

Traumatic Brain Injury Claims Toolkit (Louisiana)

A print-friendly checklist for the first 72 hours and beyond.

Quick Steps (Do Not Wait For Symptoms To “Make Sense”)

A mild traumatic brain injury can be real even when early tests look normal. The goal is to create a dated record that connects the crash to how your brain and body function day to day.

- Get checked out and report every symptom, including sleep changes, light sensitivity, and confusion.
- Start a dated symptom log and share updates at follow-up visits.
- Preserve non-medical evidence: photos of the car, headrest, airbags, and any device data or dashcam video.
- Be careful with recorded statements and broad medical releases until you understand the purpose and scope.
- Save every document in one folder: visit summaries, discharge papers, prescriptions, therapy plans, and work or school notes.

What To Track Each Day

- Headache intensity and triggers (screen time, driving, noise).
- Sleep pattern changes and fatigue.
- Focus, memory, or word-finding issues.
- Balance, dizziness, or nausea.
- Mood changes and irritability.

Common Proof Gaps And Simple Fixes

Proof gap	Simple fix
“You were fine at the scene.”	Create a dated symptom timeline and follow up when symptoms evolve.
“Imaging was normal.”	Keep neuro exams, visit notes, and any cognitive or vestibular testing records.
“It’s pre-existing.”	Collect baseline records and document what changed after the crash.

If you’re unsure what to document next, use the infographics on the following pages.

Infographic 1: TBI Evidence Blueprint

Five steps to prove a traumatic brain injury claim, plus a 72-hour checklist.

TBI Evidence Blueprint

5 steps to prove a claim
+ first-72-hours checklist

- 1 Build A Timeline**
Write what happened, then add symptoms by hour and day.
- 2 Connect Symptoms To Function**
Track sleep, focus, balance, and work or school limits.
- 3 Get Consistent Medical Care**
Follow up, report changes, and keep visit summaries.
- 4 Use The Right Testing**
Ask about exams and cognitive tests when symptoms stay.
- 5 Preserve Non-Medical Proof**
Save photos and texts, plus witness names. Back up phone data.

First 72 Hours Checklist

- Get checked out
- Start a symptom log
- Photo headrest + cab
- Save helmet and gear
- List witnesses + texts

Tip: keep notes in one place.
Date each entry.

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Infographic 2: TBI Defense Vs Evidence

Defense narratives insurers use and the documentation that answers them.

TBI Defense Vs Evidence
Common insurer angles and what closes gaps

Defense Angle	Evidence Anchor
Low impact minor crash	Photos of cars Repair records Event data Witness notes
No head strike no concussion	Early symptoms ER or urgent notes Neck strain notes Mechanics explain
CT MRI normal	Neuro exam Consistent visits Cognitive tests Symptom timeline
Pre-existing anxiety ADHD	Baseline records Change after crash Doctor discusses Functional limits
You're fine now	Work logs School notes PT therapy plan Family statements

Tip: match each defense story to a dated record.

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Free Case Review

Evidence-first help for traumatic brain injury claims in Louisiana.

How We Use Leverage In TBI Cases

- We build a timeline that ties the crash to day-to-day function, not just a diagnosis label.
- We identify missing records early and ask for the right follow-up documentation.
- We plan for the defenses on day one, so your file is trial-ready if it needs to be.

What To Have With You (If Available)

- Crash exchange info and any report number.
- Photos, dashcam video, and witness names.
- A list of symptoms and the first day you noticed each one.
- A list of medical visits so far and where records are located.

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This toolkit is general information and not legal advice. Outcomes depend on specific facts.