

## 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**  
**Green Health Clinic**

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## GREEN HEALTH CLINIC

### *Travelling for March Break? Tips and Tricks for Preventing back pain.*

- Take frequent breaks. If you are planning on driving to your destination it is important to take a break for stretching and/or walking once every 1.5 hrs. This will help to relieve muscle tension and improve circulation.
- If you plan on flying to your destination, try using a neck pillow for optimal support of your cervical spine during the flight. Performing seated and standing stretches while in your seat is also an effective way to prevent stiffness associated with sitting for long periods of time.
- Pack light and lift right! Be sure to ask for assistance when lifting heavy luggage in and out of a vehicle. Bend at the knees and keep your low back in a neutral position to avoid injury.



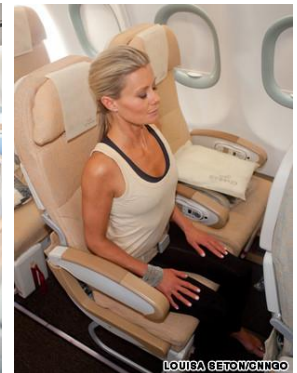
*Trunk Rotation Stretch*



*Quadriceps Stretch*



*Thoracic Extension Stretch*



## *Cupping*

Cupping is a technique that was developed through traditional Chinese medicine (TCM) to treat a wide variety of ailments. At Green Health Clinic we strive to help patients with their painful conditions. Here are common conditions which are commonly treated with cupping:

- Muscle aches and pains
- Trigger points
- Tight muscles
- Tension headaches



**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**