



FEATURED ARTICLE

Treating Back Pain Without Surgery

Every day, millions of Americans struggle with mild to severe back pain. Indeed, data suggests that nearly 31 million Americans experience lower back discomfort daily. Back pain can be an ongoing condition (chronic) or a sudden occurrence (acute). Oftentimes, back discomfort can result from work-related injuries, automobile accidents, or even just the simplest of everyday movements. So what treatment options are available to help alleviate back pain?

There are a number of treatments which can help alleviate back discomfort. Such treatments range from simple adjustments in daily routines to surgical procedures. The following is a brief list of widely regarded and, in many cases, effective non-surgical back pain treatments. For more information on combating back pain, contact your physician.

REST

One of the most highly recommended treatments for back discomfort is rest. Depending on the severity of your symptoms, this may simply mean reducing your level of activity for a couple of days. Resting for too long, however, may result in back discomfort itself, as extended periods of inactivity can actually cause your muscles to weaken.

HEAT AND ICE THERAPY

Some experts suggest that using heat and ice packs can help increase your mobility and alleviate pain. Placing an ice pack or a similarly cold item on your affected regions may help to combat inflammation of your muscles. Applying heat in the same manner will help loosen the tight muscles that may be the source of discomfort. However, it should be noted that the alleviating effect resulting from heat and ice treatment (modal treatment) is often only temporary.

PHYSICAL THERAPY

More recently, physical therapists have been using physical activity as part of their treatment. This may cause minor pain at the beginning of the course of therapy, but its longer-lasting effects help both strengthen the back and relieve pain.

Physical therapists who use movement, back pain exercises, strengthening and conditioning, and who encourage a gradual increase in activity are usually most successful.

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FIRM NEWS

Adam Cahn Named Top 100 Attorney by The National Advocates



Adam Cahn, a partner in the firm, was recently named Top 100 Lawyer by The National Advocates, an invitation-only professional organization composed of the Top 100 attorneys from each state who serve individuals and families needing attorneys to represent them in the American legal system. Members of The National Advocates exemplify superior qualifications of leadership, reputation, influence and performance in their area of specialty. This exclusive organization provides superior networking opportunities,

continuing legal education and the highest quality advocacy training for lawyers across the nation.

Mr. Cahn has been previously named to the Top 100 Trial Lawyers by the National Trial Lawyers in the State and has also been named to the Top 100 Super Lawyers for the New York Metro area.

RECENT RESULTS

\$3,600,000 to a husband and father to an 11-year-old whose leg was amputated below the knee when a car veered off the road and crashed into him as he stood near the rear of his car attempting to fix a tire. The victim required one surgery for the amputation and another to cleanse an infection that developed.

\$2,350,000 awarded at mediation to a 37-year-old mother who, following a rear-end collision, required cervical fusion and developed Reflex Sympathetic Dystrophy (RSD). Plaintiff argued that the disabling pain precluded her from returning to work in her capacity as an accountant.

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AUTO INSURANCE: WHAT AM I REQUIRED TO CARRY IN NEW YORK STATE?

In the state of New York, in order to register your car and obtain license plates, motorists are required to carry liability insurance, no-fault coverage, and uninsured motorist coverages. So what exactly are these types of coverage?

LIABILITY COVERAGE: 25/50/10

Liability insurance protects you (the driver) against the harm your car, or any car you drive with the owner's permission, might do to other people and their property.

Liability insurance coverage protects you and anyone you allow to drive your vehicle if a claim is made against you by another person (third party), alleging that you were negligent or otherwise at fault for an auto accident. Simply put, liability coverage will make payments on your behalf to an individual, if your car is involved in an accident that results in serious injury to that individual or damages their property.

New York State law mandates a minimum limit of third-party bodily injury liability coverage that drivers must carry. The minimum requirements are as follows:

- \$25,000 for bodily injury (not resulting in death), or \$50,000 for any injury resulting in death, sustained by any one person in any one accident
- \$50,000 for bodily injury (not resulting in death) sustained by two or more persons in any one accident, or \$100,000 for any injuries resulting in death sustained by two or more individuals in a single accident
- \$10,000 per accident for property damage protection (for example, damage to another's car or property)

Taken as a whole, these minimum liability coverage requirements are often referred to as 25/50/10 coverage, in reference to the minimum amount required by each category of injury.

NO-FAULT COVERAGE

No-fault coverage, also referred to as personal injury protection, is generally used to cover medical fees, lost earnings, and other expenses that a driver, passenger, or pedestrian injured by your vehicle may incur.

New York State law requires that all drivers carry \$50,000 minimum in no-fault insurance coverage. Furthermore, New York's no-fault laws prohibit drivers from operating a vehicle without insurance

or even allowing another individual to drive their vehicle without insurance. Penalties for doing so can include license suspension, loss of vehicle registration, fines, and/or tickets.

UNINSURED MOTORIST COVERAGE: PROTECT YOURSELF!

Uninsured motorist coverage protects you in the event that you are involved in an accident with an individual who lacks adequate insurance

coverage. Uninsured motorist coverage will cover damages resulting from an accident with an individual who lacks sufficient or no coverage at all. By not having uninsured motorist coverage, drivers risk having to pay for damages out of pocket, should such an accident occur.

Uninsured motorist coverage is required by law in the state of New York in the amount of \$25,000 per person or \$50,000 per accident for bodily injury.

GET INSURED! IT'S THE LAW!

As previously mentioned, automobile insurance is required by law in the state of New York. If you are caught operating an uninsured automobile or if you allow another person to drive your uninsured automobile, your license will be revoked for at least one year. This penalty also applies in the event you are involved in an accident without insurance. Furthermore, violations of this law can result in stiff monetary fines and, in some cases, incarceration.

