



---

## Larson Law Newsletter

### September 2025



---

#### 🍁 September Safety, Awareness & Advocacy 🍁

As summer winds down and we move into fall, September is a great time to refocus on safety, wellness, and preparedness. For our firm, it's also an opportunity to remind our clients and community about the importance of protecting their rights after an accident.

---

## Back-to-School Safety

With children heading back to school, roads are busier in the mornings and afternoons. Please remember to:

- Slow down in **school zones**.
- Watch for children crossing streets and walking between cars.
- Be extra cautious near school buses—stop signs on buses are not optional!

♦♦ *A moment of patience could prevent a lifetime of regret.*

---

## National Pain Awareness Month

September is also **Pain Awareness Month**, bringing attention to the challenges faced by individuals living with chronic pain after accidents and injuries. If you or someone you know is still dealing with lingering pain from a crash, fall, or workplace injury, remember:

- Pain that persists should not be ignored.
  - Documenting pain and treatment is essential if you're pursuing a claim.
  - You are not alone—support and legal guidance are available.
- 


## Why Settlements Matter

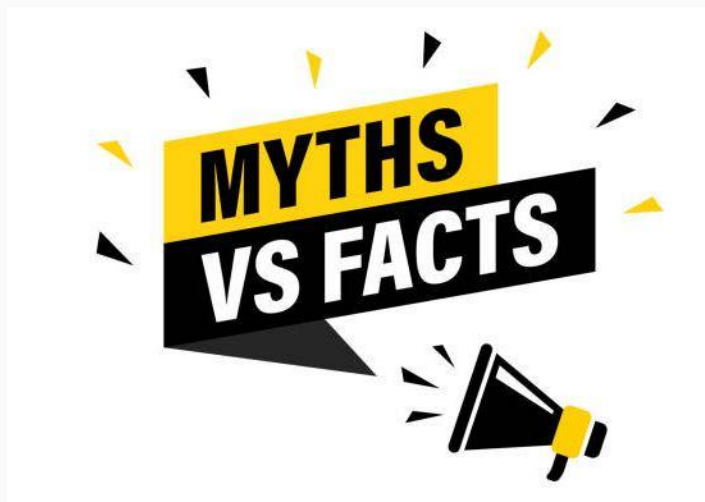
Many clients ask us, “*When is the right time to settle a case?*” The truth is, there’s no one-size-fits-all answer. Every case depends on the facts: medical recovery, witness credibility, treatment costs, and the risks of going to trial. That’s why having an **experienced advocate** matters—we carefully evaluate each case to ensure you’re not pressured into a settlement that doesn’t fully protect you.

---

## Larson Law Message

As we enter this new season, we want to thank you for trusting us with your legal needs. Whether you are a current client, a past client, or a friend of the firm, know that we are here to support you.

 *If you have questions about a case, or just want clarity on your rights, don't hesitate to reach out.*



### Myth vs. Fact: What Really Causes Back Pain?

Back pain is one of the most common health problems—and it's surrounded by plenty of myths. Here are two common misconceptions, and the facts you should know.

#### Myth #1: Sitting on a Fat Wallet Causes Back Pain

**Fact:** A bulky wallet usually doesn't cause back pain directly. Instead, it can lead to **hip or leg pain, numbness, or tingling**. Here's why:

- A large wallet tilts the pelvis and can **compress the sciatic nerve**.
- The sciatic nerve runs from the lower back down through the hips, buttocks, and into each leg.

- Prolonged compression can cause **pain, tingling, or numbness** while sitting.
- After sitting for an extended period, it may even become difficult to walk or you may experience a “pins and needles” sensation in your legs.

If you carry a wallet, phone, or other bulky item in your back pocket, it's best to remove it before sitting. This small adjustment can help prevent sciatic nerve compression and keep your hips and legs more comfortable. Prolonged pressure may cause discomfort, “pins and needles,” or even difficulty walking.

💡 *Tip: Keep your wallet or phone out of your back pocket when sitting to avoid nerve compression.*

## **Myth #2: Lifting Heavy Objects Is the Main Cause of Back Pain**

**Fact:** Lifting with poor form can contribute to back pain, but it's not usually the primary cause. The bigger culprits are:


- **Sedentary lifestyle** - long hours of sitting weaken muscles that support the spine.
- **Poor posture** - slouching or sitting incorrectly places extra stress on the back.
- **Obesity** - excess weight increases strain on the spine and joints.
- **Genetic factors** - family history can make some people more prone to back issues.

