



Been in a wreck?

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protect your benefits.

Jacksonville's Auto Injury Experts: Why Experience (and Our Team) Matters



Who Should You Trust After a Wreck?

Let's be honest: after a car accident, you're dealing with insurance calls, a banged-up vehicle, maybe some neck pain that didn't show up until two days later, and a whole lot of stress. The last thing you need is to end up at a clinic that treats you like a number or, worse, doesn't actually know what they're doing when it comes to auto injuries.

So here's the real question: **Who should you trust with your recovery?**

If you're in Jacksonville or Palatka, there's a reason neighbors keep coming back to Ortega Chiropractic Clinic. And no, it's not just because we're nice people (though we are). It's because we've spent **over 25 years** becoming the go-to experts for auto accident injuries in North Florida. We don't just treat these injuries, we literally teach other chiropractors how to handle them.



We Teach Other Docs What We Do Every Day

Here's something most clinics won't tell you: **Dr. Read and our team regularly train other chiropractors** on how to properly evaluate and treat auto accident injuries. That's right, when other doctors want to learn how to handle whiplash, spinal trauma, hidden injuries, and post-crash complications, they come to us.

Why? Because auto injuries are tricky. That stiff neck you're ignoring today could turn into chronic pain six months from now if it's not treated correctly. Headaches that feel like stress might actually be a concussion or a misaligned cervical spine. Lower back pain that "wasn't that bad" can become sciatica if the disc issue gets worse.

Experience matters. We've seen thousands of crash cases over the decades, from fender-benders on Atlantic Boulevard to high-speed collisions on I-295. We know what to look for, how injuries present themselves (even the sneaky ones that don't hurt right away), and how to create a treatment plan that gets you back to normal life as fast as possible.

When you walk into our clinic, you're not getting a one-size-fits-all approach. You're getting the knowledge of a team that literally wrote the playbook.

The Only Team Like This in Jacksonville

Here's where we're genuinely different from every other clinic in the area: **We have the only team in Jacksonville with this specific combination of specialists under one roof.**

Most clinics? You see the chiropractor. Maybe they refer you out to physical therapy. Maybe you get sent somewhere else for imaging. Maybe your concussion symptoms get ignored because "chiropractors don't do brains."

Not here.

When you come to Ortega Chiropractic Clinic after an auto accident, you get access to:

- **Dr. Read (Chiropractor)** – Spinal alignment, soft tissue injuries, and structural issues that cause pain
- **Dr. Mirabelli (Neurologist)** – Brain injuries, concussions, nerve damage, and neurological symptoms
- **Dr. Diesen (Health Coach & Hypnotherapist)** – Stress management, anxiety, sleep issues, and recovery mindset
- **Low Whiting, LCSW (Counseling)** – Support for stress, anxiety, trauma-related symptoms, and the emotional side of recovery after a wreck
- **Physical Therapy Team** – Rehab, strengthening, mobility work, and functional recovery



All of these specialists work **together**. Not in separate buildings. Not with weeks of waiting for referrals. Not with fragmented care where nobody's talking to each other.

One roof. One coordinated plan. One goal: getting you better.

That neurologist piece? That's huge. Dr. Mirabelli is board-certified and has years of experience diagnosing and treating traumatic brain injuries (TBIs) and concussions. If you hit your head, felt "foggy," or noticed memory issues after the crash, you need someone who actually understands the brain. Most chiropractic clinics can't offer that. We can, and we do it every day.

The hypnotherapy and health coaching part might sound unusual, but here's why it matters: **car accidents mess with your head**. Literally and emotionally. Anxiety. Trouble sleeping. Flashbacks when you get behind the wheel. Those aren't "just in your head", they're real recovery obstacles. Dr. Diesen helps neighbors work through that stuff so the whole person heals, not just the spine.

No other clinic in Jacksonville brings all of this together. Not one.

You Talk to Real People (Not a Call Center)

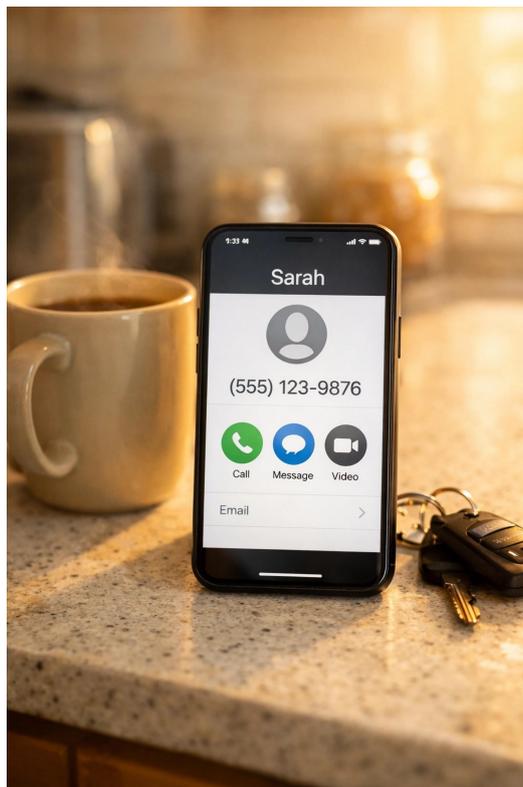
Ever call a medical office and get routed through three different people before you finally, maybe, get an appointment for two weeks from now?

