



Larson Law Newsletter

September 2026



"September skies are a reminder that every day is a fresh start filled with opportunities."

-Unknown



Your Medical Records Tell the Story of Your Injury

After an accident, your medical records do more than document the treatment you received—they help tell the story of what happened to you and how your injuries have affected you.

For patients, it is important to be open and thorough with your healthcare provider. Tell your provider about **all of your symptoms**, even if they seem minor, and let them know how your injuries are affecting your daily activities, work, sleep, exercise, and other aspects of your life.

For healthcare providers, **clear and consistent documentation is essential.**

Recording the patient's complaints, objective findings, functional limitations, treatment provided, and progress over time helps create a complete picture of the injury and recovery process.

Consistent treatment and accurate documentation can be especially important when symptoms continue for an extended period of time. A well-documented medical record can help demonstrate not only that an injury occurred, but also how that injury has impacted the patient's life.

Good communication between the patient and healthcare provider, combined with thorough documentation, helps ensure that the patient's medical story is accurately recorded from the initial injury through recovery.

At Larson Law, we believe that educating both injured individuals and healthcare providers helps make the personal injury process easier to understand and navigate.



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Understanding Whiplash Symptoms After a Car Crash

Did you know that whiplash symptoms may not appear immediately after a car crash?

Whiplash occurs when the head and neck are suddenly forced back and forth, often during a rear-end collision. While some people experience pain right away, others may not notice symptoms until hours or even days later.

Common symptoms can include **neck pain and stiffness, headaches, shoulder or upper-back pain, dizziness, fatigue, and reduced range of motion.**

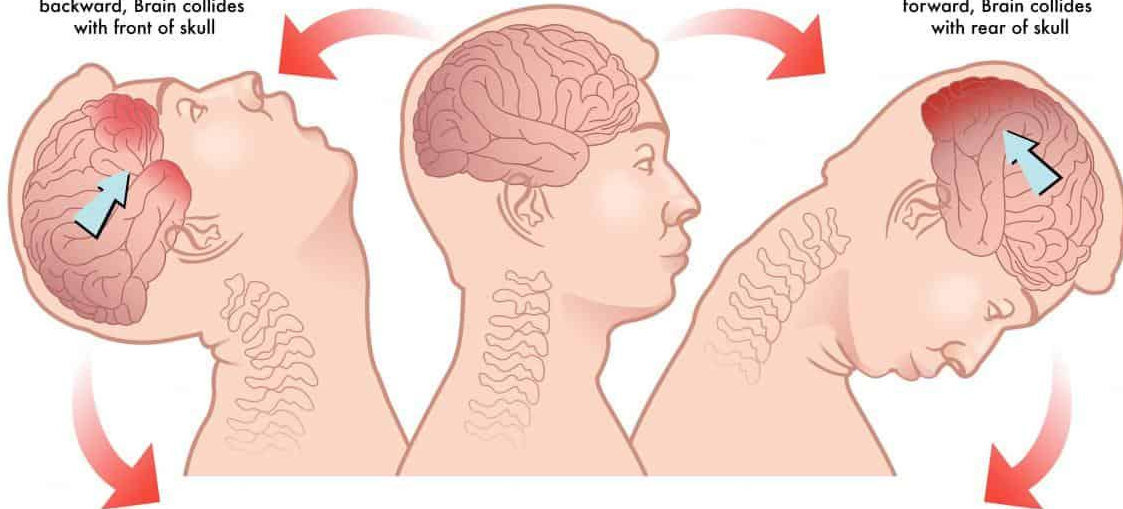
If you are involved in a car crash, pay attention to how you feel in the hours and days afterward. If you develop symptoms, seek appropriate medical attention and let your healthcare provider know that you were involved in a crash.

Remember: Just because you feel okay immediately after an accident doesn't necessarily mean you weren't injured. Early evaluation and proper documentation can help you receive appropriate care and create a clear record of your recovery.

Consequences of Whiplash on the Brain

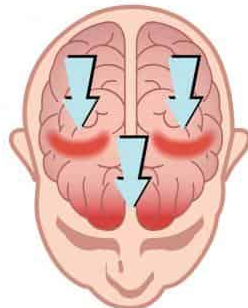
1) As head is thrown backward, Brain collides with front of skull

2) As head is thrown forward, Brain collides with rear of skull

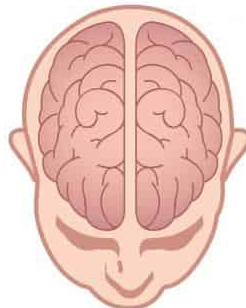


Top view of Brain

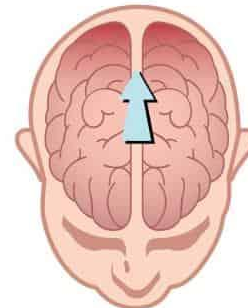
Top view of Brain



As Brain collides with front of skull, frontal and temporal lobes are injured



Healthy



As Brain collides with rear of skull, occipital lobe and cerebellum are injured

Your Recovery Matters

After a car accident, it can be easy to focus on the damage to your vehicle, insurance claims, and everything else that needs to be taken care of. But one of the most important things to remember is **your health and recovery**.

Some injuries may not cause noticeable symptoms right away. As the days pass, you may begin experiencing pain, stiffness, headaches, or other symptoms. If something doesn't feel right, don't ignore it. Talk with your healthcare provider and follow the recommended treatment plan.

Keep track of how you are feeling and how your injuries affect your everyday activities. This information can be helpful to your healthcare provider and important when documenting your recovery.

Most importantly, give yourself time to heal. Your health comes first, and taking care of yourself after an accident is an important part of the recovery process.

If you have questions about your personal injury case, our team is always here to help.

September Recipe Easy Apple Cinnamon Crisp



As summer winds down and cooler fall days begin, September is the perfect time for a warm, comforting apple dessert. This **Easy Apple Cinnamon Crisp** is simple to make and perfect for sharing with family and friends.

Ingredients

Apple Filling

- 6 medium apples, peeled, cored, and sliced
- 2 tablespoons granulated sugar
- 1 teaspoon cinnamon
- 1 tablespoon lemon juice
- 1 tablespoon flour

Crisp Topping

- 1 cup old-fashioned oats
- $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ cup butter, melted
- $\frac{1}{2}$ cup chopped pecans or walnuts (optional)

Directions

1. Preheat oven to **350°F**.
2. Place sliced apples in a greased 9×9-inch baking dish. Add sugar, cinnamon, lemon juice, and flour, and toss until evenly coated.
3. In a separate bowl, combine oats, flour, brown sugar, cinnamon, and nuts.
4. Stir in the melted butter until the mixture becomes crumbly.
5. Sprinkle the topping evenly over the apples.
6. Bake for **35–40 minutes**, or until the apples are tender and the topping is golden brown.
7. Let cool for a few minutes before serving.

September Serving Tip: Serve warm with a scoop of vanilla ice cream or a dollop of whipped cream for the perfect start to fall!

 **Enjoy!**



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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