



**INJURED? PROTECT YOUR LEGAL INTERESTS  
WITH THREE THINGS YOU CAN DO TO HELP  
YOU WITH YOUR PERSONAL INJURY CASE  
(PART ONE OF TWO)**

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*Monthly Newsletter: March 2018*

**ONE: DO NOT SPEAK WITH ANYONE  
ABOUT THE ACCIDENT!**

This is very important. Until you see me, do not give any kind of statement about your accident to anybody. If you've already given written statements and have copies, please bring them when you meet with us!

**TWO: SEEK MEDICAL TREATMENT RIGHT  
AWAY!**

If you are injured or think you are injured, see a doctor right away and request they refer you to specialists as necessary. Do not wait to consult a physician until you've met with us. Freely discuss your symptoms as it is important to inform your doctor of ALL your problems, restrictions, pains, and missed events; just don't talk about how the accident happened or who was at fault.

You should **prepare in advance of each visit to your medical provider** in order to list all your problems and restrictions including every pain/discomfort, the level (on a scale of 1 to 10), the type (throbbing, dull, radiating, aching, etc.) and the duration/frequency (certain times of day or certain activities). It is important to tell the doctor which activities cause pain, or that you can no longer do, including work tasks.

Have you been treating your injuries (hot/cold)?

Do you rest more?

Are there activities you can no longer perform? Did you hire help around the house/yard?

Can you no longer exercise, or engage in other physical activities that are important to you?

Did you miss work?

Did you purchase a cane, crutches, etc.?

**Tell your doctor, so that it ends up in the report.** It is important to remain in contact with your doctors and communicate these issues to them as your treatment develops so that information is included in your medical records. Continuously ask your primary provider for referrals to specialists when necessary: chiropractic, physical therapy, spinal experts, massage, MRI scans, etc.

**THREE: HOW THE ACCIDENT HAPPENED?**

While your memories are fresh, **write down on a piece of paper how the accident happened**, including **what the other driver said** and **what you remember having said**. Also, write down **who was present** at the scene of the accident.

**FOR MORE INFORMATION CONTACT US:**

**GOODROW LAW OFFICE**

*Law Chambers Building*

345 Franklin Street

San Francisco, CA 94102

Phone: 415-655-9478

Fax: 415-276-1760

**E-mail: [russ@goodrowlaw.com](mailto:russ@goodrowlaw.com)**

**Website: <http://goodrowlaw.com/>**

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## Goodrow Law

345 Franklin St, San Francisco, CA 94102  
Law Firm

[PLACE DETAILS](#)

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★★★★★ in the last week

I am a San Francisco Realtor, who has used Mr. Goodrow's services for several years now. I often have legal issues that arise and Mr. Goodrow has consistently performed excellent work and maintained a profession demeanor towards me and my clients. Most importantly however is that his team has solved my problems each and every time!



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