

The _____ Doctors Center

Health & Wellness

You have been diagnosed with a: **NECK SPRAIN / LOW BACK STRAIN**

- **Strain** which is an injury to the muscle and tendon and can be caused by overstretching, overuse or forceful exertion. There can be pain, swelling or even bruising. Trouble moving joint is also possible.
- **Sprain** which is an injury to the ligament (which hold the bones together) caused by a forceful twisting or wrenching of a joint. There may be pain, swelling or bruising and trouble moving the joint.

You received the following treatment for your injury:

- Cervical Collar Wear for _____ Days
- Lumbar support Wear for _____ Days

Treatment Plan

- Apply ice pack wrapped in a towel for 10 minutes 4 times a day for the first
 - 24 hours.
 - 48 hours.
- Apply moist heat to the area 4 times a day for 10-20 minutes 4 times a day for 3-5 days after the first 24-48 hours.

Take care when re-wrapping or re-applying the collar or support you may have been given, to not wrap it too tightly. The fit should be supportive but not tight enough to leave marks or cause swelling or a tingling or numbness below the injured area.

Sprains and strains can take 4-8 weeks to heal completely. During the initial evaluation, swelling could potentially mask or make it difficult to see a fracture (broken bone) on x-ray. Therefore, follow up with your physician/provider at The Doctors Center as directed to monitor the progress of healing. Should you experience any pain radiation (movement) down your arms or legs (one side or both sides), any numbness, tingling or weakness: **YOU MUST CONTACT your physician/provider at The Doctors Center IMMEDIATELY.**

You have been scheduled for a follow-up appointment with your physician/provider at The Doctors Center. To avoid any unnecessary complications or misdiagnosis: YOU MUST KEEP YOUR APPOINTMENT OR COME IN SOONER IF YOUR CONDITION WORSENS OR YOU DEVELOP NEW PROBLEMS.

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