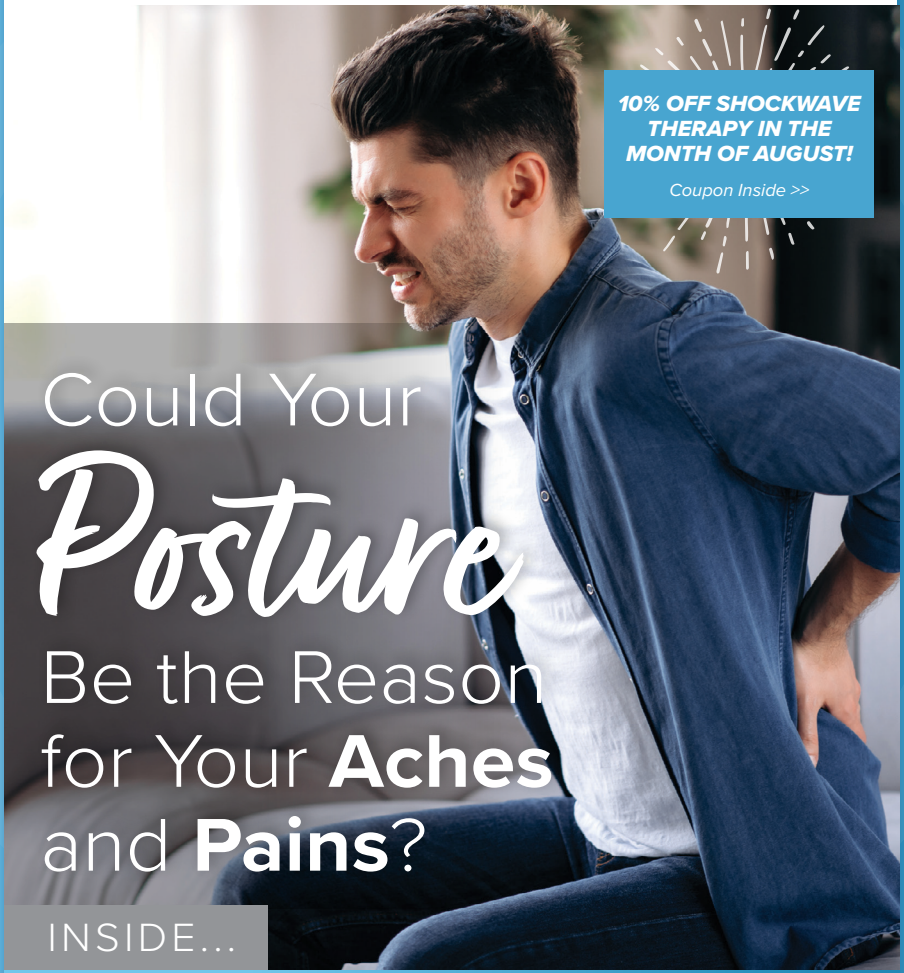
JENNA HOWE

Osteopathy and Concussion Recovery

AUGUST 2021 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle



10% OFF SHOCKWAVE THERAPY IN THE MONTH OF AUGUST!

Coupon Inside >>

Could Your *Posture* Be the Reason for Your **Aches** and **Pains**?

INSIDE...

Healthy Recipe: Easy Mango Protein Smoothie

Enter to Win a FREE 75 Minute OsteoStretch Session!

What Can I Do to Improve My Posture?

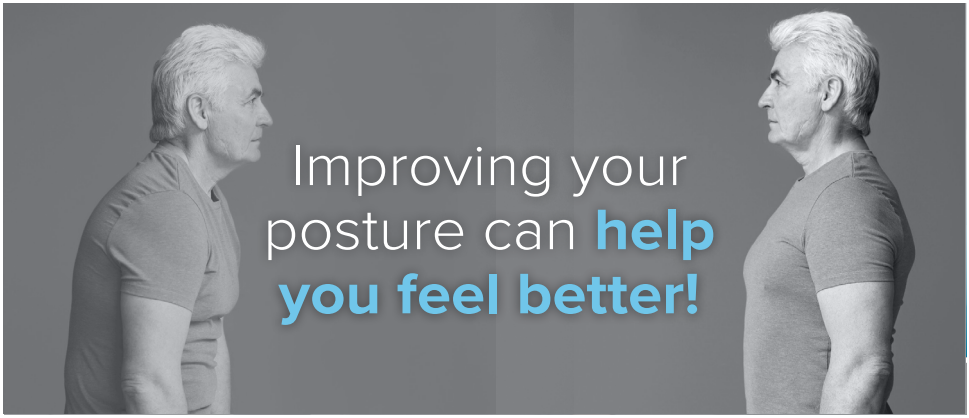
JENNA HOWE

Osteopathy and Concussion Recovery

AUGUST 2021 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle



Do you suffer from daily or recurrent aches and pains? If so, your posture may be the culprit. Just think about the number of hours a day we spend staring at a computer screen, hunched over our desks, or staring at our phones. That creates a lot of stress on the neck and back, especially if you are slouched, titled forward, or looking down for prolonged periods of time.

How does poor posture affect me?

