JENNA HOWE
Osteopathy and Concussion Recovery

JULY 2021 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle



HOW TO SOLVE DAILY ACHES & PAINS

HINT:
JENNA HOWE CAN HELP!

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Your Resource for a Healthy Lifestyle



DAILY ACHES AND PAINS HOLDING YOU BACK?

Don't Sit Around Waiting For Relief. Jenna Howe Can Help!

How do you feel when you wake up in the morning? Does your body feel stiff, like a brick that's been plastered to your bed? Is it difficult to move your arms, legs, back, etc., without feeling achy, sore, or even painful? Does it feel as if your body is moving in slow motion, your discomfort holding you back?

Your body was made to move. Prolonged periods of inactivity can cause muscles and joints to constrict, resulting in pain or achiness - that's why the mornings are typically the hardest for people experiencing these symptoms. However, the way that you live your daily life can also be a factor in daily aches and pains. Your body relies on certain physical responses to movement, such as posture, coordination, strength, blood pressure, etc. Everything you do has an impact on the way your body responds. If you live an inactive or unhealthy lifestyle, aches are certainly common. Conversely, if you have sustained an injury or strain from an overly-active lifestyle, aches will also be common.

Whatever the case may be, Jenna is here to help. Her focus is helping you achieve your highest level of comfort. If you are experiencing daily aches and pains that you just can't seem to shake, give our office a call today.

Why am I so achy?

Overexertion is a common reason for achiness or pain. Let's say you decide to start up a new physical routine. You've never been much of a runner, but you want to get into it. So, the first day you run, you push yourself to a mile. You didn't think it sounded like too much, but your body wasn't used to it. Your legs were overworked, and the tissues in your muscles got irritated, causing inflammation. Therefore, you wake up the next morning with sore legs.

This is what happens when any part of your body is overworked. You may not notice it during the day while you're moving, but inflammation can thicken overnight during inactivity, causing tissues to become inelastic. This can cause stiffness or pain in the morning, typically easing as you move throughout the day. However, the cause for stiffness isn't always as cut and dry as, "I did an exercise I wasn't used to so now I'm sore." Sometimes it's difficult to pinpoint the cause of your discomfort. That's why it's important to consult a manual therapist if your aches and pains persist.

Look No Further For Relief!

CALL TODAY:

(250) 704-4421

Call Jenna Howe TODAY to schedule your return appointment!

SIMPLE TIPS FOR ACHE RELIEF

Sleep!

This is probably the easiest step you can take to relieve common aches. Your body chemistry is delicate, and not getting enough sleep can affect that. This prevents your muscles and tissues from functioning as they normally would, resulting in stiffness, soreness, or achiness.

Stay hydrated.

Drinking water is an important part of living a healthy, pain-free life. When you are dehydrated, your tissues become drier, which slows down normal chemical processes in your body. Your body is 70% water and your muscles are 80% water. When you don't drink enough water, your body can become achy due to dryness. In order to stay hydrated, you should drink ½ your body weight in ounces every day.



Maintain a healthy diet of fruits and vegetables.

Fruits and vegetables with bright colours often have a higher concentration of antioxidants and vitamins. By keeping these a consistent part of your diet, you can better assist your body in both repairing itself from pain or injury, as well as providing a preventative. Fruits and vegetables help your body in maintaining its normal functions.

Exercise regularly.

Exercise allows your body to efficiently pump blood around your body. When you exercise on a consistent basis, muscles and joints remain warm, lowering the possibility of them becoming tight.

Keep a good posture.

Slouching causes stress on the shoulders and neck, which can cause pain or achiness. If you sit at a desk or computer, it is important to get up every 30 minutes for a few seconds to stretch. Moving around or simply standing up after a while is a great way to maintain a good posture, even if you don't have a very active day.

Get a manual therapy consultation.

If your aches and pains are persistent and aren't going away despite your best efforts, it may be time to consult a manual therapist. They will help you determine the best course of action for your specific needs.

HERE'S HOW THERAPY WILL HELP

A consultation with Jenna Howe will allow you to address the issues that you're facing. It is always better to figure out the cause of your pain early on, rather than waiting until it gets worse. The earlier you make an appointment, the easier the treatment will be. Jenna will first give you a muscle and joint evaluation to discover problem areas and determine exactly what may be causing your aches and pains. From there, she will create a personalized treatment plan for you that will help alleviate your aches. Jenna Howe is dedicated to your progress and genuinely wants to see you feel better - ***so why wait?*** Say goodbye to your daily aches and pains with manual therapy today!

(250) 704-4421

AT-HOME EXERCISE

Try this exercise to ease knee pain.

Hamstring Stretch - Wall

Lie on the floor in a doorway. Rest your leg against the wall. Scoot through the doorway until you feel a stretch up the back of your thigh. Hold for 6 seconds then repeat 10 times on both sides.



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

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You are well on your way to pain-free! Call Jenna Howe TODAY to access relief.

LEAVE A REVIEW AND BE ENTERED TO WIN!



CLICK HERE

Would you take a moment to share your experience on our Google Review page?

We make it easy: just scan this QR code with your smartphone's camera.

Your success story could help improve the lives of others in our coummity by leading them to therapy!

PLUS - when you leave a review, you will be entered into a drawing for a FREE 30-minute evaluation at the end of the month.

Thank you so much for your support of this clinic! We look forward to reading your success stories!

HEALTHY RECIPE



GRAB AND GO VEGGIE WRAP

Ingredients

- 1 large whole wheat tortilla
- ¼ cup roasted red pepper hummus
- 1 cup of washed baby spinach leaves
- 1 carrot, peeled & shredded
- 1 tomato, thinly sliced
- ½ cucumber, thinly sliced
- ½ avocado, diced
- Crumbled feta cheese (to taste)
- Salt & Pepper (to taste)

Directions

Lay your tortilla flat and spread hummus to coat it. Then, sprinkle feta cheese. Layer your vegetables to create a colorful, nutritious masterpiece. Season with salt and pepper to taste, add additional feta if desired, roll up, and enjoy or pack away for a convenient on-the-go meal.

Learn more online at JennaHowe.com

SUCCESS STORIES

Jenna's Patients Are Seeing Results



"Jenna just 'gets it' and helps you in a kind and compassionate way."

"Jenna is incredible. She is not only full of knowledge and many years of experience but she also just "gets it" and helps you in such a kind and compassionate way. I would highly recommend her for a variety of symptoms. Thank you Jenna!"

— Meggy K.

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