebrae that have discs in between, which acts as a kind of buffer to stop damage to the spinal tissue and to the bone. A disc that bulges is also a disc that protrudes outward, creating pressure on nerves that are close by that create feelings, by and large, of numbness and tingling. This sensation is often in the hand, neck, arm, or shoulders, and in particular the back. If the sciatic nerve is affected as well, then you can feel tingling down one leg (but rarely will you feel tingling down both legs).

You may also have problems going to the bathroom because of a bulging disc as well. If you feel upper back pain that goes down to your stomach or chest, then that is a good sign you have a bulging disc. Strange as it may sound, there are some people who have either bulging or herniated discs and do not have any problems at all, though this is pretty rare.

Laminectomy

Laminectomy is a very serious back surgery and should only be done in the most extreme of circumstances. This procedure is normally only done as a last resort, when other methods of treatment have been exhausted, such as physical therapy, injections, medications, etc. It may be the only viable option, however, if other forms of treatment have already been done, you feel weakness or numbness, and you are having bladder and overall bowel problems.

The surgery is done to create room by taking out the lamina, which is the back part of a vertebra that covers the spinal canal. This surgery is also called decompression surgery because the procedure, done correctly, will make your spinal canal bigger to let out pressure on the nerves or spinal cord.

Overtgrowths in the spinal canal cause the pressure you feel on your back, also known as bone spurs by some. There are obvious risks with this procedure, however. They are bleeding, nerve injury, leak in the spinal cord, and blood clots.

(Subtopic)

Common Reasons for Back Injuries

If you have suffered a back injury, chances are it occurred in one of the following ways:

- Car accident
- Truck accident
- Motorcycle accident
- Bicycle accident
- Construction accident
- On the job injury
- Worksite accident
- Slip and fall

Back injuries, especially those that involve disc injuries and disc bulges, typically do not just heal on their own. They take extensive medical care and specialized medical knowledge in order to diagnose and treat.

Chapter Eight

Burns

If you suffer a burn, it is normally classified as either first, second, or third degree in nature. A first degree burn affects the outer layer of the skin and it is considered the least severe of the three. Second degree burns affect the outer and second layer of skin. Third degree burns, which are the most severe, cause damage to all layers of the skin, all the way down to the fat and nerves.

With third degree burns, there is also the likelihood of other health problems, including breathing problems, body temperatures that are too low, and infection. Some common treatments with burns are over the counter medication for minor burns, water-based treatments to clean the wound and promote tissue growth, IV fluids, ointments, skin grafts, and surgery.

Road burns are often common in motorcycle accidents. Common causes for burns include intensive heat, chemicals, electricity, sunlight, or radiation exposure. This is in addition to scalds from hot liquids and steam, and inhalation injuries. Death is an unfortunate and common result from very serious burns.

In more serious cases, if death has not resulted from the burn, there is also the possibility of severe swelling, blistering, permanent scars, and also shock. Infections are also common with burns since your epidermal layer acts as a layer of protection. After a burn, it is very crucial to get enough water and fluids, as well as proper nutrition, to properly treat the burn and restore you to health.

There may be a need for extensive plastic surgery to treat your burns. Burns can leave unsightly scars and discoloration that only an experienced plastic surgeon can properly treat. Experienced surgeons have the ability to properly restore someone, as much as realistic given the injury, to pre-burn status. Many times there is a need for multiple surgeries and skin grafts to treat someone.

Common Reasons for Burns

If you have suffered a burn injury, chances are you incurred it in one of the following ways:

- Car accident
- Truck accident
- Motorcycle accident
- Explosions at work
- Construction accident
- On the job injury
- Worksite accident
- Chemical explosions
- Apartment fires
- Faulty smoke alarms

Burn injuries do not often heal, assuming they are very serious, completely on their own

without some form of medical care. It is advisable to see a medical professional to discuss your injuries and equally advisable to speak to a lawyer to speak about your case.

If you have been injured by another because they were negligent in some way, which could be from a car or truck accident or any number of accidents, then you should speak to a lawyer to discuss your case.

