Herniated Discs After a Car Accident in Georgia

Understanding Back Injuries and the Fight for Full Compensation

When a car crash happens, the force of impact doesn't just damage the vehicles involved. It can also do serious damage to the human spine. One of the most common and painful back injuries we see at the Law Offices of Gary Martin Hays & Associates, P.C. is a herniated disc. These injuries can be life-changing, often leading to chronic pain, surgery, and long-term physical limitations.

Even so, insurance companies often downplay disc injuries as "soft tissue" issues that don't deserve full compensation. They argue you already had a bad back, or that the injury isn't severe enough to justify the treatment or time off work.

We know better. We've helped countless clients with herniated discs pursue justice after car accidents across Georgia. If you were hurt in a crash and diagnosed with a disc injury, here's what you need to know and how we can help.

What Is a Herniated Disc and Why Does It Matter After a Crash?

Your spine is made up of bones called vertebrae, separated by soft, jelly-like discs that act as cushions. When a car accident causes sudden trauma to the spine, those discs can tear or bulge, pushing out of place and pressing against nearby nerves. This is known as a herniated disc, also sometimes referred to as a slipped or ruptured disc.

Symptoms vary depending on the severity and location of the injury, but common effects include:

- Sharp pain in the back, neck, or shoulders
- Numbness, tingling, or burning sensations
- Radiating pain down the arms or legs (sciatica)
- Muscle weakness or loss of coordination
- Difficulty walking, sitting, or standing for long periods

In serious cases, herniated discs can require surgery, spinal injections, or long-term physical therapy. And even when surgery is successful, many victims live with ongoing pain or physical restrictions.

How Car Accidents Cause Disc Injuries

You don't have to be in a high-speed crash to suffer a herniated disc. Even rear-end collisions at low speeds can cause the spine to be twisted in unnatural directions. Common crash types linked to disc injuries include:

- **Rear-End Accidents:** Sudden deceleration can compress the lower spine

- **Head-On Collisions:** Force travels through the entire spinal column
- **T-Bone Crashes:** Can twist the torso and cause uneven pressure on discs
- **Rollover Accidents:** Often result in multi-point spinal trauma

Because these injuries affect deep tissue and nerves, the pain may not be immediately apparent. Some crash victims don't experience symptoms until hours or days later. This delay can make it harder to prove the injury is crash-related unless you've documented your medical care properly from the start.

MRI Evidence and the Fight Over Diagnostic Imaging

Unlike broken bones, herniated discs don't show up on standard X-rays. That's why most doctors rely on MRIs (magnetic resonance imaging) to confirm a disc inj
ury. But even with an MRI, insurance companies may try to cast doubt on your claim.

They may argue:

- Your disc injury is age-related or preexisting
- The MRI doesn't show anything significant
- You're exaggerating symptoms for a payout

This is a common strategy. Insurers look for any excuse to deny, delay, or devalue your claim, especially when the injury isn't visible or dramatic.

At Gary Martin Hays & Associates, we understand these tactics. Our attorneys work with qualified medical providers to review your scans, document the true nature of your injury, and counter the defense's arguments with facts.

Treatment for Herniated Discs Can Be Costly and Ongoing

Many clients who come to us with disc injuries after a car crash face long, expensive roads to recovery. Common treatments include:

- Prescription medication for pain and inflammation
- Physical therapy to improve strength and flexibility
- Epidural steroid injections to relieve nerve pressure
- Chiropractic care or spinal decompression
- Surgery such as discectomy, laminectomy, or spinal fusion

These procedures are not only physically taxing, but also expensive. And insurance companies often try to avoid paying for them by questioning whether the treatment is "reasonable and necessary."

We believe you shouldn't have to battle for the care you need to recover. Our legal team helps injured clients document every step of treatment and work with providers to support your claim with strong, defensible evidence.

How Much Is a Herniated Disc Claim Worth in Georgia?

Every case is different, but the value of your settlement will depend on:

- The severity of your disc injury
- Whether surgery was required
- Time missed from work
- Your ability to return to your job
- Your long-term prognosis
- Your pain, suffering, and emotional distress

We've handled herniated disc claims ranging from tens of thousands to hundreds of thousands of dollars. The key is building a claim that fully accounts for all your losses, economic and non-economic alike.

If the injury affects your ability to lift, sit, stand, or walk for long periods, or if it prevents you from returning to your previous job, you may also be entitled to compensation for lost earning capacity.

What If You Had a Preexisting Back Problem?

This is one of the most common issues we see in disc injury claims. Insurance companies often say, "You already had back problems before the crash." But under Georgia law, that doesn't mean you aren't entitled to compensation.

If a car accident aggravated a preexisting condition or made it worse than it was before, you can still file a valid injury claim. The challenge is proving that the crash caused a measurable change in your health or function.

We've helped many clients overcome this argument by gathering clear before-and-after medical records, working with treating physicians, and presenting the facts in a way that insurance companies—and juries—can't ignore.

Spinal Injuries Deserve Respect

Herniated discs don't always get the same sympathy as broken bones or traumatic brain injuries. There's a belief that back pain is normal, that everyone has it, and that crash victims are just using it as an excuse to sue.

That's a dangerous myth.

We've represented teachers who couldn't stand at the front of a classroom, mechanics who couldn't bend under a hood, and parents who couldn't carry their own children. These aren't people looking for a payday. They're just trying to get their lives back.

That's why we push hard on every herniated disc case we take. We push back on dismissive adjusters. We push for better medical evaluations. And we push your story forward so it's heard, believed, and taken seriously.

If You Have a Herniated Disc From a Georgia Car Crash, Let's Talk

Don't let an insurance company define your pain or decide what your injury is worth.

At the Law Offices of Gary Martin Hays & Associates, P.C., we fight for crash victims with spinal injuries because we know what's at stake. We've been helping families in Georgia for decades, and we're ready to help you next. As Georgia's Power Law Firm, we've recovered **over $1 billion** for our clients and understand what it takes to get meaningful results.

If you're dealing with a herniated disc or any back injury after a car accident, contact us today for a free case review. We'll explain your potential legal options and help you pursue the maximum compensation you deserve to heal and move forward.