The best way to protect your back isn't just avoiding heavy lifting—it's about maintaining an **active lifestyle, practicing good posture, and keeping a healthy weight**. When lifting, remember to bend at the knees, keep the object close to your body, and avoid twisting.

💡 *Tip: Stay active, stretch regularly, and be mindful of posture to keep your back strong and healthy.*

### **The Bottom Line**

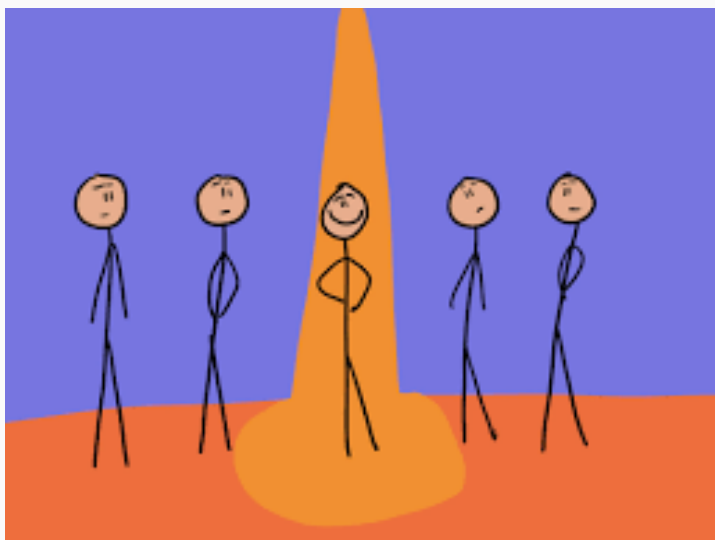
Back pain myths can be misleading. By understanding the real causes, you can take better steps to prevent discomfort and protect your spine.

 **Stay tuned for next month's "Myth vs. Fact" column, where we'll uncover another common misconception and set the record straight!**

Patient Care Article: <https://www.patientcareonline.com/view/8-common-myths-about-chronic-back-pain-plus-8-facts-that-refute-them?slide=1;8> Common Myths About Chronic Back Pain, Plus 8 Facts That Refute Them July 1, 2025  
By [Grace Halsey](#)

---

## GET TO KNOW OUR TEAM!



### This month's Feature:

**Adam G. Larson**

#### **What do you do for fun?**

Adam loves outdoor activities like skiing, hiking, and boating. He also loves to go to loud concerts and sporting events.

#### **Best part of the job?**

The best part of the job is the people! And it gives me somewhere to go during the day so I'm not out on the streets unattended and causing trouble.

#### **What keeps Adam practicing law?**

Adam loves to help people, and he loves to fight (insurance companies)!



### **We Want to Hear From You!**

Unlike many law firms, **we actually want you to call us** and keep us updated on your case!

If it's been more than 30 days since we last spoke—please reach out. Staying in touch helps us serve you better and make sure nothing slips through the cracks.

Here's what we need to know:

- ✓ **Any updates on your recovery, care, or treatment**
- ✓ **If you've seen a new doctor**
- ✓ **If you've had new imaging like X-rays or MRIs**
- ✓ **If your health insurance has changed**
- ✓ **If your doctor says you've completed treatment**
- ✓ **If you're feeling frustrated with your recovery process**

We're here to guide you through this—but **we need your help** staying informed.

**Call us. Email us. Let's talk.**

**We're your team, and communication is key.**



We are truly grateful for the trust you place in us to handle your personal injury needs.

Your referrals mean the world to us—they are the highest compliment we can receive.

If you know someone who could benefit from experienced legal support after an accident, we're here to help them get the care and compensation they deserve.

Rest assured, we'll treat them with the same dedication and respect we've shown you.

Thank you for your confidence in us!



[www.larsonlawutah.com](http://www.larsonlawutah.com)

801-601-8323



## **Did you know Larson Law has Facebook Pages, Instagram, TikTok and more!**

**Click icon links below to follow our pages!**

**We'd love for you to join and like our pages!**

---

### **Find Us Online**



---

*Copyright © 2025 Larson Law, All rights reserved.*

Larson Law  
922 W. Baxter Dr., Suite 200  
South Jordan, UT 84095  
Phone: 801-601-8323  
Fax: 801-990-1744