

MLG BRIEFS

OCTOBER 🎃 2020

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How to Avoid Accidentally Aggravating Your Injury During Recovery

The road to recovery is paved with numerous hurdles, difficult challenges, and unexpected setbacks. Injuries can disrupt your life and cause even simple everyday tasks to be a painful burden. If you're recovering from a serious injury, you're probably eager to move on with your life. It's crucial, however, not to cut corners during recovery.

Many people accidentally aggravate their injuries as they recover from accidents, falls, and other catastrophic events. Even the most minor mistakes can have devastating effects. Aggravating an injury slows down recovery time and causes further physical damage to the body. Are you worried about aggravating your injury? We've got you covered. Here are some easy ways to protect yourself during recovery.

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Know Your Limits

It can be tempting to resume normal activities after an injury. Doing too much physical activity can lead to muscle strain that slows down your recovery. It's important to gradually increase your activity level and to understand your body's limits. Listen to your body, doctor, and experts to avoid pushing yourself past your limitations. A general rule is to increase the intensity of physical activity by no more than 10 percent each week.

Get Plenty of Sleep

After experiencing an injury, your body needs extra time to repair damaged tissues. Studies show that sleep debt decreases protein synthesis and increases the activity of degradation pathways. This can cause a loss of muscle mass that is essential to overcoming injuries. A good night's sleep fosters an increase in growth hormones that aid with tissue recovery. Make sure you get plenty of shut-eye to help your body heal.

Attend Physical Therapy

You should not skip rehabilitation, medical treatment, or other services dedicated to your recovery. These events are essential to getting your body back on track and promoting

long-term health. Low-impact activities are proven to reduce the levels of the stress hormone cortisol. High cortisol levels can lead to tissue breakdown and slow down healing. Participating in low-impact exercises promotes cell growth and repair that are paramount to recovery.

Your body has to work harder than normal to compensate for an injury. As a result, your body may develop poor mechanics that can aggravate your injury or cause additional harm. Rehabilitation can help you strengthen muscle, improve movement, and recalibrate after an injury. To foster long-term physical health, you should follow the plans laid out by physical therapists and other experts. They can closely monitor your recovery and identify potential problems that may emerge.

Bottom Line: Take it Slow

Recovery times can vary widely based on the severity of your injury. No matter the injury, it's crucial to give your body the necessary time to recover. Listen to your body and know your limits to avoid aggravating your injury. Make sure you get plenty of rest, attend physical therapy, and listen to the advice of experts.

If you have been injured in an accident and are unsure what could be compensated, contact **The McCraw Law Group**. We can help by explaining your options.



BOOO!

Just another October day at the office.....



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Finish strong!



Well the fall is finally here! The evenings are crisp and afternoons warm. And, as we brave outside after a Spring and Summer lost to COVID, we all are experiencing a new normal. My son attends high school live 4 days and on Friday has a "focus" day that actually requires more work than he would have had at school. Our staff here at The McCraw Law Group is now a collaboration of people in the office, live meetings in the office, people at home and remote hearings and meetings. The point being is that the new normal is nothing like the old, and we are generally better for it. Over the last 8 months all of us have retooled how we do life. Where we are does not matter like it did before. The definition of work and non-work are perhaps more blurred then before. We really are spending more time balancing work and family. Many of us have had to mature our roles within our families as we care for others at high risk of death from COVID. I have found that generally, people are just as productive as they were before, but now have more time for family or hobbies. In the midst of the problems we are all advancing.

Take a few minutes and really appreciate what you and your family have been through and where you are now. I am willing to bet that you have developed new skills or habits that will help you going forward. As we start the 4th quarter, traditionally it is a time of finishing projects and planning for the new year. Consider where you are now and get on track to finish 2020 strong.

And; one more important point. Vote. As Americans we only have to vote and serve on the jury when called. Take the time right now to insure you are registered. Go during early voting to avoid the lines; vote absentee by mail if you are eligible (it is perfectly safe); or show up on election day even if it requires standing in long lines. There is more at stake than just the president and folks who go to Washington. State Senators and Representatives will make the laws determining if you will be equal to big corporations and insurance interests or not. Judges that interpret and apply those laws are also on the ballot. Please learn about the individuals and vote for those who require corporate accountability. Vote as if it matters, because it does. When I have to explain tort reform and how it has stolen justice from a deserving individual I often hear, "that is not what I thought I was voting for." I want to tell them that your vote matters; that using it to further justice matters; and that to throw it away on a party vote is lazy. I want to tell them that you get the democracy you deserve when you do not demand more than party platitudes from politicians. Just as COVID has shown us a new way to function, use this election to require politicians to change and improve if they are going to earn your vote. Demand competence. Demand accountability. Demand that our democracy function to the greater good of all of its' citizens

~ Lin McCraw

SCARY WORD SCRAMBLERS

Something has frightened all the letters of these October words out of place - can you scare up the courage to unscramble them!?

THEANDU

MCEARS

FINCOF

KCTSMRBOOI

EGNARO

YDNAC

KLEEONTS

UUNMTA

THOSG

YEARHDI

KUMPPNI

YOPOKS

SHAVERT

GRINVAC

T TSAER

TYRAP

PRIEAVM

ICWTH

MEOCSTU

YUMMM



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John L. "Lin"
McCraw III,
P.C.

Talkin' about McCraw:

The McCraw Law Group was very friendly and understanding of my case. They were efficient in taking care of what needed to be handled. They communicated with me on an ongoing basis, which I greatly appreciated.

~ Janie L.

Upon my first meeting to discuss my case, I knew that I had found the right place to handle it!! Charlie Ginn was fantastic, definitely 5 star all the way! Everything regarding the process and the timing was very well explained. The communication was excellent, and I was always kept up to date throughout from beginning to end! Each person that I had contact with in the office was professional and very responsive. I never had to worry about anything which was a great relief to me. While my case may have not been as complicated as others are, I was always made to feel important. I can't recommend The McCraw Law Group enough should you find yourself being injured from an accident. Do yourself a favor and give them a call!

~ Malia D.

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