

CP NEWSLETTER



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CORRADINO & PAPA, LLC

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CorradinoandPapa.com—New Website Launch July 4



From left to right: Henry P. Apryasz; Scott Diener; center, Jack Vincent Corradino; Michael R. Susic; Robert C. Papa, Jr.

On July 4th, we will launch the new version of the Corradino and Papa website. You will find it full of important consumer legal information on all aspects of Personal Injury; Auto & Truck Accidents; Worker's Compensation; Social Security Disability; Slip and Falls; Dog Bites and Medical Malpractice.

In addition, we have added a video about our practice and testimonials from our clients. In celebration of the launch of our new site we are introducing an exciting contest.

Simply go to our website, click "Contact Us". Fill in your information there and submit it to us by July 31, 2011. One winner will be selected at random to receive a \$200 Gift Card for dinner at a restaurant of your choice. Good Luck, and don't forget to Friend us on Facebook at Facebook/C&P.

FRIEND US ON FACEBOOK AT [FACEBOOK/C&P](https://www.facebook.com/C&P) OR WATCH OUR VIDEOS ON [YOUTUBE](https://www.youtube.com/C&P).

Whiplash...Much More Than Just a Pain in the Neck!

Approximately 120,000 Americans experience whiplash injury annually. That breaks down to 10,000 per month; 2,307 per week; 328 per day; and 13 per hour.

Whiplash is a soft tissue injury that occurs when the neck and head are thrown forward and back again due to sudden impact. The most common cause of whiplash is car accidents, but whiplash can also occur in sports accidents or when a child under age 5 is violently shaken, known as "shaken baby syndrome". Injury is caused when the impact flexes the head and neck beyond their normal range of movement. In addition to the tissue in the neck area, whiplash may also damage joints, discs, ligaments, muscles and nerve roots.

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Corradino & Papa, LLC • A Personal Injury Law Firm

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WHIPLASH...MUCH MORE THAN JUST A PAIN IN THE NECK! *(continued from page 1)*

Symptoms of Whiplash

Physical symptoms can include:

- Headaches
- Neck pain or stiffness
- Loss of motion in the neck
- Injured muscles and ligaments
- Dizziness
- Muscle spasms (in serious cases)

Psychological symptoms can include:

- Memory loss
- Poor concentration
- Nervousness/irritability
- Fatigue
- Depression



Whiplash Treatment

It is important to see a doctor immediately if you have been in a car accident, even if you don't have a lot of pain, because you may still be injured. Your treatment may include pain medication, anti-inflammatory drugs, muscle relaxants, a cervical collar and perhaps antidepressants. Your doctor may also prescribe range-of-motion exercises and physical therapy.

In general, the prognosis for people suffering from whiplash injuries is good. Usually, the neck and head pain dissipates within a few days or weeks. Most patients recover within three months after the injury. However, some people may continue to experience pain for a longer period of time. In the case of shaken baby syndrome, the violent shaking of young children may result in severe injuries, including permanent brain damage or even death.

Expedient Diagnosis and Redress

There is often a misconception that whiplash is "only a neck injury". That phrase is used by many people involved in a car accident or other type of accident, and the reluctance to file a whiplash claim has often led to a lack of redress for the injury suffered.

The whip effect to the spine can injure structures even in the low back. Sometimes symptoms do not appear until days after an accident because the rush of adrenalin and mental stress brought on by such an incident can delay the victim's reaction. Further, it is important to always remember that whiplash is not strictly a "car accident injury" but one that can result from falls and sports injuries, as well.

If you think you have whiplash due to someone else's negligence,

you should contact an attorney as soon as possible. It is important to pursue your case immediately because all states have a statute of limitations restricting the length of time you have to file a case. Also, your medical care may be denied due to the intricacies of Personal Injury Protection Law. If you would like your case to be evaluated by us at no cost or further obligation, please call Corradino & Papa at 1-877-574-1200.

The Trouble Tree —Author Unknown

I hired a plumber to help me restore an old farmhouse, and he had just finished a rough first day on the job: a flat tire made him lose an hour of work, his electric drill quit and his ancient one ton truck refused to start.

While I drove him home, he sat in stony silence.

On arriving, he invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree, touching the tips of the branches with both hands.

Afterward he walked me to the car. We passed the tree and my curiosity got the better of me. I

asked him about what I had seen him do earlier.

"Oh, that's my trouble tree," he replied. "I know I can't help having troubles on the job, but one thing's for sure, those troubles don't belong in the house with my wife and the children. So I just hang them up on the tree every night when I come home and ask God to take care of them. Then in the morning, I pick them up again."

"Funny thing is," he smiled, "when I come out in the morning to pick 'em up, there aren't nearly as many as I remember hanging up the night before."



Be Happy, Smile Into Summer!

10 Tips for Happiness in Daily Life

Daily life can be made happier. It is our attitude that makes us feel happy or unhappy. Here are ten tips for increasing happiness in your daily life:

1. Always look at the bright side. The mind may drag you to think about negativity and difficulties. Don't let it. Always look at the glass as "half full".
2. Think of solutions, not problems.
3. Listen to relaxing, uplifting music.
4. Watch comedies that make you laugh.
- 5 Each day, devote some time to reading a few pages of an inspiring book or article.
6. Watch your thoughts. Whenever you catch yourself thinking negative thoughts, start thinking of pleasant things.
7. Always look at what you have done and not at what you haven't.
8. Each day do something good for yourself. It can be something small, such as buying a book, watching your favorite program on TV, or just having a stroll on the beach.
9. Each day do at least one act to make others happy. This can be a kind word, helping your colleagues, giving your seat on a bus to someone else, or giving a small present to someone you love. When you make someone happy, you become happy, and then people try to make you happy.
10. Smile more often; always expect happiness.



The Happiness Workout

Flex Your Happiness

The physical act of smiling can use as few as 5 muscles or more than 16, and just like any muscles, the more you use them, the stronger they'll be. A body builder shapes their physique so the muscles are defined without even flexing; just like maintaining a healthy smile helps to define an expressive, happy face.

Practice Makes Perfect

Genuine happiness creates frequent smiles and having an optimistic attitude in life, even in difficult times, creates strength in knowing that everything will be okay. Don't avoid facing difficulties, but work on finding something to smile about even during hardships. This may take some practice at first, but once learned, you'll find a smile can really help out when the going gets tough.

Smile Yourself Silly

Practicing your smile might seem obsessive, but remember that it causes the release of endorphins, which decrease pain and increase comfort. Just like exercise releases endorphins, you can get a good boost by smiling 50 times right in row. Do that in the mirror every morning and you'll be sure to start the day laughing at your funny face!

Chin Up

The term, "keep your chin up" has real physiological benefits. When you stretch your neck backward and look up, a natural smile forms in the facial muscles. There are many simple movements in the practice of yoga that produce this effect.

It's Easier Than Frowning

It is true that it takes more muscles to frown than to smile. And where a smile relieves stress, a frown can increase it. Prove it to yourself: feel your facial muscles relax in a smile, allowing blood to flow freely through vessels. Conversely, a frown tires the facial muscles, a warning from the brain that you need to relax.

The Bigger The Better

Smiling wider than a grin enhances the pleasure derived from the smile. Notice how great a wide, unrestrained smile feels, bordering on laughter and, remember, during fun times, when you smile; don't hold back.

Endless Health Benefits

While you may have laughed so hard your face hurt, smiling and laughing are intimately connected and both use muscles that never really tire. Overall, there is no downside to smiling; it improves your mood, your health and your appearance.

