JENNA HOWE
Osteopathy and Concussion Recovery

MAY 2021 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle



Get Ready to Garden Pain-Free

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THAW YOUR FROZEN SHOULDER

JUST IN TIME FOR SPRING!

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THAW YOUR FROZEN SHOULDER

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Shoulder Pain? Maybe It's Frozen

It's not uncommon for our clinic to see patients struggling with chronic shoulder pain. Often, we find that these patients are having to sacrifice their quality of life and have finally gotten fed up. There are many different factors that attribute to chronic shoulder pain, one of them being a common condition known as frozen shoulder.

Dealing with shoulder pain can make completing daily tasks nearly impossible without treatment. Manual therapy can help relieve (or even eliminate) your problem! If you're experiencing shoulder pain, contact our office today.

We will be able to do a full assessment, figure out if the source of your pain is frozen shoulder, and help you get on the road to recovery.

What Is Frozen Shoulder?

Frozen shoulder, or "adhesive capsulitis" is a condition caused by inactivity that occurs after injury or alongside another shoulder problem. When scar tissue forms after a period of physical inactivity, the shoulder can become stiff or inflamed. Most people struggling with frozen shoulders complain of pain, discomfort when moving or using the affected joint, or even a total loss of movement in that shoulder.

Exactly what causes frozen shoulder remains somewhat of a mystery condition to many practitioners, but a few possible causes are as follows:

- **Results from a surgery or injury.**
- **Underlying conditions** such as bursitis, tendonitis, arthritis, a rotator cuff tear, or any other condition causing a person to cease shoulder movement.
- **Immobilization of the arm,** such as in a sling, after surgery or fracture.

Overall, having a limited range of motion can cause you to develop a frozen shoulder. Frozen shoulders can also be the result of remaining bedridden, unable to get up and move around for a long time.

Most practitioners recommend that patients with frozen shoulders rest often in between manual therapy appointments to avoid developing scar tissue in the shoulder. On the chance that scar tissue does develop, the muscles surrounding the shoulder may eventually freeze up as well.

How Is Frozen Shoulder Diagnosed?

There are four stages in the development of frozen shoulders: prefreezing, freezing, frozen, and thawing. It's pretty common for patients to come into our clinic in the freezing stage after they've already been experiencing pain for a little over half a year, or 9 months. At this point they're already in a lot of pain and pretty used to not being able to move their shoulder the way they'd like to!

At your consultation, Jenna Howe will assess your condition, pinpoint the exact source of your pain, take a look at your medical history, and evaluate your strength and mobility levels.

She will also consider any other osteopathic or neuromuscular considerations that could be contributing to your pain, such as scar tissue, diaphragmatic/breathing restrictions, dysfunctional movement patterns, and/or organ referral pain. From there a comprehensive hands on session treatment plan with targeted home program of stretches, exercises, and best practices for you to regain strength and decrease stiffness and pain.

Call today to schedule a FREE screening! Don't delay thawing your frozen shoulder—seek relief and access a pain-free life now.

(250) 704-4421

Call Jenna Howe TODAY to schedule your return appointment!

When it comes to shoulder pain,

WHAT KIND OF TREATMENT CAN HELP?

Manual therapy for frozen shoulders focuses primarily on pain relief, using modalities, exercises, and at-home treatments. Jenna's ultimate goal is to restore mobility and range of motion to the affected shoulder.

She will teach you how to relieve pain with stretching techniques and strengthening exercises, most of which you'll be able to complete at home to speed up the recovery progress.

At the moment there isn't very mch that can be done to prevent the development of frozen shoulder; however, the sooner you contact our office for an evaluation, the quicker we can address your pain symptoms and create your treatment plan!

If you have been experiencing recurrent or chronic shoulder pain, it is important to address the issue as soon as possible to find out if your problem is a frozen shoulder. Manual therapy is a safe and natural treatment option that can successfully help patients of all ages recover from their shoulder injuries.

There's no reason you need to risk the harmful effects of over-the-counter medication or spend a ton of money on an expensive surgery to gain relief from shoulder pain. Call Jenna Howe today to learn more about the benefits of therapy for shoulder pain, and begin your journey toward living a pain-free life!

