



Corradino & Papa, LLC

A Personal Injury Law Firm

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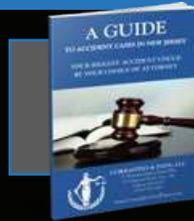
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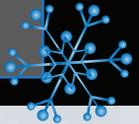
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MAKE WINTER DRIVING less of an adventure



According to the Federal Highway Administration, weather conditions play a role in one-quarter of auto accidents on U.S. roadways each year. Prominent among them are winter's snow, sleet, and ice.

Drivers should allow greater following distances and drive more slowly in wintry conditions—which doesn't always happen. Some people are overconfident because they have all-wheel- or four-wheel-drive vehicle. These vehicles improve acceleration in snow, but they don't shorten stopping distance or help with ice. Also be mindful that a driver can be traveling under the speed limit but still be driving too fast for conditions.

Beware of black ice, which blends in with the roadway. It might also be hiding beneath a coating of snow or in the shade. Ice forms more quickly on bridges and overpasses because they lose heat from both sides, top and bottom.

If venturing out into the snow, clear your entire windshield and side and back windows to improve visibility—not just a few small patches—and turn on your lights. Remove snow accumulation from the roof, hood, and trunk. In some states it's the law. Flying snow can obscure the vision of a driver behind you or become a deadly projectile.

If you fishtail, don't panic. Steer toward the direction you want to go. Apply steady pressure to antilock brakes. If you don't have antilock brakes, lightly pump your brakes.

Remember, winter weather does not absolve drivers of fault in auto accidents. Drivers have a duty to drive responsibly and safely, no matter what the conditions.

If you are injured as a result of another driver's negligence, contact an auto accident attorney to protect your rights. ■

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soft tissue injuries

AFTER A VEHICLE ACCIDENT

Take a moment and imagine a victim of a car accident. What most people visualize at first is a victim with fractured or dislocated bones on certain parts of his or her body. One can also picture brain or spinal cord injuries that could leave them unconscious for a particular time. After all, these types of injuries are the most critical at the time of the accident. However, we shouldn't set aside the other types of injuries a victim can have, such as soft tissue injuries.

What is a Soft Tissue Injury?

A soft tissue injury is an umbrella term for injuries on different parts of our body. Often, soft tissue injuries involve damage to our muscles, as well as on connective tissues like tendons and ligaments.

Soft tissue injuries can take place as a result of a number of reasons. For example, overuse of certain muscles, without giving it time to recover, can lead to inflammation. That is why conditions like tendinitis and bursitis are common in industrial workers and athletes who overwork their muscles.

On the other hand, soft tissue injuries can happen as a result of physical trauma. It would include falls, assault, sports accidents, and car accidents. Common signs and symptoms of soft tissue injuries include sprains, strains, and contusions.

• Sprains

Sprains are a type of soft tissue injury that takes place when ligaments are stretched or torn. These ligaments connect our bones, and as such, provide further stability. If these ligaments are stretched or torn, bones themselves lose their support on the joints.

Sprains are likely to occur when you trip over or fall on an outstretched hand. That's why the anterior cruciate ligament in the knee is the most-frequently damaged ligament in your legs.

In the same principle, the ulnar collateral ligaments on your forearm are the most-frequently damaged in your arm. It is also noteworthy that whiplash accidents can stretch or tear the interspinous ligaments in your vertebrae.

• Strains

Strains, on the other hand, are soft tissue injuries that affect your muscles and tendons. Just like sprains, they can vary from simple muscle or tendon stretches to a complete tendon tear. When strains occur, they can be very excruciating, and the victim will not be able to move the torn tendon.

The most common tendons affected in strains occur in our lower extremities. These include the patellar and Achilles tendon that often affects athletes. In a car crash, especially in whiplash accidents, the tendons of our neck extensor muscles are the most likely to be strained. This strain is likely to incur because of the sudden overstretching of our neck extensor muscles.

• Contusions

Contusions, to put it simply, are bruises. They can be described as a closed wound because while the skin remains intact, the structures underneath get damaged. They happen when a sudden and strong force impacts any muscle of the body. This impact will result in a red or black discoloration called a bruise.

Assault and violence are perhaps the most common reasons why bruises occur. But in a car accident, bruises can be seen in body parts where a forceful impact is unavoidable. It would include the head, arms and hands, abdomen, lap, and shin.

How to Deal with Soft Tissue Injuries

In the acute and early stages of the injury, your body will try to repair itself through inflammation. Inflammation is our body's natural response after an injury. But sometimes, the body will overreact and will cause further harm than good. That is why we use the following treatment procedures to reduce the inflammation:

- Rest: The injured victim is suggested to take some time to rest to allow the injury to heal.
- Ice: The application of ice can significantly reduce the inflammation, as long as it is applied indirectly with the skin.
- Compression: Bandaging or wearing tight garments will help compress the injury and prevent further swelling.
- Elevation: Lifting up the injured body part to a level that's above the heart helps the blood to return to the heart, which can also reduce the swelling.

What to do when You Incur Soft Tissue Injuries as a Result of Car Crashes?

From the information given above, we can say that soft tissue injuries are very traumatic and shouldn't be shrugged off. These types of injuries will also need immediate medical attention, especially if they are severe. Given the right medical service, you should receive the appropriate orthopedic, surgical, and rehabilitative care that you'll need to return to your daily life. For the best legal advice call Corradino & Papa, LLC, and remember, "Your Biggest Accident Could Be Your Choice of Attorney". ■



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WINTER WEATHER AND SLIP AND FALL ACCIDENTS: can you recover?

