
Common Car Accident Injuries in Louisiana: A Proof Toolkit

Action steps, checklists, and defense-proof records for the first days after a crash.

First 72 Hours: Do These First

- Photograph the vehicles, the roadway, and any visible bruising or swelling (even if it seems minor).
- Write down names, phone numbers, and where each vehicle came from before impact.
- Start a short symptom log: pain level, dizziness, headaches, sleep, and what you could not do.
- Save tow, rental, repair, and insurance claim paperwork in one folder.
- Avoid recorded statements until you have your basic timeline and medical facts in order.

Quick Injury Snapshot: What To Save

Neck/Back Strain	PT notes, range of motion
Concussion Signs	symptom log, follow-ups
Fracture/Sprain	X-rays, ortho restrictions
Internal Injury	ER records, imaging orders
Cuts/Bruises	dated photos, wound care

Defense-Proof Notes (Use This Template)

Each day, write: (1) top symptoms, (2) what activity was harder, (3) what you did for relief, and (4) which appointment or message happened.

Evidence Blueprint

A one-page plan for organizing injury proof after a car accident.

Common Car Accident Injuries: Proof Plan Evidence Blueprint + First 72 Hours

5-Step Evidence Blueprint

1 Build A Crash Timeline

Note times, places,
contacts, and gaps.
Save: photos, 911,
tow, repair notes.

2 Document Symptoms

Daily

Write pain, sleep,
focus, and limits.
Link symptoms to work,
driving, and chores.

3 Get Consistent Care

Follow up and keep
a steady record.
Ask for clear notes on
restrictions and tests.

4 Preserve Crash Proof

Keep cars, phones,
and scene evidence.
Do not let photos or
data disappear.

5 Organize The File

One folder for bills,
notes, and letters.
Track missed work and
out-of-pocket costs.

First 72 Hours Checklist

- | | |
|---|---|
| <input type="checkbox"/> Scene + vehicle photos | <input type="checkbox"/> Tow + repair paperwork |
| <input type="checkbox"/> Names + phone numbers | <input type="checkbox"/> Work schedule impacts |
| <input type="checkbox"/> Pain & symptom notes | <input type="checkbox"/> Insurer letters saved |

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Defense Vs Evidence

Common insurance narratives, and the records that help answer them.

Defense Vs Evidence

Common claims after a car wreck, and fixes

Defense Angle	Evidence That Helps
"Low impact, no real injury."	Vehicle photos + repair records + timeline notes.
"You seemed fine at the scene."	Early symptom log + texts to family + work notes.
"Gap in care means no injury."	Appointment log + reasons for gaps + follow-up plan.
"Pre-existing problem, not us."	Prior records + what changed after the crash.
"Normal imaging ends the claim."	Clinical exams + therapy notes + steady symptom log.

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Free Case Review

If a crash left you hurting, the strongest cases are built early—before records, vehicles, and memories change.

Babcock Injury Lawyers

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This toolkit is general information, not legal advice. Deadlines and results depend on the specific facts.