Source: https://www.choosept.com/symptomsconditionsdetail/physical-therapy-guide-to-frozen-shoulder-adhesive-capsulitis

Wave goodbye to your shoulder pain and fully experience the joys of springtime! Give our clinic a call today at (250) 704-4421 or visit jennahowe.com to schedule your appointment.



GET READY TO GARDEN!

It's about time to get outside and get the garden going! Being able to tend a garden is one of the joys of springtime, but sometimes an aching body can get in the way. Common gardening activities, such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints. This is especially true for senior citizens and people who are normally sedentary. Different body areas such as the shoulders, neck, back, and knees can be vulnerable to injury during gardening.

These tips can help prevent injuries:

- **Warm up before you garden.** A 10 minute brisk walk and stretches for the spine and limbs are good ways to warm up.
- **Change positions frequently to avoid stiffness or cramping.**
- **Make use of a garden cart or wheelbarrow** to move heavy planting materials or tools. Be sure to keep your back straight while using a wheelbarrow.
- If kneeling on both knees causes discomfort in your back, **try kneeling on one knee and keep the other foot on the ground**. Use knee pads or a gardening pad when kneeling.
- If kneeling or leaning down to the ground causes significant pain in your back or knees, **consider using elevated planters to do your gardening.**
- **Avoid bending your wrist upwards when pulling things or using gardening tools.** Instead, keep your wrist straight and use your shoulder muscles to pull and lift.
- **End your gardening session with some gentle backward bending of your low back, a short walk and light stretching, similar to stretches done before starting.**

EXERCISE ESSENTIALS

Try this exercise to relax your shoulders.

SCAPULAR RETRACTION

Stand tall, shoulders relaxed. Pull shoulder blades back and downward. Don't hunch your shoulders.



Always consult your practitioner before attempting an exercise you are unsure of.

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Call Jenna Howe TODAY to schedule your return appointment!

ABOUT JENNA HOWE,

BA Psych., DOMP, CBHT, NKT, Concussion Health Certified



Jenna Howe began her career in health and wellness in 1995 as a Certified Personal Trainer after graduating from George Brown Colleges' Fitness and Lifestyle Management program. For several years, Jenna provided nutrition, fitness and lifestyle consulting for private clients as well as taught at Fleming Colleges' Police Foundations and Drug and Alcohol counselling programs.

Her passion for education and helping people recovery from injury and illness led her to continuing her education in: Cancer Exercise Rehabilitation, Bowen Therapy, Neurokinetic Therapy, Bachelor of Arts in Psychology, Yoga Therapy and Osteopathy. Along the way Jenna never forgot her love of fitness and continues to personal train and teach Zumba classes.

As a Manual Osteopathic Practitioner in Victoria British Columbia, Jenna uses her knowledge of the human mind, psyche and body and is dedicated to helping clients of all ages, and from all walks of life to feel better and lead full lives.

HEALTHY RECIPE



LEMON & DILL CHICKEN

Ingredients

- 4 Boneless, skinless chicken breasts (1-1 ¼ lb)
- Salt & freshly ground pepper, to taste
- 3 tsp extra-virgin olive oil or canola oil, divided
- ¼ cup finely chopped onion
- 3 cloves garlic, minced
- 1 cup reduced-sodium chicken broth
- 2 tsp flour
- 2 tbsp chopped fresh dill, divided
- 1 tbsp lemon juice (fresh if possible!)

Directions

Step 1: Season chicken breasts on both sides with salt and pepper. Heat 1 1/2 teaspoons oil in a large heavy skillet over medium-high heat. Add the chicken and sear until well browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil.

Step 2: Reduce heat to medium. Add the remaining 1 1/2 teaspoons oil to the pan. Add onion and garlic and cook, stirring, for 1 minute. Whisk broth, flour, 1 tablespoon dill and lemon juice in a measuring cup and add to pan. Cook, whisking, until slightly thickened, about 3 minutes.

Step 3: Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes. Transfer the chicken to a warmed platter. Season sauce with salt and pepper and spoon over the chicken. Garnish with the remaining 1 tablespoon chopped fresh dill. Enjoy!

SUCCESS STORIES

Jenna's Patients Are Seeing Results



"Jenna helped me immensely when I was recovering from a concussion."

"Jenna helped me immensely when I was recovering from a concussion. Her treatments are gentle and effective, and I would definitely recommend her to anyone needing support during a TBI." **— K.M.**

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