Anyone who spends time in New Jersey knows that dealing with ice and snow can be a hassle. However, if a person or company owns property, they have the legal duty to make sure it is safe for visitors, which includes timely removal of ice and snow.

If a parking lot, sidewalk, or entryway into a building is icy, customers and visitors can easily slip and fall down, often seriously injuring themselves. Some injuries that commonly result from a slip and fall on ice or snow include the following:

- Broken bones and compound fractures
- Concussions and more serious traumatic brain injuries (TBIs)
- Neck injuries
- Back injuries
- Spinal cord injury
- Contusions
- Sprains and strains

After a slip and fall on ice, a person can require emergency medical care, hospitalization, ongoing physical therapy, and even surgery. Recovery can take weeks or months and they may miss work for most of that time, causing them to lose income as well as incur costly medical bills. For these reasons, it is important to call Corradino & Papa, LLC to examine your legal rights if you fall down on someone else's property due to ice or snow.

Liability of Property Owners

There are several factors involved in the analysis of your legal rights after a winter weather slip and fall. First, did you have permission to be on the property? If you were a customer at a business open to the public or if you were an otherwise invited guest on the property, the owner owes you a certain duty of care to keep the property safe. However, if you were trespassing on the premises and you slipped and fell, you likely do not have the legal right to hold the owner liable.

In addition, it is important when the winter weather occurred and when the fall happened. For example, if the premises became icy overnight and the owner failed to remove the ice in the morning causing you to slip and fall at noon the next day, the owner was likely negligent in failing to address the situation that they should have known would be hazardous. However, if ice fell at night and you fell in a parking lot at 5 a.m., the owner may not have had adequate time to remove the ice or even learn of the ice, so they might not be held liable. Corradino & Papa, LLC will have all the answers. Give us a call 973-574-1200, and remember, "Your Biggest Accident Could Be Your Choice of Attorney." ■



December 2019 – Mark Your Calendars

December 2 – National Mutt Day December 4 – National Dice Day

December 6 – National Gazpacho Day December 11 – National App Day

December 14 – National Bouillabaisse Day December 18 – Answer the Phone Like Buddy the Elf Day

December 21 – Crossword Puzzle Day December 29 – Tick Tock Day

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the types of distracted driving

THAT YOU SHOULD BE AWARE OF..

When referring to the concept of distracted driving, it's common for people to automatically think of texting and making calls while behind the wheel. While any form of hand-held phone usage is a form of distracted driving, there are also many other activities that could be defined as such.

Visual distraction A driver's eyes should be on the road at all times. This means that if a driver looks at their phone or attends to their children in the car, they will be driving while distracted.

Manual distraction Manual distraction counts as any situation in which a driver's hands are not prioritizing the operation of the vehicle. Eating and drinking while driving should be avoided for this reason, as should holding a phone or smoking.

Cognitive distraction Cognitive distraction can be more difficult to prove because it involves another's inner thoughts. However, drivers should not operate a vehicle when they are not able to give their full attention to the road. If a person is driving when very upset or angry, they may be engaging in distracted driving.

If you were involved in a car accident, it is a good idea to consider whether you believe that distracted driving was a contributing factor in the incident. If you believe that the other driver was at fault call Corradino & Papa, LLC. They will take the time to help you understand the different types of distracted driving and assess whether any form of distracted driving could have been present. ■

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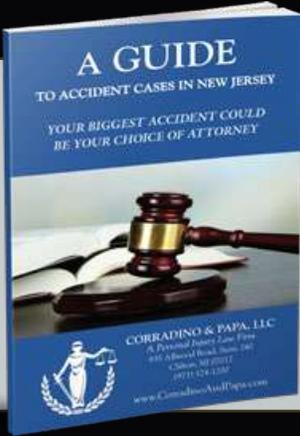
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FREE BOOK

Get Jack Corradino and Robert Papa's *New Ultimate Guide to Accident Cases in NJ*, written by Jack and RC. It will explain "Why your biggest accident could be your choice of attorney", and what to do in the event you are injured.



Quote of the Month: "Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." —Mark Twain

This publication is intended to educate the general public about personal injury, medical malpractice, and other issues. It is for information purposes only and is not intended to be legal advice. Prior to acting on any information contained here, you should seek and retain competent counsel. The information in this newsletter may be freely copied and distributed as long as the newsletter is copied in its entirety.

cauliflower soup

Seeking a cozy, warm meal perfect for the holidays? This cauliflower soup can be made in a jiffy!

Ingredients

- 1 Tbsp. unsalted butter
- 1 Tbsp. extra virgin olive oil
- 1 medium onion, chopped
- 1 leek, chopped (the white and light green parts)
- 2 cloves of garlic, finely chopped
- 1 small head of cauliflower, cored and sliced
- 4 c. low-sodium chicken broth
- ½ c. heavy cream
- 1 bunch of chives
- ½ c. canola or grapeseed oil

Preparation

- Heat butter and oil in a large pot on medium heat. Add onion, leek, and ½ tsp. salt. Cook, covered, stirring occasionally, until very tender (but not brown), 10-12 minutes.
- Stir in garlic and cook 1 minute. Add cauliflower, broth, and cream. Simmer 15-18 minutes, until cauliflower is tender.
- Puree until smooth. (A handheld blender is best, but you can use a standard blender in batches.)
- Separately, in a blender, puree chives and ½ c. oil until smooth. Transfer to small saucepan and cook on medium until mixture begins to simmer. Strain through a coffee filter set over a measuring cup.
- Drizzle the chive oil that was just made over the soup. Add cracked pepper, if you wish. ■

