

How Do Delayed Injury Symptoms Affect My Car Accident Case?

Our Maine attorneys build strong cases the insurance companies can't ignore

If you were just in a crash, it may have seemed minor at the time. Maybe you felt some soreness or stiffness. You told the officer you felt "okay." You went home and tried to shake it off. But a few days later, the pain showed up. Maybe it's in your back, head, or neck. It could show up as foggy thinking, trouble sleeping, or anxiety.

Suddenly, you're dealing with injuries you didn't even know you had. Now what? While you can still get compensation for your injuries, there's a good chance the insurance companies will try to push back against your claim. But don't worry; you can still build a strong case against the at-fault driver and get the full compensation you deserve.

In this article, the [Maine car accident lawyers](#) at Romanow Law Group discuss the potential challenges of delayed injury symptoms and how to protect your rights, so the insurance companies don't take advantage of you.

What are delayed injury symptoms after a car crash?

Delayed symptoms are exactly what they sound like; injuries that don't show up right away after a car accident. Some symptoms might appear hours later, others might take days or even weeks. That delay can catch you off guard, especially if you didn't go to the hospital immediately after the crash.

Here are some common delayed symptoms that could point to serious injuries:

- **Headaches:** These might seem harmless, but they could be signs of a concussion, neck injury, or even a brain bleed.
- **Neck or shoulder pain:** This is often caused by whiplash or soft tissue damage in the neck.
- **Back pain:** These symptoms could indicate a herniated disc, spinal misalignment, or muscle strain.
- **Numbness or tingling:** This may point to nerve damage, particularly if pain radiates down the arms or legs.
- **Abdominal pain or swelling:** This could be a sign of internal bleeding or organ damage, which may be life-threatening if untreated.
- **Cognitive changes:** Difficulty focusing, forgetfulness, or irritability might mean you have a traumatic brain injury.

- **Emotional changes:** Feeling anxious, depressed, or experiencing nightmares could be symptoms of PTSD.

Why don't symptoms show up right away?

It's completely normal not to feel the full impact of an injury right after a crash. When your body goes through any traumatic experience, it floods with adrenaline and endorphins. These natural chemicals mask pain and keep you functioning in the moment, even if you're hurt.

Then there's the matter of inflammation. Soft tissue injuries such as sprains, strains, or whiplash often develop slowly. It can take time for swelling and stiffness to build up to a level where you notice it.

Psychological injuries can also take time. If you're reliving the crash, having trouble sleeping, or feeling anxious behind the wheel days or weeks later, that's a red flag that your trauma didn't end when the crash did.

How do delayed symptoms affect my ability to file a claim?

In Maine, you still have every right to pursue compensation for injuries that show up after a car accident. But here's the reality: insurance companies don't make it easy. With delayed symptoms, they'll often use the timing to dispute your claim.

You might hear things like:

- "You waited too long to get treatment, so your injury must not be that serious."
- "Your symptoms probably came from something else, not the car accident."
- "If it wasn't mentioned in the first report, it must not have happened."

How do I protect myself from insurance company tactics?

These tactics can impact how much you're offered in a settlement or whether your claim gets denied altogether. Here's how you can protect your rights and strengthen your claim:

Speak to a Maine car accident lawyer

Never deal with insurance companies alone – especially if they contact you for a recorded statement. Having an experienced Maine car accident lawyer on your side can help level the playing field and protect you from the insurance company's tricks.

An attorney can answer any questions the insurance companies have, so you don't risk jeopardizing your case. Plus, an attorney can negotiate with insurance companies for a fair settlement, so you don't have to accept anything less than you deserve.

Get immediate medical help and keep all records

Medical documentation becomes critical in cases like this. The moment you start feeling pain, stiffness, numbness, headaches, or anything that feels off, go see a doctor. Let them know you were in a crash, explain all your symptoms, and ask for a full evaluation. If the symptoms worsen or change over time, keep going back and let your doctor update your records.

Make sure you keep a copy of your evaluation, all medical bills and receipts, appointment logs, prescriptions, and other relevant records. The sooner you create a paper trail that ties your symptoms to the car accident, the stronger your claim becomes.

Follow all legal and medical advice

Insurance companies are already determined to reduce or deny your compensation. Don't give them a reason to do so. That means avoiding any activities that could potentially make your injury worse, slow down your recovery, or disprove your claim.

Act fast

Maine gives you six years from the date of the crash to file a car accident lawsuit, which is much longer than other states. But waiting too long to seek medical care or legal help can seriously hurt your case.

It's easier to build a strong case when the evidence and witness statements are fresh. After a while, evidence can disappear (especially video footage) and witnesses can forget specific details.

Get legal help today for delayed pain after a Maine car accident

If you've started feeling pain, stiffness, headaches, or other symptoms days or even weeks after a crash, don't ignore it, and don't let an insurance company convince you it's too late. The Maine car accident attorneys at [Romanow Law Group](#) know how to fight back when insurance companies try to downplay what you're going through. Our legal team helps Maine crash victims get the medical treatment, documentation, and compensation they need, no matter when the symptoms show up.

We take the time to understand how your injury has affected your life, and we build strong cases designed to win. Whether your case settles or goes to trial, we'll be there every step of the way. When you work with us, you get a full-service personal injury law firm that treats your case like it matters, because it does.

Consultations are always free, and you don't pay us anything unless we win your case. If you've been in a Maine car accident and are now dealing with delayed symptoms, talk to a lawyer who knows how to handle these claims. [Contact us online](#) or call our Portland law office today and schedule your free, no-obligation consultation with our legal team.

"This was my first time using a personal injury lawyer and there wouldn't be anybody else I would choose if I ever had to do it again. Truly good people." – BC, ★ ★ ★ ★ ★