

# Muscle Sprain Treatment

## Causes:

### *What causes muscle sprains?*

Strains occur with sports, accidents and other physical activities. They are especially common to see as falls or twisting an ankle while walking or contact sports such as football, basketball, and tennis. Back and abdominal muscle strain often result from lifting heavy objects.

### **Muscle pain has many varied causes including**

- Overuse injury.
- Infections such as flu, malaria, fibromyalgia.
- Arthritis.
- Neuromuscular disorders.
- Electrolyte imbalances, such as a deficiency of calcium or potassium.
- Emotional Stress.
- Drugs.

## Diagnosis:

If the pain is related to an injury, Dr. Peng can determine by a physical exam, the mobility of a joint, the strength of a muscle, and the presence of swelling or bruising. X-rays may be taken if the doctor suspects a fracture or broken bone. If the pain is caused by an infection or other illness, a blood test is needed to diagnose.

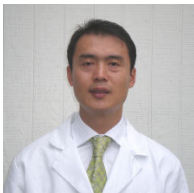
## Treatment:

For a new injury our clinic uses a new injury herbal patch. Our new injury herbal patch stops the internal bleeding quicker, reduces the swelling, and also helps blood flow to injured tissues. The patient will experience the swelling go down and the pain will be reduced with one or two treatments. Avoid physical activities; this will help to speed healing.

For the chronic pain caused by Arthritis, Neuromuscular disorders and emotional stress, Acupuncture works very good for it. Our clinic also provides heat treatment along with herbal alcohol. Arthritis will need several months or longer to be treated.

## Prevention:

- To reduce the risk of injury, warm up before engaging in sports and other physical activities.
- Wear comfortable shoes and avoid high heels, this can reduce the risk of twisting an ankle or falling.



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