

# GREEN HEALTH CLINIC

## WELLNESS AT GREEN HEALTH CLINIC

Discover the benefits of patient centered care at our clinic with a variety of services to serve you better, including:

- Chiropractic,
- Acupuncture,
- Naturopathy,
- Physiotherapy,
- Osteopathy, Chiropody,
- Registered Massage
- Therapy, and prescription products – Orthotics and Compression Socks.

**CONTACT US**  
***Dr. Lisa & Associates at Green Health Clinic***

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[www.chiropractor-drlisa.ca](http://www.chiropractor-drlisa.ca)

*Have you ever experienced headaches or pain in your neck, arms, or shoulders as a result of prolonged smartphone use? Strain injuries in the neck, forearm, wrist and hand as a result of digital devices have recently been on the rise, and are commonly referred to as **Text Neck**.*

Bending your head forward to look at your digital device can add up to 60 pounds of increased pressure on your spine. The following infographic from the Ontario Chiropractic Association illustrates just how much extra weight is placed on the spine while using your device.



HOW MUCH EXTRA PRESSURE ARE YOU PUTTING ON **YOUR** SPINE?



Keep the following tips in mind in order to avoid developing symptoms of Text Neck!

- Do not hold your smartphone or tablet for extended periods of time, as this can increase the risk of muscular strains in your arms, shoulders, and fingers. Take frequent breaks (at least every 30 minutes) and get up to move while letting your arms rest at your sides.
- Avoid eye strain! Approximately every 20 minutes, take a 20 second break to look 20 feet ahead in order to let your eyes relax.
- Try to look straight ahead when viewing your device. Raising your phone or tablet to eye level will reduce the amount of strain placed on your neck, back, and shoulders. Using a stand to prop up the device will also give your arms and shoulders a well-needed break.
- Stretch it out! Stretches such as bringing your ear down to your shoulders and turning your head to the left and right will help to relieve tension placed on the neck during a prolonged period of looking down. Visit **Dr. Lisa Ramsackal & Associates** or for online information [www.chiropractor-drlisa.ca](http://www.chiropractor-drlisa.ca) today for some more stretches to help improve posture and decrease pain.

### ***How can my chiropractor help with my neck pain?***

Chiropractors have a variety of ways to help treat your neck pain. Your chiropractor will work with you to develop a personalized treatment plan best suited to treat and improve your condition. Treatment may include soft tissue therapy, acupuncture, joint mobilizations and manipulation, which can all be used to help decrease pain and increase range of motion. Specific stretches and rehabilitation exercises tailored to your condition will improve strength and assist in preventing painful recurrences. Looking for treatment for your neck pain? Call **Dr. Lisa Ramsackal & Associates** and book your appointment today.

**We are accepting new patients for 2017! Evening and Weekend appointments available!**  
**Call today: 905-997-4468**

**For more information about Dr. Lisa & Associates and services provided  
 visit: [www.chiropractor-drlisa.ca](http://www.chiropractor-drlisa.ca)**

**Green Health Clinic - Your Holistic Wellness Centre**