

How Social Media Posts Can Damage Your Maryland Car Accident Claim

Why Maryland's Contributory Negligence Rule Makes Social Media Especially Dangerous

When a serious [car accident](#) disrupts your life, it's natural to reach for your phone. You want to let family know you're alive, reassure friends that you're "okay," and maybe vent a little about the driver who hit you. In that moment, a quick post can feel like a lifeline.

The Maryland attorneys at [Goldberg Finnegan](#) see something very different. We see an insurance company scrolling through every photo, status, and story like it's a file folder in your case, looking for reasons to pay you less. In Maryland, where one careless statement can be treated like a loose thread that unravels your entire claim, your social media feeds can quietly become some of the strongest evidence against you.

Common Things Insurance Companies Look For In Your Posts

Insurance companies don't treat your social media accounts as personal spaces. They treat them like a free investigation tool. Once a claim is opened, it's common for adjusters and defense lawyers to search your name, scroll your profiles, and monitor your activity over time, all without ever warning you they are doing it.

To understand the kinds of things they look for, it helps to see the patterns.

- **Activity Images:** Photos or videos showing you working out, lifting children, dancing at a party, going on trips, or doing chores that seem inconsistent with the limitations your doctor has documented.
- **Lifestyle Signals:** Vacations, beach days, sporting events, and social outings that make your life look "back to normal," even if you're forcing yourself to attend and paying for it later with more pain.
- **Emotional Tone:** Status updates saying you're "fine," "feeling better," or "blessed it wasn't worse," which are easy to twist into claims that your injuries resolved quickly.
- **Timeline Clues:** Date stamps, check-ins, and tagged locations that show you out and about at times when your medical records say you should be resting or limiting activity.

Why Maryland Law Makes Social Media Especially Risky

Maryland isn't like most states when it comes to fault. It follows a rule called [pure contributory negligence](#). That legal phrase carries a simple but harsh meaning: if you're found even 1 percent

responsible for the crash that injured you, you can be completely barred from recovering compensation from the other driver. There is no “partial” recovery.

[That rule](#) gives insurance companies an enormous incentive to dig through your online presence and search for anything they can twist into an admission of fault or carelessness. A single offhand comment can have serious consequences.

The legal system in Maryland also treats social media as real evidence, not background noise. If your case goes into litigation, defense lawyers can request copies of relevant posts and may ask the court to order you to produce private content that touches on your injuries, activities, or the crash. If the content can be authenticated and shown to be yours, there is a good chance it will be allowed into evidence.

How Different Types Of Posts Can Hurt Your Claim

Not every post carries the same level of risk, but some categories come up again and again in Maryland car accident cases. Understanding them can help you avoid common traps.

Activity Photos And “Highlight Reel” Videos

Social media is built around highlights, not ordinary days. You’re far more likely to post the one afternoon you felt well enough to go out than the five days you spent in bed afterward. Unfortunately, insurance companies ignore that context.

For example, a short video of you dancing at a wedding can be played in slow motion in a conference room, with an adjuster arguing that someone claiming serious back pain would never move that way. A picture of you carrying a cooler to a picnic can be held up alongside a doctor’s note that says “no lifting over 10 pounds” to suggest you’re not following medical advice. It doesn’t matter that the cooler was light or that you paid for it later with increased symptoms.

“I’m Okay” Or “Feeling Better” Updates

Most of us don’t want to worry our loved ones. After a collision, you might post a quick “We’re okay, it could have been worse” from the ER or a “Starting to feel better” update during your first week of therapy. That is a natural human reaction.

From a claim standpoint, those words can be taken literally and out of context. An adjuster might point to your early “I’m fine” message and argue that your later complaints of ongoing pain must be exaggerated. They might place a printout of your upbeat post next to months of pain management records and suggest that your story conveniently changed when money was on the line.

Posts About The Crash Itself

Posting about how the collision happened can cause a different kind of harm. In the hours and days after a crash, you're shaken, emotional, and may not remember every detail clearly. It's easy to get small facts wrong or to use language that sounds like an apology.

When you write something like "I never even saw the other car" or "I probably should have been paying more attention," those words can be used as if they are precise, considered statements. If your later description of the crash in a recorded statement or deposition differs in any way, the defense will put the two versions side by side and accuse you of changing your story.

Posts About Pain, Treatment, And Daily Struggle

Talking openly about your recovery can feel helpful. You might share that you skipped therapy because you were tired, that you're "so over doctors," or that you're trying to tough it out without medication. You might joke about getting out of chores or missing work.

These posts give the defense another angle. They may argue that you're not doing your part to get better, that you're ignoring medical advice, or that you're treating your injuries lightly. That can lead to arguments that your damages should be reduced because you did not take reasonable steps to heal or because your limitations are not as serious as you claim.

Tags, Check Ins, And Friends' Content

One of the most frustrating aspects for injured people is how little control they have over others' posts. You might stop posting entirely, but friends and family can still tag you at restaurants, games, or trips. They can upload group photos where you appear in the background, or they can describe what you're doing in their own words.

An insurance adjuster doesn't care that you did not write the post. They care that, in their view, the image shows you being more active than your claim suggests. A tagged photo from a theme park or a recreational league can become evidence that you're not as limited as you say.

Part of protecting yourself isn't just changing your own behavior, but asking your circle to help you stay off the digital stage while your claim is pending.

Practical Steps To Protect Your Claim Online

Protecting yourself doesn't mean you can never use social media again. It means treating it thoughtfully, the same way you would treat talking to the insurance company.

Here are steps we often recommend to clients after a crash:

- **Pause Public Posting:** Stop sharing anything about the collision, your injuries, your physical activity, or your day-to-day routine until you have spoken with an attorney.
- **Review Privacy Settings:** Tighten your profiles so only trusted contacts can see past and future posts, and make sure nothing is set to public by default.
- **Limit New Connections:** Avoid accepting friend or follow requests from people you don't recognize while your claim is ongoing.

It also helps to have direct conversations with your inner circle. Explain that your lawyers asked you to stay off social media about the crash and recovery, and ask them to avoid tagging you or posting details about your condition. Most people will gladly respect that boundary once they understand what is at stake.

Equally important, don't start deleting old content related to the crash or your health without legal guidance. Once you know a claim is possible, courts can consider intentional deletion of relevant posts as destroying evidence, which can hurt your case even more than the content itself. It's far better to let your attorney review what is out there and develop a plan for how to address it if it becomes an issue.

One more thing worth knowing before you reach out: Maryland gives most car accident victims three years from the date of the crash to file a personal injury lawsuit, under Md. Code, Courts & Judicial Proceedings § 5-101. That window may feel generous, but evidence disappears, witnesses become harder to locate, and social media content can be deleted or altered over time. The sooner you speak with an attorney, the more tools are available to protect both your case and your online footprint.

How Our Maryland Car Accident Lawyers Can Help

When you work with Goldberg Finnegan, our attorneys look at the full picture of your claim, including your online footprint. We talk with you about what you have posted, what might still be visible, and how to avoid giving the insurance company more than it is already trying to take. We handle communication with the insurance company so you don't feel drawn into public arguments or pressured to "set the record straight" in a way that can be used against you later.

If you were hurt in a Maryland car accident and you're active on social media, we encourage you to reach out before you post anything else about what happened or how you're feeling. A conversation early on can prevent the [kinds of mistakes](#) that are difficult to undo later and give you a clearer sense of how to protect both your health and your case. [Contact us](#) for a free consultation today. We handle every case on a contingency fee basis, which means no upfront costs and no legal fees unless we recover compensation for you.