

How to Document Injuries After a Car Accident

An experienced Pittsburgh attorney can handle your claim from start to finish

When you're injured in a car accident, proper documentation can be the key to getting the compensation you deserve. Without solid records, you risk paying out of pocket for medical bills and expenses. The at-fault party and their insurance provider may try to downplay your injuries, but accurate documentation strengthens your case and keeps your claim on track.

An experienced Pittsburgh [car accident lawyer](#) can help gather indisputable facts and prove that your injuries are legitimate. In the meantime, follow the steps outlined below to document your injuries effectively and build a winning claim.

Should I seek medical attention immediately after a car accident?

Even if you feel fine after an accident, see a doctor as soon as possible. Some injuries, such as concussions, whiplash, or internal bleeding, don't present symptoms right away. A medical exam creates a clear link between your injuries and the accident, which makes it tougher for insurance companies to challenge your claim.

Follow-up care is equally important. Keep every appointment and follow your doctor's treatment plan. Insurers might use missed medical visits to argue that your injuries aren't as severe as you claim. Staying on top of your medical care shows you're serious about your recovery and creates a clear timeline of your injury.

How do photos and videos strengthen my case?

Visual evidence is one of the most powerful ways to show the impact of your crash-related injuries. Take clear photos and videos of cuts, bruises, swelling, and any medical devices you use, such as casts or slings.

Document these injuries from multiple angles to ensure nothing is overlooked. Continue taking pictures over time to demonstrate how long it takes to heal or if the injury worsens. Additionally, videos can provide additional context by capturing the extent of your pain or difficulty moving.

Should I keep a detailed injury journal?

An injury journal helps you track your recovery and provides a personal record of how your car accident injuries affect your life. Write down how you feel each day and take note of your pain levels, discomfort, and emotional struggles such as anxiety or trouble sleeping. Include activities you can't perform due to your injuries and any adjustments you've had to make at work or home.

Keeping a detailed injury journal strengthens your legal claim and helps your doctor tailor the right treatment for faster recovery. Additionally, it provides insight into the non-economic impact of your injuries, such as emotional distress and reduced quality of life.

What should I do with medical records and bills?

Keep copies of all medical records, including doctor's notes, test results, prescriptions, and treatment plans. Organize these documents chronologically to show the progression of your care. Be sure to save every bill and receipt for medical expenses, from hospital visits to physical therapy sessions and prescription medications.

These records provide tangible proof of the financial burden your car accident has placed on you. They also help calculate the total amount of damages you're entitled to recover, including ongoing treatment costs and anticipated future medical needs.

Why should I track missed workdays?

If your car accident injuries prevent you from working, keep a detailed log of the dates you missed and any reductions in hours or responsibilities. Save doctor's notes that excuse you from work, and collect pay stubs to show the difference between your pre- and post-accident income.

This documentation helps establish your lost wages and demonstrates the economic impact of your crash. It can also support your claim for lost earning potential if your injuries affect your ability to work in the future.

How can obtaining the police report help my car accident case?

A police report is a powerful tool that can make or break your car accident claim. It offers a clear, unbiased account of the accident, often including essential details that support your side of the story. In most cases, the report covers key information such as:

- Accident date, time, and location
- Descriptions of injuries and property damage
- Statements from drivers and witnesses
- Environmental conditions
- Citations or violations
- A diagram or drawing of how the crash occurred

To obtain the report, contact the law enforcement agency that responded to the crash scene. Take some time to review it with a car accident lawyer to identify any discrepancies or missing information that could affect your case.

Should I limit what I share about my car accident on social media?

While it's common to update friends and family after a car accident, be careful what you post online. Insurance adjusters may monitor your social media accounts for evidence that contradicts your claim. Even seemingly harmless photos of you at an event can be used to argue that your injuries aren't as serious as reported.

Consider making your accounts private during the claims process and avoid discussing your car accident or your recovery publicly. Share updates with close friends and family privately to prevent your words from being misinterpreted.

What else should I do to strengthen my claim?

The most effective way to strengthen your car accident claim is to follow all medical and legal advice. Attend all medical appointments and follow your treatment plan exactly. Insurance companies watch for gaps in care or skipped treatments to argue your injuries aren't as serious as you claim.

Avoid activities that could worsen your condition or give insurers a reason to downplay your injuries. That means avoiding physical activities such as carrying groceries or mowing the lawn.

On the legal side, act on your attorney's guidance without delay. This means submitting requested documents promptly, gathering evidence as instructed, and avoiding conversations with insurers unless your lawyer is present.

Protect your claim by consulting a Pittsburgh car accident lawyer

If you've been injured in a car accident, don't try to face the insurance companies without a lawyer. The [Romanow Law Group](#) knows how to deal with insurance adjusters and fight for the compensation you deserve. With our extensive experience and legal knowledge, we'll handle everything from investigating the crash to negotiating with insurers or taking your case to court if needed.

We offer free consultations, so we can evaluate your case and provide honest answers to any questions you have. Plus, we work on a contingency fee basis, so you won't pay us a dime unless we win your case. [Contact us online](#) or call today to schedule your free consultation with a Pittsburgh car accident lawyer who's dedicated to winning.