



Larson Law Newsletter

August 2026



"Let the sunshine of August inspire you to shine your brightest."

-Unknown



August is recognized as **National Traffic Awareness Month**, making it a great time to focus on safe driving habits and protecting yourself and your loved ones on the road. While no one expects to be involved in a car accident, practicing safe driving can help reduce the risk of serious injuries.

Remember to buckle up, avoid distractions like texting while driving, obey speed limits, never drive impaired, and stay alert behind the wheel. These simple habits can make a significant difference in preventing collisions.

Even low-speed crashes can cause injuries such as whiplash, back pain, headaches, and other soft tissue injuries. It's also common for symptoms to appear hours—or even days—after an accident. That's why it's important to seek medical attention as soon as possible, even if you feel okay immediately after the collision. Early evaluation and consistent treatment can support your recovery while ensuring your injuries are properly documented.

If you've been injured because of someone else's negligence, you don't have to navigate the insurance claims process alone. At **Larson Law**, we're committed to helping accident victims understand their rights, obtain the care they need, and pursue the compensation they deserve so they can focus on healing.

We hope you and your family enjoy a safe, healthy, and accident-free August. Remember, if an accident does happen, we're here to help every step of the way.





5 Simple Steps to Help Prevent a Car Crash

Motor vehicle crashes can happen in an instant, but practicing safe driving habits can significantly reduce your risk. Whether you're driving across town or taking a long road trip, these five simple steps can help keep you, your passengers, and others on the road safe.

1. Buckle Up

Always wear your seat belt, and make sure every passenger is properly restrained before you start driving. Seat belts are one of the most effective ways to reduce the risk of serious injury or death in a crash.

2. Never Drive Impaired

Never drive under the influence of alcohol, drugs, or medications that affect your ability to operate a vehicle safely. If you've been drinking or feel impaired in any way, arrange for a sober ride or use a rideshare service.

3. Drive Attentively

Stay focused on the road. Put your phone away, avoid eating or other distractions while driving, and keep your eyes, hands, and mind on the task of driving. Even a moment of distraction can lead to a life-changing collision.

4. Share the Road

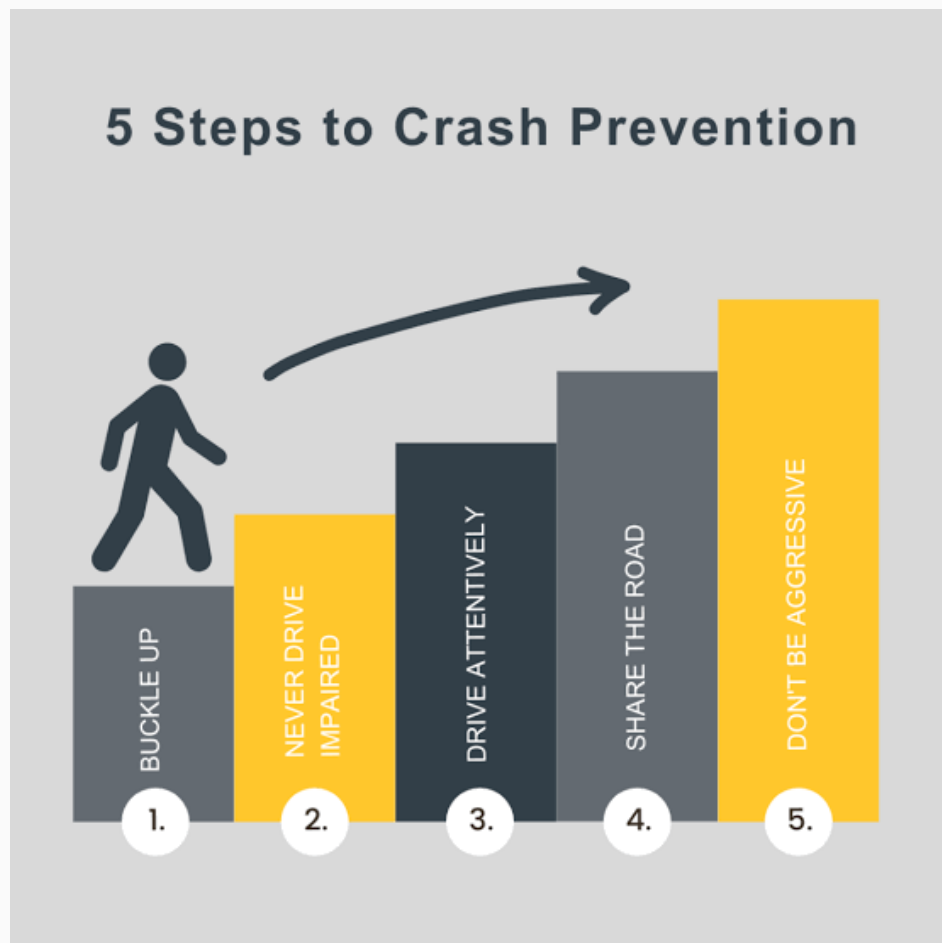
Be courteous and watch for everyone around you—including motorcycles, bicyclists, pedestrians, school buses, and large commercial trucks. Giving others plenty of space and respecting their right to use the road helps prevent unnecessary crashes.

