

Leg Pain After a Car Accident in New Mexico

Get a lawyer who won't let the insurance company minimize your injury

Leg pain after a [car accident](#) can be confusing, frightening, and disruptive to your daily life. Even if the crash felt minor, injuries to your legs can range from bruises to severe trauma that affects your mobility for weeks, months, or even longer. You might not know whether your discomfort is temporary or a sign of a more serious injury. It's important to understand why your leg hurts, what injuries could be involved, treatment options, and your right to seek compensation.

Leg injuries can lead to unexpected medical costs and lasting effects. That's why having a trusted New Mexico car accident attorney like [Andras Szantho](#) on your side makes a difference. He helps injury victims in Albuquerque and Santa Fe understand their legal options and fights to hold negligent parties accountable.

Why your leg might hurt after a car accident

Even a seemingly minor crash can lead to leg injuries. The force of a collision can cause sudden impact, twisting, or compression of your legs, leading to pain immediately or hours later.

Common reasons your leg might hurt include:

- **Impact with the dashboard, door, or steering column** – The force of a collision can bruise muscles, break bones, or damage soft tissues.
- **Whiplash-type forces** – Sudden forward or backward movement can strain leg muscles, ligaments, or tendons.
- **Seatbelt or airbag compression** – While safety devices save lives, they can cause contusions, bruising, or nerve irritation in the legs.
- **Delayed symptoms** – Some injuries, like nerve damage or internal bleeding in the leg, may not show up until hours or even days later.

Noticing pain is a signal from your body that medical attention is necessary, even if you can still walk or move your leg.

Common car accident leg injuries

Car accidents can cause a wide range of leg injuries, from minor trauma to severe damage that may affect mobility long-term. Some of the most common and frequent injuries include:

Fractures (broken bones)

Fractures happen when the force of a collision is strong enough to crack or break bones in the leg. Commonly affected areas include the femur (thigh bone), tibia and fibula (lower leg), and ankle bones. Fractures can result from direct impact with the dashboard, door, or other parts of the car, or from twisting motions during the crash.

Dislocations

A dislocation occurs when a bone is forced out of its normal position in a joint, often affecting the knee, hip, or ankle. Dislocations typically happen when the leg is bent or twisted violently during a collision, putting extreme stress on ligaments and joints.

Soft tissue injuries

Soft tissue injuries often happen when the leg is twisted, compressed, or forced against the interior of the vehicle. They include:

- **Sprains** that occur when ligaments (tissues connecting bones) are stretched or torn.
- **Strains** involving overstretched or torn muscles or tendons.
- **Contusions**, which are bruises caused by blunt force trauma.

Compartment syndrome

This serious condition develops when swelling or bleeding increases pressure inside a muscle in the leg. The pressure can reduce blood flow and damage nerves and muscles. Compartment syndrome can occur from severe trauma, crush injuries, or prolonged compression of the leg during an accident.

Crushed leg injuries

Crush injuries occur when the leg is caught between objects, such as the car frame, seat, or road surface. This can damage bones, muscles, nerves, and blood vessels, sometimes causing permanent impairment.

Spinal cord injuries affecting the legs

Trauma to the lower spine can interfere with nerve signals to the legs. Even without a direct leg injury, a spinal cord injury may affect movement, strength, or sensation in one or both legs. These injuries usually occur from high-impact collisions or sudden jolts to the body.

Cuts, lacerations, and burns

During a car accident, your legs can come into contact with shattered glass, metal, or hot surfaces inside and outside the vehicle, resulting in cuts, lacerations, or burns. Lacerations are deep cuts that can damage not only the skin but also underlying muscles, tendons, or ligaments, potentially requiring stitches or more extensive medical care.

Burns can occur from heat, friction, or even chemical exposure in the car, and they may range from minor to severe, sometimes causing lasting scarring or sensitivity. These injuries can be painful, slow to heal, and may require ongoing treatment to prevent infection and restore function.

Deep vein thrombosis (DVT)

DVT is a blood clot that forms in a deep vein, often in the lower leg. While not caused by trauma alone, car accidents that immobilize a victim or damage veins can increase the risk of DVT. This condition is potentially life-threatening because the clot can travel to the lungs, blocking blood flow and making it difficult to breathe.

Leg injury symptoms

Even if you feel only mild discomfort at first, watch for:

- Fever
- Dizziness
- Back pain
- Persistent or worsening pain
- Swelling or bruising
- Numbness, tingling, or weakness
- Difficulty walking or bearing weight
- Redness, warmth, or deformity in the leg
- Discoloration

If any of these symptoms appear, seek medical attention immediately. Early treatment not only aids recovery but also strengthens any future injury claim.

Treatment options

Treatment varies depending on the type and severity of your leg injury:

- **Rest, ice, compression, and elevation (RICE)** – For minor strains, sprains, or bruises.
- **Physical therapy** – Helps restore mobility and strength after sprains, strains, or surgery.
- **Medication** – Pain relievers or anti-inflammatory drugs for swelling and discomfort.
- **Surgery** – May be required for fractures, severe ligament tears, or nerve repair.
- **Splints and traction devices** – Stabilize broken or dislocated bones during healing.
- **Spinal injections** – Reduce inflammation and pain in cases of nerve or spinal involvement.

Some victims may need mobility aids during recovery, such as a cane or walker, crutches, or a wheelchair. These devices help prevent further injury while allowing you to regain independence and mobility. Following your doctor's treatment plan and attending follow-up appointments is crucial for a full recovery.

How leg injuries affect compensation

Not all car accident injury claims are the same. Different factors influence compensation, including:

- **The severity of the injury:** Fractures or injuries requiring surgery typically result in higher compensation than minor sprains.
- **The impact on daily life:** Lost wages, reduced mobility, and inability to perform normal activities may increase the value of your claim.
- **Medical costs:** Past, current, and expected future medical bills are all factored in.
- **Pain and suffering:** Emotional distress and physical discomfort from the injury are also considered.

An experienced car accident lawyer can help document these factors thoroughly to ensure your claim reflects the full impact of the accident.

Get the care and compensation you deserve for your leg injury

Leg pain after a car accident is not something to ignore. At [Szantho Law Firm, P.C.](#), we can help you understand your injuries, navigate medical care, and protect your rights. From gathering medical records to negotiating with insurance companies, we handle the legal details so you can focus on recovery.

If you've been hurt in a car accident in Albuquerque or Santa Fe, New Mexico, [contact us](#) today to schedule a [free consultation](#) and get personalized guidance for your car accident claim.