

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**

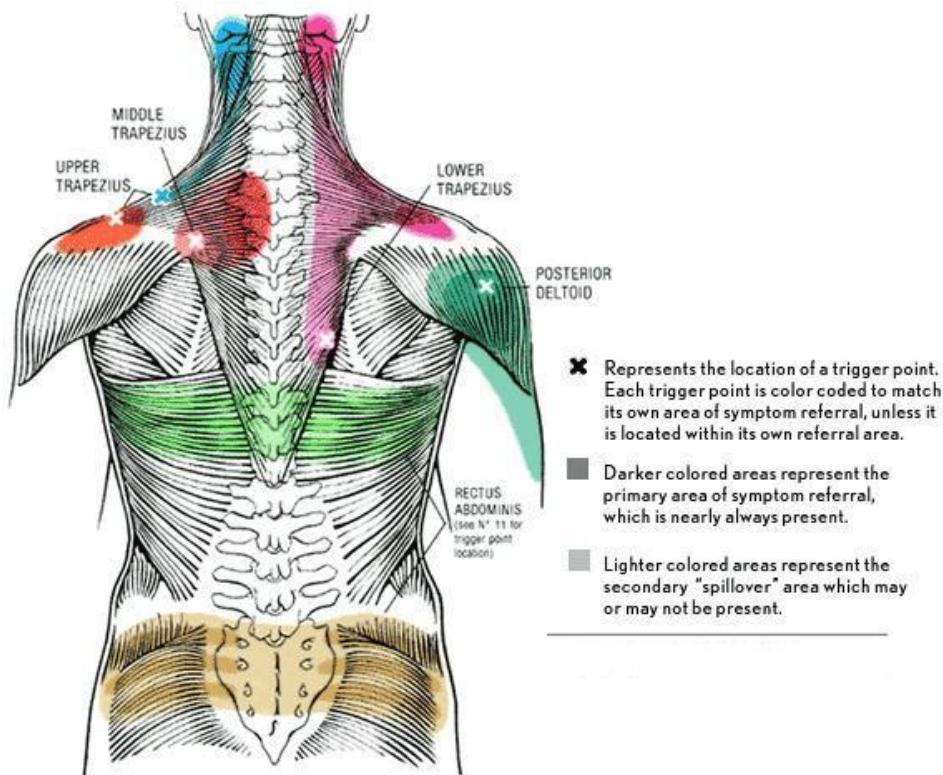
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GREEN HEALTH CLINIC

Are you experiencing chronic pain as a result of overuse or poor posture? If so, you may be suffering from trigger points.

What are trigger points?

Trigger points, or also known as “muscle knots”, are small areas within a muscle that are tight and in spasm. This often occurs following repetitive strain on an area of the body, improper warm-up and cool down practices, overuse, and poor posture. These trigger points can cause both localized pain and referred pain. These areas of tension can manifest into headaches, jaw pain, neck pain, low back pain, and gluteal pain.



Dr. Lisa Ramsackal can treat trigger points through the use of active release technique (ART), cupping and instrument assisted soft tissue mobilization.

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**

Green Health Clinic - Your Holistic Wellness Centre