5. Don't Drive Aggressively

Aggressive driving behaviors such as speeding, tailgating, weaving through traffic, and road rage increase the likelihood of serious collisions. Stay patient, allow extra travel time, and remember that arriving safely is always more important than arriving quickly.

Safe driving starts with each of us. By making these habits part of every trip, we can help protect ourselves, our families, and our communities.

Remember: Even with the safest driving practices, accidents can still happen. If you're involved in a collision, seek a medical evaluation promptly—even if you don't feel injured right away. Early assessment and documentation can make a significant difference in both your recovery and any potential personal injury claim.



Understanding Lower Back Pain After a Car Accident

Lower back pain is one of the most common injuries following a motor vehicle collision—and it isn't always immediately obvious how serious the injury may be. In one individual's experience, what initially seemed like a typical back injury turned out to include multiple spinal fractures and disc injuries that were not discovered until advanced imaging was performed.

Every injury is unique, and recovery often requires patience. There is no one-size-fits-all treatment plan. Some people find relief through physical therapy, chiropractic care, exercise, or other conservative treatments, while others may require additional medical intervention. The key is working with healthcare providers who listen to your concerns, answer your questions, and help develop a treatment plan that's right for you.

If you've been in a car accident, don't ignore persistent back pain—even if initial X-rays appear normal. Some injuries may not be visible right away, and symptoms can worsen over time. Seeking prompt medical evaluation, following your provider's recommendations, and keeping up with your treatment can improve your recovery and create important documentation if you need to pursue a personal injury claim.

At **Larson Law**, we understand that recovering from an accident is about more than settling an insurance claim—it's about getting your health and your life back. If you've been injured due to someone else's negligence, we're here to guide you through the legal process while you focus on healing.

Remember: Listen to your body, ask questions about your treatment, and don't hesitate to seek a second opinion if you need one. Your health is worth the time and attention it takes to recover.

6 GENTLE WORKOUTS TO HELP LOWER BACK PAIN AT HOME



Pelvic Tilts



Knee-to-Chest Stretch



Cat-Cow Stretch



Child's Pose



Bridge Exercise



Seated Forward Bend

**article <https://www.goodrx.com/conditions/pain/6-tips-for-lower-back-pain-relief>



August Recipe

Grilled Peach & Blueberry Summer Salad

Celebrate the flavors of late summer with this refreshing salad that's packed with fresh fruit, crisp greens, and a touch of sweetness. It's the perfect side dish for a backyard barbecue or a light lunch on a warm August day.

Ingredients

- 5 cups mixed greens
- 2 ripe peaches, halved and pitted
- 1 cup fresh blueberries
- ¼ cup crumbled feta cheese
- ¼ cup chopped pecans or walnuts, toasted
- ¼ small red onion, thinly sliced (optional)

Honey Balsamic Dressing

- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- Salt and pepper to taste

Directions

1. Preheat a grill or grill pan to medium-high heat.
 2. Grill peach halves for 2–3 minutes per side until lightly charred. Let cool slightly, then slice.
 3. In a large bowl, combine the mixed greens, blueberries, onion, feta, and toasted nuts.
 4. Arrange the grilled peach slices on top.
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5. Whisk together the dressing ingredients and drizzle over the salad just before serving. Toss gently and enjoy!

Tip: Add grilled chicken for a delicious, protein-packed main course.

Larson Law Office Healthy Living Tip

Summer is the perfect time to enjoy fresh fruits and vegetables that are rich in antioxidants and vitamins. Eating a balanced diet, staying hydrated, and remaining active can support your body's natural healing process—especially after an injury.

From all of us at **Larson Law**, we hope you have a safe, healthy, and enjoyable August!



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!



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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