In addition to the obvious physical pain and suffering a burn victim will experience, many burn victims will also need to undergo extensive emotional and mental therapy by seeing a therapist, counselor, or psychologist in order to mentally and emotionally return to the state they were in prior to the injury. This is especially true for those burn victims whose burns are so bad to their faces and neck that they do not resemble their former selves or if they have to undergo extensive and multiple surgeries.

Further, children who suffer burns are also vulnerable to experiencing serious mental and emotional injuries that need to be addressed. In the immediate aftermath of a burn injury, while the physical injuries should be addressed and for good reason, it is equally important that a burn victim's emotional and mental state be addressed as well. This should not be overlooked.

Burns from Apartment Fires

One of the dangers of living in an apartment is the chance that a neighbor may not be responsible and because of their irresponsibility, a unit can catch on fire and affect many other people in the apartment building or complex. The owner of the apartment complex has the legal duty under Texas law to make sure that their building is up to code and safe from the creation and spread of fires. In most instances, a fire will start because there is a wiring issue in the building, meaning the electrical wiring is poorly done.

Another reason is that smoke detectors were not installed and maintained properly. A third reason is that there are no safe and easy exits out of the apartment complex. Making sure there are fire extinguishers and fire-resistant doors are also important factors. Many apartment owners simply do not take the proper steps to make sure their buildings are up to code and they instead do things cheaply.

Chapter Nine

Workplace Burn Injuries

OSHA, which is a government agency tasked with overseeing workplace safety, has reported that every year in America over 5,000 people are burned from explosions that take place on the job. These explosions could come from a couple of different sources, but most commonly it's from being around flammable materials, chemicals, or operating machinery or equipment that malfunctions and causes a terrible fire.

In most instances, the worker has the opportunity to file either a L&I claim in Texas, known as Labor and Industries, but there are times when a worker can also file what is called a third party claim, if a company other than their employer is the one responsible for their injuries.

Fractures

A fracture injury can be very serious and life-altering. Many fractures arise after a traumatic event, such as a car, truck, or accident on the job, such as an injury that occurs at a construction site.

If you suffer a fracture, it can happen in a few different ways. It could occur in the femur, which is a strong bone in your body, or it could occur in the tibia, which is commonly thought of as your shin bone. The severity of the break determines how the leg should be treated.

There may just be surgery that is done or there may be an implant device that is planted into the leg, such as a rod or screw. Other times the affected limb that has suffered the fracture may have to be put in a splint, brace, or cast. You will know if you are suffering from a fracture if you have severe pain, bruising, the affected limb feels very tender, or if you notice significant swelling. Fractures greatly affect mobility.

Types of Fractures

From a medical standpoint, there are a few different kinds of fractures that you can suffer. A closed fracture is one that has not caused damage to the tissue. To treat this kind of injury, you have to set the bone fragment to allow the bone to heal on its own. Open fractures are more severe because they involve fractures that break through the skin.

A complete fracture is one where there is a separation of the bone when the break in the bone occurs. An incomplete fracture, by contrast, occurs when there is still a fracture but the bones remain connected. A spiral fracture comes about when a great amount of force twists the bone until it snaps and causes more damage to the bone.

To treat this, there will need to be surgery implants. Impacted fracture occurs when two bones that are forced into each other. Comminuted fracture is the most serious of them all because there are a number of breaks along the one. Surgery is almost always required to put in pins or screws so the bone can heal.

Common Reasons for Fractures

If you have suffered a fracture, chances are it occurred in one of the following ways:

- Car accident
- Truck accident
- Motorcycle accident
- Bicycle accident
- Construction accident
- On the job injury
- Worksite accident
- Slip and fall

Fracture injuries typically do not just heal on their own. They take extensive medical care and specialized medical knowledge in order to diagnose and treat. Fractures can occur in a number of ways where someone or a company might have been negligent in how they acted towards you. The negligence may occur in a number of different ways, from car accidents to worksites that were not kept in a safe manner. Regardless of how the fracture occurred, you most likely need representation to make sure that you are receiving the compensation you deserve and that is allowed to you under Texas law for your injuries.