Changes to your posture can negatively affect your body, and you may find yourself experiencing some of the following symptoms:

- **If your posture contains a forward head tilt** — This forward-head posture creates a strain on the neck, which can result in neck pain, shoulder pain, arm pain, chronic headaches, and lower back pain. Tilting your head forward for long periods of time shortens the muscles in the back of the neck, and can result in soreness throughout multiple parts of your body.
- **If your posture contains slouching of the mid-back** — If you slouch the middle of your back, you can drive your head forward and alter the way your ribs naturally align. By doing this, you may experience pain in the slouched region of the mid-back, in addition to pain in the neck. If this is your average standing posture, it is important to seek therapy treatment right away – over time, standing like this day after day may cause internal issues, as it creates pressure on your lungs, heart, and digestive system.
- **If your posture includes sitting for long periods of time** — When you sit for prolonged periods of time, the muscles in your hips and legs will stiffen. When these muscles become stiff, they tighten and will pull on the lower back, causing pain. The joints also lose their range of motion, which can cause soreness or achiness in the hips, legs, and back, and can create issues with your gait.

The way in which you walk can also have an effect on your posture. When you have improper posture, your center of gravity changes. This can cause your balance to decline, which can cause pain when walking, thus creating a vicious cycle of overcompensation and pain.

The most common symptom of poor posture is lower back pain, although pain can be present in other parts of the body, as well. The back muscles constantly contract to keep you upright, and they overcompensate when you slouch or hunch over. Over a period of time, constant poor posture can create an unusual amount of wear and tear on the lower back, which can increase the risk of arthritis in the spine.

Article Continues Inside >>

Jenna Howe Can Help!

(250) 704-4421

Call Jenna Howe TODAY to schedule your return appointment!

What Can I Do to Improve My Posture?

It can be difficult to correct poor posture, but there are a few steps you can take on your own to try and help:

- **Sit properly** — If you are at a desk for extended periods of the day, make sure your stance is okay. Sit upright, place your feet flat on the floor, and try not to cross your legs. Make sure there is a small gap between the back of your knees and the chair. Having a chair with strong back support and padding is also recommended for making your upright position more comfortable.
- **Take stretch breaks** — If you are an office worker, it is no secret that most of the day is spent with limited levels of mobility. It is important to make sure that you get up every 30 minutes or so, and take a small walk, at least for a minute or two. This will help in loosening up your muscles and joints, as well as initiating a stronger blood flow.
- **Exercise** — Exercise is incredibly important, especially if your job produces several hours of inactivity. When you exercise, you are stretching and strengthening certain muscles of your body, including problem areas such as your neck and back. Taking even a small amount of time to walk or jog around the neighborhood every day can highly improve your overall gait.
- **Set up your office properly** — If you work from an office all day, it is important to have a proper ergonomic setup. Make sure that you are at a proper height with your desk chair and computer, so you don't have to slouch or lean forward. Additionally, make sure your chair has the proper lumbar support needed to help you sit straight while you're working. These simple steps can help tremendously with your overall posture.



HERE'S HOW THERAPY WILL HELP

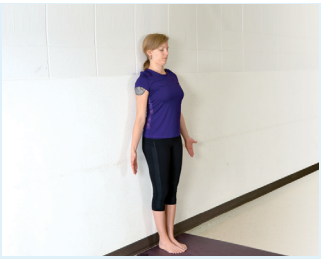
If these at-home treatments don't work, it is important to consult help from a trained therapist. Simply standing up straight is a fight against gravity, and if you have been standing the wrong way for several years, it may be difficult to change it on your own. However, Jenna Howe is dedicated to getting you on back on track to a pain-free and risk-free life. She will evaluate your posture and gait to determine the best treatments necessary for you, and then she will create a treatment plan unique for your needs. Jenna can improve your posture, eliminate your pain, and get you back to doing the activities you love to do. If you are experiencing pain, and you think it may be a result of your posture, give us a call today. We will help you get back to a comfortable posture with just a few sessions.

(250) 704-4421

AT-HOME EXERCISE

Try this exercise to test & improve your posture!

Wall Posture Stand with your heels up against a wall. Attempt to get your heels, buttock, shoulders and head to touch the wall at the same time. Hold for 20 seconds and repeat 10 times.



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

EXERCISES COPYRIGHT OF SimpleSet Pro WWW.SIMPLESET.NET

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

HEALTHY RECIPE

EASY MANGO PROTEIN SMOOTHIE



Ingredients

- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup low-fat vanilla Greek yogurt
- 1 cup frozen mango chunks (or about 1/2 of a fresh, chopped mango with 1/2 cup of ice)
- 1 scoop vanilla whey protein powder
- 1 tsp honey or to taste (optional)
- 1 mint sprig (optional)

Enjoy!

Directions

Blend mango, ice (if using), yogurt, almond milk, protein powder, and honey together in a blender until smooth. Garnish with a mint sprig if desired.

Reedeem this Coupon for 10% OFF of Shockwave Therapy in the month of August!

>> Enter to Win a FREE 75 Minute OsteoStretch Session!



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 75 minute OsteoStretch session at the end of the month.

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

Learn more online at JennaHowe.com

SUCCESS STORIES

Jenna's Patients Are Seeing Results



"I'm so happy to have found Jenna!"

"Jenna Howe is a thoughtful, professional, knowledgeable, and gifted osteopath working with the function and flow of the body. I was recommended by my physiotherapist to seek an osteopath for continued healing from trauma (broken leg bone) and I'm so happy to have found Jenna! :)"

— N.E.

JENNAHOWE.COM

JENNA HOWE

Osteopathy and Concussion Recovery

(250)704-4421