

THE WARREN REPORT

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THE MOST COMMON INJURIES IN PERSONAL INJURY LAW

Every month this year in the newsletter, we will highlight an injury that we see most often with our clients.

Neck and Back Soft Tissue Injuries

Soft tissue injuries (trauma to ligaments, muscles and tendons) in the neck and back are probably the most common injuries we see after a car accident. Most of these injuries heal within 6-8 weeks and often don't need treatment. However, back and neck injuries can become chronic and last much longer.

Soft tissue complaints are classified as "subjective" injuries. There's no X-ray or outward injury to show as evidence, even when the pain and discomfort is very real. Doctors have to rely on the injured party to describe what hurts and where. While it's absolutely normal for doctors to treat people for ailments when they cannot physically SEE the problem, this type of damage is much more difficult to quantify in a medical report and therefore more difficult to prove in court. Insurance companies really look hard at these cases and are leery of soft tissue injuries. They will often attempt to minimize these injuries and the compensation made for them after a crash. **Comparatively, objective injuries are easily identifiable and medically distinct: for example, broken bones or visible wound. These are easier to quantify and prove to insurance companies.*

We know that back injuries after car crashes can impact a person's life in ways that stretch beyond physical injuries. It is not uncommon for people to experience emotional traumas, lost quality of life, and lost income due to the incident. An experienced personal injury lawyer can help clients recognize all areas of life that are affected by a soft tissue injury and should therefore be covered in a settlement or verdict, all the while the client can focus on recovering and resting.



A Nashville Gem

This past fall, we traveled to Nashville for a legal marketing summit and had an open evening to go out to dinner. We found a really cool restaurant called The Standard. The venue is the only grand townhouse remaining in downtown Nashville and was built in the late 1840's. The website explains the expansive layout: "With six bedrooms and bathrooms on three floors, two parlors, a large kitchen, outdoor courtyard, a formal dining room, a breakfast room, a game room (which featured Nashville's first bowling alley), two trap doors, and a grand ballroom for 200 guests ... the home is deceptively large." The restaurant was a truly magnificent place to eat – we definitely felt transported in time! And the food was incredible, including the best apple crumble we've ever had. Would definitely recommend it to anyone looking for a memorable dinner in Nashville!

ROANOKE AND WRESTLING

The family recently traveled to Roanoke for a wrestling tournament my son was competing in! We had a fun night stay at a new hotel that used to be a bank, and our son wrestled all day Friday and Saturday.



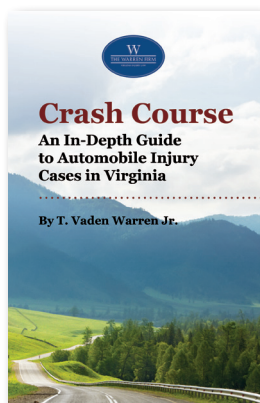
11 Ways to Harm Your Case: Part One

There can be many pitfalls in a personal injury case. Insurance companies will try many methods to deny your claim altogether or make the recovery as small as possible. Each month we will highlight something you should NOT do when it comes to working with insurance companies!

Your initial thoughts on how the collision occurred may not be correct. If you admit you were partly to blame for the collision, you will likely be barred from making a recovery. The law in Virginia is such that if you are partly responsible for the collision or accident, you may not make a recovery. If you are unsure of the facts, you should not be making a statement about them.

11 WAYS TO HARM YOUR PERSONAL INJURY CASE

1. Admit to any fault at the scene of the collision



DO YOU EVEN NEED AN ATTORNEY FOR YOUR CASE?

This question, and many more, like, "What steps do I take after a car accident?" and "How will insurance companies try to take advantage of me?" are answered in my FREE book, *Crash Course: An In-Depth Guide to Automobile Injury Cases in Virginia*. Having spent my entire career devoted to personal injury law, I have come to realize that information is a powerful tool. Being informed could mean the difference between a six-figure settlement and no case at all. Simply point your smart phone's camera at the QR code on the right and it will take you to a page on our site where you can request a free e-book or hard copy!



FREE BOOK!

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NEW YEAR'S RECIPES

Have you ever had black eyed peas around New Years time? What about stewed tomatoes? The story goes that these foods (along with a few others) will bring luck and prosperity! Vaden has some yummy family recipes to share and we are wishing all of you the best of luck and great prosperity in 2023 (regardless of the consumption of these foods)!



Black-Eyed Pea Stew with Sausage

Ingredients

- 3 T vegetable oil
- 1-1 ¼ lb hot Italian sausages (mild ok and add jalapenos)
- 1 onion, diced
- 1 green bell pepper, diced
- 1 jalapeno, seeded and diced
- 3 garlic cloves, minced
- 1 14 oz can diced tomatoes (w/ jalapenos)
- 2 cans black eyed peas, rinsed and drained
- 4 cups chicken broth
- 3 cups water
- Salt & pepper
- ¼ cup cilantro



Instructions

1. In a pot, cook sausages until cooked through + transfer to a plate
2. Add to the leftover sausage grease, add onion, bell pepper, garlic and jalapeno and cook over medium heat until they begin to brown, around 6 minutes
3. Add tomatoes and cook until liquid evaporates, around 5 minutes
4. Add black-eyed peas, broth & water, season with salt and pepper and simmer over low heat (ok to cover)
5. Cut sausages and add to stew along with the cilantro
6. Simmer until ready to serve

Stewed Tomatoes

Ingredients

- 3 cans of diced tomatoes
- 1/2 cup celery and onions, diced
- 1/2 cup of sugar
- 1/2 stick of butter
- 3-4 slices of bread

Directions

1. Preheat oven to 350
2. Chop celery and onions into small pieces
3. Put them in to a 9 x 13 baking dish and mix with the tomatoes
4. Pinch off the bread (if you have a few biscuits, you can use them instead) and mix into the dish
5. Sweeten to taste with sugar
6. Add butter in pats to the top
7. Bake at 350 for 30 minutes



**We focus our practice on cases
involving:**

**Personal Injury
Wrongful Death
Children's Injuries
Bicycle Accidents
Auto Accidents**



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