




The top three things you must do to get your  
**life back on track after a car accident**

They say that life is what happens when you're busy making other plans. Nowhere does this apply more than when you are involved in a car accident.

Injuries and accidents can disrupt your plans in an instant, changing the course of your life temporarily, or even permanently.

With [close to 30% of all Australian emergency room visits during 2015-2016 being due to injury or accidents](#), there's a good chance that this has happened to you, or someone you know.



Whether you're dealing with a life altering injury or a temporary setback, knowing what you can do to make your recovery and adjustment quicker and less painful makes all the difference in getting your life back on track.

Here are the top three things you can start doing right  
**now that will make a big difference in your recovery**



Keep  
moving



Nurture  
relationships



Get the  
best advice





## Keep moving

Provided you have clearance from your doctor or surgeon, you should start integrating whatever movement you can into your daily routine.

It doesn't matter if it's slow going, or if you can only manage a few seconds at a time. The most important thing is to get your body back into the habit of motion. This movement can form part of your prescribed rehabilitation, or it could be simply moving from your bed to the sofa.

Movement after an injury, accident, or surgery benefits you by encouraging blood circulation and prevents your muscles from atrophying. Movement can also have a positive effect on depression or anxiety.

Some [research](#) even indicates that it offers some form of pain relief for certain individuals. Activity can also improve your mood and mental outlook, as [many people](#) develop some form of Post-Traumatic Stress Disorder (PTSD) and depression following a traumatic event.



## Nurture relationships

A strong support system is invaluable to your recovery. Many people withdraw from normal life because they feel nobody understands what they're going through – but drawing strength from your support network will help greatly with your recovery.

In the days, weeks, or months after your accident or injury, you'll need lots of help from those around you.

Be mindful that those who're helping you are suffering in a different way. What has happened to you has impacted their lives as well. Do all you can to give them supportive understanding while they're supporting you.

Many researchers believe that what helps you bounce back more quickly after an accident or injury is your social support network. When you are part of community and can share how you feel, you're more likely to recover faster.



## Get the best advice from people that know what they're talking about

Experiencing a car accident can leave you in shock for days. This is the most crucial period of time in terms of your medical, legal and financial outlook.

It's common for concerned family members and friends to try offer you helpful advice on what you should be doing, but the only people whom you should take advice from are experts in their chosen field.

You wouldn't ignore your doctor's advice because of something a stranger told you at the pub. Why would you take legal advice from someone at the pub?

When it comes to getting legal advice, many people don't understand how important it is to speak to a good lawyer.

Both good and bad legal advice can impact your future in different ways.

Good solid advice can mean security, comfort and financial freedom in your future. Bad advice can result in mounting medical treatment, debt and distress.



If you aren't sure whether or not your situation could require legal recourse, then make an appointment  
to consult with Bourke Love Lawyers today

We're a law firm that specialises in cases involving compensation. Not only do we offer a free introductory consultation for all clients, we also operate on a 'No Win, No Pay' basis.

This means that we're investing in getting the best outcomes for you.

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