
Knee Injury After a Car Accident: Toolkit

Evidence, documentation, and proof gaps (Louisiana)

Fast Actions (First Week)

- Get checked and describe the knee mechanism (dash strike, twist, buckle).
- Write a daily symptom log: swelling, instability, stairs, sleep, driving.
- Save photos of the vehicles and the knee (bruising/swelling changes).
- Follow through with referrals and physical therapy appointments.
- Avoid broad releases until you understand what records are requested.

Documents That Move the Needle

- ER/urgent care notes, discharge instructions, and medication list.
- Orthopedic evaluations and exam findings (ROM, stability tests).
- Imaging reports (X-ray, MRI) and any radiology CDs if available.
- Physical therapy notes showing function limits and progress.
- Work notes and activity restrictions tied to specific tasks.

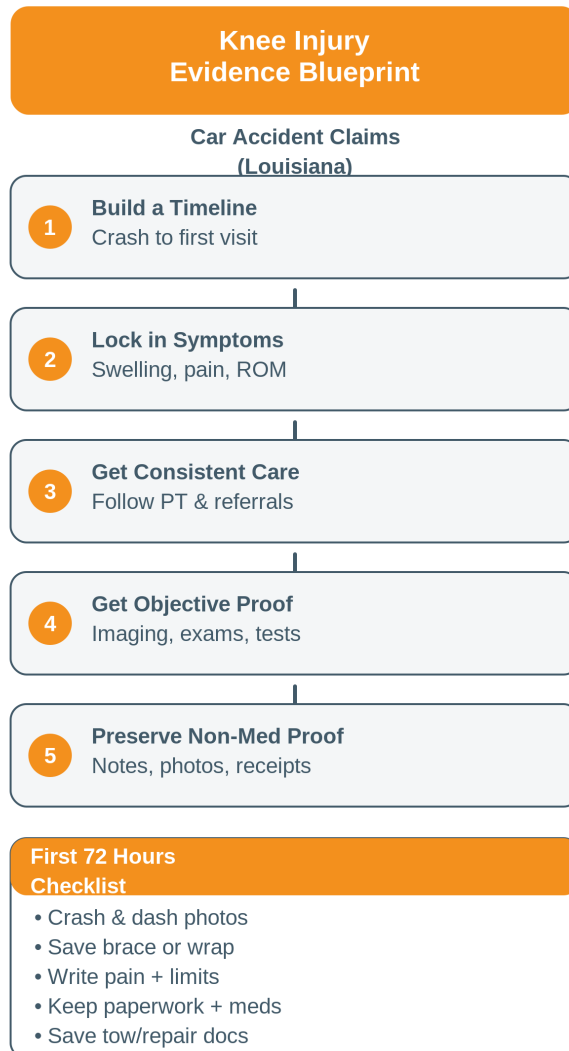
Common Proof Gaps

Defense claim	What helps close it
“Low impact”	Photos + repair records + symptom log
“Normal imaging”	Ortho exam + PT findings + follow-up notes
“Pre-existing”	Prior records + clear change after crash

This toolkit is general information. Deadlines and strategy depend on the specific facts.

Infographic 1: Evidence Blueprint

Five steps + a first-72-hours checklist



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Infographic 2: Defense vs Evidence

Common arguments and the records that answer them

Defense vs Evidence Knee Injury	
Close the proof gaps before they harden	
Defense Angle	Evidence Anchor
Low-impact crash so no injury	Car photos repair papers body position
No swelling noted in ER chart	Photo swelling symptom log follow-up notes
Normal X-ray means fine	Ortho exam MRI if needed PT findings
Pre-existing knee arthritis claim	Prior records new symptoms why worse now
You're fine now so no damages	Work limits pain triggers ongoing care

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Free Case Review and Next Steps

Babcock Injury Lawyers | Stephen Babcock

If you suffered a knee injury after a car accident, the best time to protect the claim is early—before records get thin and the insurer picks a narrative. We focus on speed, evidence preservation, and trial-ready preparation so the file has leverage.

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Outcomes depend on the facts. This page is general information and not legal advice.