



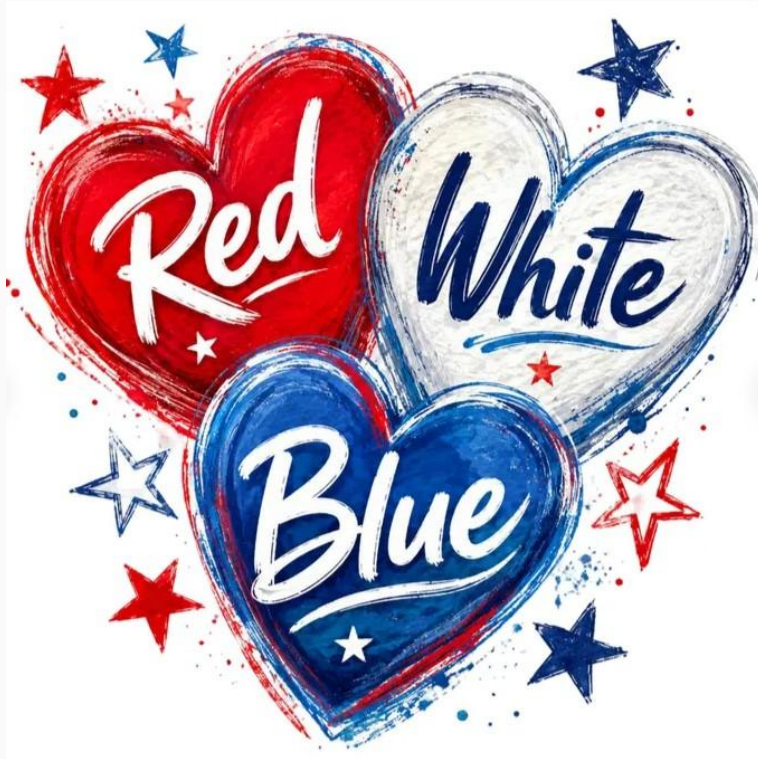
Larson Law Newsletter

July 2026



"Everything good, everything magical happens between the months of June and August."

-Jenny Han



Independence Day Message from Our Team

As we celebrate Independence Day, we're reminded of the freedom, resilience, and strength that define our communities and our country.

For many, freedom means the ability to gather with family, enjoy time outdoors, and reflect on the opportunities we're fortunate to have. It also reminds us of the importance of protecting one another—on the road, in the workplace, and in everyday life.

At our firm, we see firsthand how quickly life can change after an injury. That's why we're grateful to work alongside dedicated chiropractors and medical providers who help our shared clients recover, rebuild, and regain their independence. Your care plays a vital role in restoring function, mobility, and quality of life.

To our clients and community: we encourage everyone to celebrate safely this holiday—drive attentively, avoid distractions, and look out for others. A little caution goes a long way toward preventing life-altering injuries.

This Independence Day, we honor not only the freedoms we enjoy, but also the strength it takes to recover when those freedoms are challenged.

Wishing you a safe, meaningful, and happy 4th of July.



www.larsonlawutah.com

801-601-8323

THINGS YOU SHOULD
NOT POST
ON
SOCIAL MEDIA

Think Before You Post: How Social Media Can Affect Your Injury Claim

After an accident, it's natural to share updates with friends and family. However, what many people don't realize is that insurance companies and defense attorneys often review social media accounts for information they can use to challenge an injury claim.

Even an innocent photo at a family gathering, a restaurant check-in, or a comment about "feeling better" can be taken out of context and used to argue that your injuries aren't as serious as you've reported. Privacy settings do not guarantee that your posts are protected, as courts can require relevant social media content to be produced during the legal process.

If you're pursuing a personal injury claim, it's best to avoid posting about your accident, injuries, treatment, or daily activities until your case is resolved. It's also wise to ask friends and family not to tag you in photos or post updates about your recovery. Most importantly, never delete existing posts without first speaking with your attorney, as doing so could create legal issues.

Our Advice: While your case is pending, assume that anything you post online could be seen by the insurance company. Protecting your claim is as important as following your doctor's treatment plan.

We're Here to Help

If you've been injured in an accident, protecting your claim starts with protecting your story. Before posting on social media, remember that even innocent photos or comments can affect your case. If you're ever unsure about what you should or shouldn't share online, we're happy to answer your questions. Our goal is to help you avoid common pitfalls so you can focus on healing while we focus on protecting your rights.



Why Some Whiplash Injuries Turn Into Long-Term Pain

Most people who suffer whiplash from a car accident recover within a few weeks. However, research shows that a smaller group continues to experience pain for months—or even years—after the injury.

A recent study followed 76 whiplash patients over six months and compared them with people who were not injured. Researchers tested sensitivity to pressure, heat, and nerve response, along with other neurological reflexes.

The results showed an important pattern: patients who went on to develop long-term pain already showed increased sensitivity to pain within the first month after the accident. These changes were not present in patients who recovered normally.

This suggests that whiplash is not only a muscle or joint injury—it can also involve changes in how the nervous system processes pain. These changes may help explain why some people develop ongoing or chronic pain conditions after an accident.

The study highlights the importance of early evaluation and treatment after an injury, as identifying these changes early may help improve recovery outcomes.

11 Ways to Help You Recover After Whiplash

Simple measures like using heat or ice, taking over-the-counter pain medication as directed, and performing gentle stretching or physical therapy exercises can make a significant difference. Some people also benefit from massage therapy, acupuncture, or mindfulness practices like yoga and tai chi. Maintaining good posture and staying active—rather than remaining immobilized—can also support recovery. In more

severe or long-lasting cases, your healthcare provider may recommend additional treatments.

Every injury is different, so it's important to follow your healthcare provider's recommendations and seek treatment promptly after an accident. Early evaluation and consistent care can help you recover more comfortably and reduce the risk of long-term pain.

Article: https://www.goodrx.com/conditions/musculoskeletal/whiplash-symptoms-treatment?srsltid=AfmBOop6zQkikO2srGE5AmTql_TLS9sUNedbYjJ1NJ0COLjinUxRMpm4

July Recipe

Fresh Grilled Chicken & Summer Berry Salad



A simple, refreshing summer meal that's packed with protein, antioxidants, and hydration-friendly ingredients—perfect for warm July days.

Ingredients

For the chicken:

- 2–3 boneless, skinless chicken breasts
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp garlic powder
- 1 tsp paprika
- Salt and pepper to taste

For the salad:

- 6 cups mixed greens (spinach, arugula, or spring mix)
- 1 cup strawberries, sliced
- 1/2 cup blueberries
- 1/3 cup crumbled feta cheese
- 1/4 cup sliced almonds or walnuts
- 1/2 avocado, sliced (optional)

Simple vinaigrette:

- 3 tbsp olive oil
 - 1 tbsp balsamic vinegar
 - 1 tsp honey
 - 1 tsp Dijon mustard
 - Salt and pepper to taste
-

Instructions

1. **Marinate the chicken**

Mix olive oil, lemon juice, garlic powder, paprika, salt, and pepper. Coat chicken and let sit for at least 15–30 minutes.

2. **Grill or cook**

Grill chicken over medium heat for about 5–6 minutes per side (or until fully cooked). Let rest, then slice.

3. **Build the salad**

In a large bowl, combine greens, berries, feta, nuts, and avocado.

4. **Add protein & dress**

Top with sliced chicken and drizzle with vinaigrette just before serving.



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!

HAVE A WONDERFUL MONTH OF JULY FROM ALL OF US AT LARSON LAW!!



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.

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



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