

UNIVERSITY OF HOUSTON HEALTH CENTER

-HEALTHBERRY-

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STRAINS, SPRAINS AND LOW BACK PAINS

STRAINS: Bodily injuries from excessive tension, effort or use; causing undue stretching of muscles or ligaments. Generally, strains are associated with swelling and pain without discoloration.

SPRAINS: Injuries caused by sudden and violent twisting of a joint with stretching and tearing of ligaments and soft tissues. Swelling, pain and discoloration due to rupture of small blood vessels in the soft tissues and ligaments are the hallmarks. Both strains and sprains are best treated with ice packs, elevation and staying off the affected joint. Appropriate X-rays should be taken where fractures may be a possibility.

LOW BACK PAINS: The annual cost of back pain in the United States is between \$20 billion and \$50 billion. There are many, many causes of back pain, and it is a very common symptom in our clinic. 95% of the time, it is from a relatively minor injury, such as lifting an object, falling or a sudden twist. It is often associated with muscle spasm. Minor back pains are usually confined to a relatively small area, and do not radiate down the legs. Radiating pain can be associated with more serious disorders. Treatment consists of warm soaks, massage, non-steroidal anti-inflammatory medications, (Tylenol, ibuprofen, Advil) and muscle relaxants. If the pain lasts over 3 or 4 days, please come and see us at the University Health Clinic.

We at the Health Center will be happy to help you.



Healthfully yours,

Dr. Healthberry

For questions or comments you can;

Write "Healthberry" at
University Health Center
100 UH Health Center
Houston, Texas 77204-3019

E-Mail "[Healthberry](mailto:JMGray2@central.uh.edu)" at JMGray2@central.uh.edu
Fax "Healthberry" at (713)743-5164.