TREATING BACK PAIN WITHOUT SURGERY

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PRESCRIPTION MEDICATIONS

Pain which results from a bulging disk in the lower back is often treated by the use of corticosteroids and anesthetic medications. These specific types of medications are generally injected into the affected nerve root to reduce inflammation. Once the swelling of the nerve goes down, the level of discomfort is expected to decrease.

CHIROPRACTIC CARE

Chiropractic care includes electrical stimulation, diathermy, ultrasound, and a variety of other therapies, but the primary method of chiropractic treatment involves manual spinal adjustment or manipulation. Essentially, the underlying philosophy of chiropractic care is that a well-aligned body is more likely to experience less pain and discomfort. Additionally, some chiropractors use vitamins, massage, and electrical therapies as part of their treatment.

EPIDURAL INJECTIONS

As alluded to previously, an epidural spinal injection involves delivering medication directly into the area around the irritated spinal nerves that are causing the pain. Like many surgical and non-surgical back treatments, an epidural spinal injection is generally not considered a cure for symptoms associated with back ailments. However, epidural injections are often used to stave off discomfort while a more sophisticated prognosis or medicinal strategy is being developed to address the source of the pain.

If you are experiencing back pain, it is important that you contact your physician immediately. Back pain can severely limit your day-to-day life and have a detrimental effect on your overall health and well-being. Additionally, if you hurt your back as the result of an accident or work-related injury, contact an experienced personal injury attorney. A skilled attorney can help you secure damages for your medical bills, lost wages, pain and suffering, and much more.



RECENT VERDICTS AND SETTLEMENTS

Continued from page 1

\$1,500,000 medical malpractice settlement for a woman who lost her eyesight following complications from surgery. The defendant doctor failed to promptly see his patient, despite complaints of severe burning and redness. By the time he examined her, the damage was done and her eyesight was permanently lost.

\$1,375,000 awarded to an elderly couple who sued their condominium association after the back deck on which they were standing collapsed, due to improper installation and maintenance. Each suffered multiple fractures.

\$1,000,000 tendering of the defendant's insurance policy for a woman struck and run over by a tractor trailer. The plaintiff sustained multiple fractures to her sacrum, pubic rami, tibia and fibula and a degloving of a portion of her leg. She required multiple surgeries, including bone graft surgery, open reduction internal fixation and debridement.

\$927,500 to a Broadway actor who was struck by an Access-A-Ride bus. The plaintiff, who had a complicated medical history, reinjured a surgically repaired cervical fusion and also reinjured an already damaged hip, requiring hip replacement surgery. Our team argued that, based on a jury instruction called "special talent," the plaintiff's career would have skyrocketed had the accident not occurred.

\$900,000 for a hotel executive struck in a crosswalk by a New York City police van that was not responding to an

emergency. The victim sustained a small skull fracture and a cochlear fracture, resulting in permanent hearing loss in one ear. The police argued that the man ran in front of their vehicle.

\$875,000 pre-arbitration award in New Jersey for a man injured when his car was rear-ended by another vehicle. The plaintiff required ulnar entrapment surgery and a cervical fusion. The at-fault vehicle tendered its \$25,000 policy and the victim arbitrated against his company's uninsured motorist policy to collect the additional money.

\$866,000 verdict for a man whose jaw was broken and wired shut after he was assaulted by a drunk customer at a Brooklyn bar. The bar was sued under the Dram Shop Act, a state law which holds that any tavern owner serving alcohol to intoxicated patrons, and which results in a charge of negligent conduct against the party served, can be held liable. Part of the verdict against the individual assailant, an advertising executive, was for \$500,000 in punitive damages.

\$500,000 policy limits paid to a young man rollerblading on a highway service road who was cut off by a car that jumped a light. The victim collided with the side of the car, sustaining a tibial fracture, fractured ribs, and a fractured skull.

\$300,000 uninsured motorist policy awarded at AAA arbitration to the family of a 16-year-old cyclist who was killed by a "hit and run" driver as he

crossed a busy four-lane road. Plaintiff argued that, despite it being dusk, the boy was wearing bright colors and an investigation showed the vehicle took no evasive action prior to impact. The young man suffered a closed head injury, which included a cerebral edema and subdural hematoma. He underwent a craniotomy, but nonetheless died two days later, having never regained consciousness.

\$300,000 for a laborer who suffered a comminuted tibia and fibula while removing a boiler from a commercial property. Plaintiff alleged that the work was conducted in a dangerous and hazardous manner and in violation of New York Labor Law §200, 240(1) and 241(6).

\$275,000 awarded to a college student who was a passenger in a two-car collision. The student suffered several scars, a fractured pelvis and later developed DVT in her leg.

\$250,000 awarded to an 80-year-old woman who fell out of a cab when the driver failed to verify she was in the car. Upon falling from the car, she landed on her shoulder, causing a four-part fracture and dislocation, as well as a brachial plexus injury. She thereafter had a hemiarthroplasty and was left with permanent weakness in the arm.

\$250,000 paid to the family of an elderly woman who was fatally struck by a medical doctor when she was crossing the street at night, in a rainstorm and outside of the crosswalk.

AREAS OF FOCUS

- Automobile/motorcycle accidents
- Construction accidents
- On-the-job injuries
- Train & bus accidents
- Slip/trip & fall

- Defective consumer products
- Lead poisoning/birth injury
- Landlord negligence
- Rape or sexual assault & abuse
- Dog bite injuries
- Wrongful death

- False arrest/police assault
- Medical malpractice
- Elevator/escalator accidents
- Bicycle accidents
- Nursing home negligence



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