Electrocutions

Being electrocuted is a very serious injury that can mean anything from a minor shock to being killed instantly. It just depends on the charge being transmitted. An electrocution is damage that is done to the skin or internal organs after some part of the body connects with an electrical current.

Electricity passes easily throughout the body. While some electrical burns may seem minor at first, there may be extensive inner damage to someone's body. Most electric currents cause injuries due to the following ways: a heart attack because of the electrical effect on someone's heart. Muscle or nerve damage after a current rush through your body. Thermal burns. Falls from a height after receiving a shock from the electricity.

Hundreds of people are killed each year from being electrocuted. In fact, it is estimated every day someone dies at work from being electrocuted. Thousands more are injured each year from electrocutions.

Electrocutions have terrible effects on the body. The cardiovascular system are common reasons for people being killed or suffering serious injuries. Unless the heart is treated, the electrocution can kill someone. The central nervous system can also be affected by an electrocution. Electricity, while it passes easily through the human body, can have a deadly effect on the brain and the central nervous system. A lot of different injuries can result from this, including respiratory failure and spinal cord injuries. Coming into contact with such a current

can have deadly consequences. The musculoskeletal system is another part of the body that can be affected when a current rushes through the body.

Medical Treatment for Electrocution Injuries

Reviving someone's heart is often the first and most important goal after an electrocution injury. Treating burns is often a second, but still important, concern after an electrocution injury. Virtually anyone who has suffered an electrical injury will have some burns, whether inside or outside the body. Surgery is often required to treat these burns. Many people suffer infections as well.

There are also cardiovascular problems people often experience after a burn injury. Surgery and medical care can often help improve these conditions. After such an injury, there may also be brain damage, since the current may affect the brain and nervous system. Many serious and life-altering conditions can come about, including nerve damage and amnesia, to name just a few.

People may also experience muscle and bone problems after being electrocuted. These injuries may require extensive therapy and even surgery to treat.

Common Reasons for Electrocutions

If you have been electrocuted, chances are it occurred in one of the following ways:

- Construction
- On the job injury
- Worksite accident

Many electrocutions occur when construction workers are doing construction work of some kind, especially working on excavations and doing digs on a property. Doing trench work and handling equipment can be other reasons as well for an electrocution.

Electrocution injuries on occasion do heal themselves on their own without any kind of medical care, but this is rare. The reality is that this is a serious condition that needs medical attention to treat.

Neurologists and pain management specialists are often good resources to turn to for people suffering from this condition as they are well-versed and well-positioned to help if you have suffered this rare and serious condition. In addition, therapies and some tests, such as bone scans, are needed in many instances to be able to help diagnose and evaluate your condition.

Chapter Ten Amputations

If you have suffered an amputation, you are likely going through a great deal of stress and hardship. Amputation injuries are among the hardest to recover from. They can change a person's entire life. These are some of the ways your life may be altered.

First, your home or car may need to be modified to accommodate your new amputation. Depending on your home or car, there may need to be extensive modifications to accommodate you. Your car may need to be able to lower and your walls in your home may need handles.

Second, you may need a prosthetic limb in order to get by in life. Prosthetic limbs may be very expensive. Worse, the prosthetic may need to be replaced over time. Some insurance companies do not pay for these, so this is something you will need to request in your settlement.

Third, you are likely going to need ongoing therapy. You will need physical or occupational therapy that will help you stay strong and stretch. You may also need pain management therapy, which may include skin stimulation and skin desensitization. You may also need therapy to help you with movement to help you move with a walker or wheelchair.

There may also be training to help you use a prosthetic limb as you will need to learn how to use the limb and it may not be possible without a professional who can walk you through this. Finally, you may also need to learn how to drive a car using hand-controls if you cannot resume operating your car like you once did.

Reasons for Amputation

There are any number of reasons that it may be necessary and appropriate to remove a limb or part of the body via amputation. The reason may be a car accident or a work injury that led to a limb being crushed. Other times the amputation may be because of a condition that threatens someone's life, such as hip or knee implant that is not working correctly. Alternatively, there could be a situation where an elderly person has been neglected at their nursing home and the only way to save the person's life is by amputation.