Yeah, we don't do that.

When you call Ortega Chiropractic Clinic at **(904) 425-4545**, you talk to **real people on our team**. Not a call center. Not an answering service. Not some automated system that puts you on hold for 20 minutes.

You get direct access to our providers. You can text. You can email. We give you cell phone numbers. Because when you're hurt, scared, or confused after a wreck, the last thing you need is to feel like you're shouting into the void.

We're neighbors. We live here. We've been in Jacksonville and Palatka for over a quarter-century. We know the roads, the hospitals, the insurance adjusters, and the personal injury attorneys. We're not some corporate chain that opened last year and will be gone in five.



Same-Day Appointments & No Referral Needed

Here's another thing that sets us apart: **you can get in the same day you call**. No waiting. No referral needed. No jumping through hoops with your primary care doctor who doesn't really know what to do with auto injuries anyway.

You got rear-ended this morning? Call us this afternoon. We'll get you in, evaluate what's going on, and start treatment immediately if needed. Because here's the truth about auto injuries: **the sooner you start treatment, the better your outcome.**

Soft tissue injuries heal faster when they're addressed quickly. Inflammation gets worse if you wait. Scar tissue forms in the wrong places. Pain becomes chronic. Insurance companies start questioning why you didn't seek care right away.

We eliminate all of that. One call. Same day. Done.

And you don't need anyone's permission to come see us. No referral. No gatekeeper. You're in pain: you come in. Simple.

Dr. Mirabelli: The Brain Injury Specialist You Didn't Know You Needed

Let's talk more about Dr. Mirabelli for a second, because this is a **huge** deal.

Most people don't realize they have a concussion or mild traumatic brain injury (TBI) after a crash. They feel "off," but they don't connect the dots. Maybe you're more tired than usual. Maybe you're forgetting things. Maybe lights bother you or you've got a headache that won't quit.

Those are brain injury symptoms. And if they're not caught and treated properly, they can linger for months: or longer.

Dr. Mirabelli is a board-certified neurologist who specializes in post-concussion care. He knows how to test for TBIs, how to monitor recovery, and how to create a treatment plan that actually addresses the neurological damage: not just the symptoms.

This is not something you can get at a typical chiropractic clinic. Most of them will adjust your neck and send you on your way. If you mention brain fog, they'll shrug and tell you to "rest."

We don't shrug. We test. We treat. We follow up.

Having a neurologist on-site means you get comprehensive care for both your body and your brain. That's the kind of team approach that changes outcomes.



Over 25 Years of Serving Jacksonville & Palatka

We've been doing this for **more than 25 years**. That's not a small thing.

We've treated neighbors through thousands of wrecks. We've worked with every major insurance company. We've partnered with personal injury attorneys who trust us to document injuries properly and provide honest, thorough medical records. We've built relationships with hospitals, imaging centers, and specialists all over North Florida.

We're not going anywhere. This is our community. These are our neighbors. When you come to Ortega Chiropractic Clinic, you're not just another case file: you're someone we'll see at Publix next week. Someone whose kids might go to school with our kids. Someone who deserves to be treated with respect, care, and expertise.

That local connection matters. It means we care about your outcome: not just because it's our job, but because we're going to run into you again. We want you to get better. Really better. Not "good enough to close the file" better.

Why This Matters for Your Recovery

Look, you have options after a car accident. You could go to an urgent care and get some ibuprofen. You could ignore it and hope it goes away. You could pick a random clinic off Google and roll the dice.

Or you could come to the team that actually knows what they're doing.

Experience, expertise, and a comprehensive team approach aren't just buzzwords. They're the difference between recovering fully in a few weeks versus dealing with chronic pain for years. They're the difference between catching a concussion early versus struggling with brain fog for months. They're the difference between getting proper documentation for your insurance claim versus getting nickel-and-dimed because your records weren't thorough enough.

When you choose Ortega Chiropractic Clinic, you're choosing:

- Providers who teach other doctors
- The only team in Jacksonville with chiropractic, neurology, PT, and health coaching under one roof
- 25+ years of local experience
- Same-day appointments with no referral needed
- Direct access to real people who actually care



Let's Get You Better

If you've been in a wreck: or even if it happened weeks ago and you're still not feeling right: don't wait.

Want a complimentary evaluation after an accident? Start here: www.2weekrule.com.

Then **call us at (904) 425-4545** to talk to a real person and get scheduled. Let our team figure out what's actually going on and create a plan to get you back to normal life.

You deserve experts. You deserve a team. You deserve neighbors who give a damn.

That's what we do. That's who we are. And we've been doing it in Jacksonville and Palatka for over 25 years.

It's simple: visit www.2weekrule.com and call (904) 425-4545 to get started.

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qualify for a free
chiropractic exam.