

## 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 &***

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Green Health  
Clinic***

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improve mobility and prevent chronic pain and disability. Chiropractic Care can help you get back to your daily activities with less pain and improved function. Don't let your back pain stop you from enjoying your daily activities.

**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**

# GREEN HEALTH CLINIC

## LOW BACK STRAIN/SPRAIN

***Do you have low back pain? Has a fall or injury caused spasm or limited movement of your back?***

If so, you may be experiencing **Low Back Strain/Sprain**.

**Low back strain/sprain** occurs due to soft tissue damage of the ligaments and /or muscles surrounding your low back and pelvic area.

**Low Back Strain/Sprains are graded by severity:**

**Grade I:**

- Simple strain/sprain with minimal soft tissue damage (approximately 1-10% fibre damage)
- Minimal pain with some tender points
- Minimal loss of range of motion (ROM)
- Symptoms last up to 4 weeks

**Grade II:**

- Moderate strain/sprain with partial tearing of ligaments/muscles
- Moderate pain with increased loss of ROM
- Swelling/hemorrhaging may be observed
- Symptoms last up to 1 year

**Grade III:**

- Severe strain/sprain due to complete tear of ligaments/tissues
- Severe pain, swelling, and dysfunction
- Symptoms last up to 1 year or more
- May require surgical evaluation



**Common Causes:** Low back strain/sprains often occur with direct trauma seen with car accidents, falls and sports injuries. Overuse of tissues due to repetitive bending/lifting can cause fatigue and micro-tears. Poor posture frequently observed with school-aged children and office workers also causes fatigue and strain to back muscles.

**Symptoms:** Pain immediately after or shortly following injury – delayed up to 24-48hours post injury. Other symptoms include decreased range of motion, muscle stiffness/spasm and tenderness to touch. In higher grade strain/sprains local swelling and radiating pain into the buttock and leg may be present.

**Treatment:** Initially ice, anti-inflammatories and rest may be needed. Chiropractic manipulations/mobilizations may be used to treat joint dysfunctions and limited range of motion, soft tissue treatment to assist with tight muscles and acupuncture for pain control. Early rehabilitation is key to preventing chronic pain and disability. In later stages of rehabilitation core strength & proprioceptive exercise as well as aerobic and endurance exercises may be prescribed.

**Chiropractic Care:** Chiropractors can diagnose and treat Low Back Strain/Sprain and other back pain conditions. Treatment options such as spinal manipulations/mobilizations, soft tissue therapy, stretches, exercises and acupuncture can be used to help decrease pain, improve mobility and prevent chronic pain and disability. Chiropractic Care can help you get back to your daily activities with less pain and improved function. Don't let your back pain stop you from enjoying your daily activities.