Sometimes it is necessary to amputate a limb for the greater good of the body. There may be instances when this is frankly the only choice for someone to survive. If you are the victim of frostbite, cancer, an infection, or even a car accident, then it may be that amputating the limb is the only option that is available to you to keep you alive. In many cases, the victim of nursing home abuse or nursing home neglect may need to have a limb amputated in order to stay alive. Amputation may seem like a nightmare to live through, but it can also be the only option available in many cases to keep someone alive.

Common Reasons for Amputations

If you have suffered an amputation, chances are it occurred in one of the following ways:

- Car accident
- Truck accident

- Motorcycle accident
- Bicycle accident
- Construction accident
- On the job injury
- Worksite accident
- Machine accidents

Amputations are life-altering injuries that can force a person to live their life in ways that are completely foreign to them. After an amputation injury, the victim may have to go undergo extensive therapy, get retrofitted for a prosthetic, and learn how to live with their new prosthetic.

Chapter Eleven

Complex Regional Pain Syndrome (CRPS)

Complex Regional Pain Syndrome, also known as CRPS, affects an arm, leg, or hand normally and it causes the affected area a lot of constant pain. The pain usually comes after you are injured in some way, though it can also happen after a surgery or heart attack. This is not a common condition and there are a variety of medical opinions on it.

It is best to treat the condition very early on as it is possible to improve the condition or even rewind the serious effects of it on the body. You will know you have it if you notice rapid changes in your hair or nail growth, changes in the skin, such as it getting redder or shinier, if the area becomes sensitive to the touch or to the cold, if the area becomes painful to the touch, nonstop pain in the affected area, muscle atrophy in the limb, spasms in the limb, and in some cases an inability to move the limb completely.

The condition may go away on its own or very slowly, but more often than not the condition needs medical care. Obtaining a conclusive diagnosis from a doctor or healthcare professional confirming that you have CRPS is a crucial step in the development of your case. The reason behind this is that many insurance companies will attempt to argue with you about whether you have CRPS.

In fact, one tactic commonly employed by insurance companies is to send CRPS victims to a doctor for what is called an Independent Medical Exam (IME). Most of the time these doctors will claim that CRPS is not present.

This is not altogether surprising since the doctor is normally hired by the insurance company to review your records and evaluate you one time (in other words, this doctor is not a treating doctor who will be rendering care and seeing you multiple times).

Thus, it is best to see a doctor who will make the right diagnosis, which may or may not be CRPS.

Medical Causes of CRPS

Not all doctors understand what causes CRPS. Many believe it's an injury to the central nervous system, but it almost always comes about because of trauma or an injury to the area. There are two types of CRPS. Type one is commonly referred to as RSD, which stands for Reflex Sympathetic Dystrophy Syndrome. The vast majority of people who have this condition are diagnosed with Type 1. This type occurs from an injury that didn't do direct damage to the particular limb that was injured—i.e. if you slipped and fell and used your right arm to break your fall the arm didn't suffer the damage to the nerves. Type 2 is also known as causalgia, which is similar to type 1, but with type 2 there is a nerve injury.

Most of the time CRPS comes about after an injury involving a fracture, a crush to a limb, or a total amputation. However, surgeries and infections and heart attacks can trigger the condition as well. But again, the medical community is not in consensus with what causes it. There seems to be a widespread agreement that there becomes a problem between the central nervous system and inflammatory responses. Muscles tend to either contract or atrophy completely from CRPS.

Common Reasons for CRPS

If you have suffered a CRPS injury, chances are it occurred in one of the following ways:

- Car accident
- Truck accident
- Motorcycle accident
- Bicycle accident
- Construction accident
- On the job injury
- Worksite accident
- Slip and fall

CRPS injuries on occasion do heal themselves on their own without any kind of medical care, but this is rare. The reality is that this is a serious condition that needs medical attention to treat. Neurologists and pain management specialists are often good resources to turn to for people suffering from this condition as they are well-versed and well-positioned to help if you have suffered this rare and serious condition. In addition, therapies and some tests, such as bone scans, are needed in many instances to be able to help diagnose and evaluate your condition.

