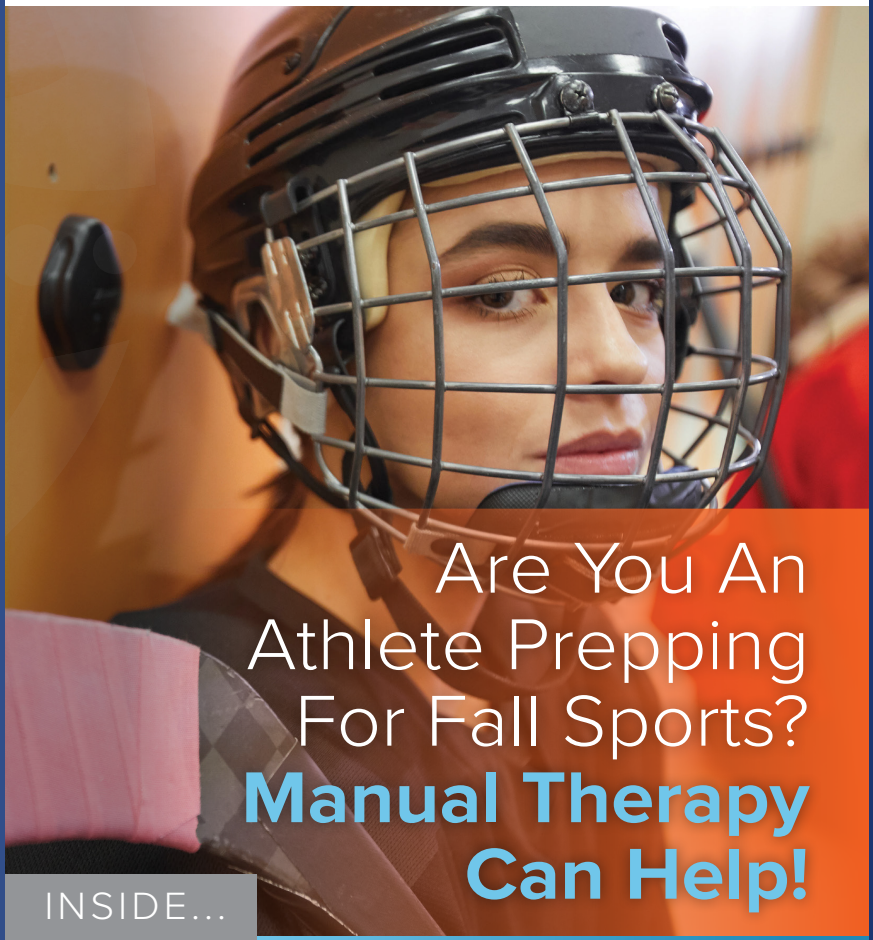
JENNA HOWE

Osteopathy and Concussion Recovery

SEPTEMBER 2021 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle



Are You An Athlete Prepping For Fall Sports? **Manual Therapy Can Help!**

INSIDE...

Healthy Recipe: Buddha Noodles

Enter to Win a FREE 75 Minute OsteoStretch Session!

Isometric Rehab & Fitness Isophit

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NEWSLETTER

Your Resource for a Healthy Lifestyle



Are You An Athlete Prepping For Fall Sports? **Manual Therapy Can Help!**

Before we know it, it'll be autumn, and with the cooler season will come something many of us love to participate in: fall sports!

Everyone who is heavily involved in athletics knows that one thing is for sure, with physical activity also comes the risk of injury. Jenna Howe strongly encourages athletes prepping for fall sports such as cross country running, football, and soccer, to visit our clinic as they begin preparing their bodies for the playing season.

Making sure your body is strong, stable, and prepped for the game is a vital part of maintaining high performance. Call our clinic today to learn about how Jenna can help you prep for your sport of choice this fall, as well as prevent sports injuries down the road!

How can a manual therapist help athletes prepare for fall sports?

Being able to practice the sport you love, whether professionally or for fun, is super important. Sports provide a way for you to get physical activity while having fun.

Your heart rate rises, your blood gets flowing, your muscles get the workout that they need. However, you should be on the lookout for ways to prevent sports injuries this season if you're about to jump back out onto the field, and manual therapy is a great way to do that! A physical therapy conditioning program can increase your fitness level and help you make the most of your favorite sports this season.

Conditioning is a major part of maintaining your physical fitness when you play sports. By participating in conditioning programs, you can lower your risk of sustaining an injury during the game. Conditioning helps to increase flexibility and strengthen ligaments, muscles, and tendons. By teaching targeted exercises, lifting weights, and strengthening muscles, manual therapy can prevent athletes from overexerting themselves or twisting in ways that may cause an injury to occur.

Injury Prevention with Manual Therapy

One great aspect of manual therapy at Jenna Howe is that it can help you to prevent sustaining a sports injury in the fall.

There are two ways in which sports injuries can occur: suddenly, such as a soccer player colliding with another, or overtime, through repetitive motions, such as running for long periods during cross country events. Simply put, anything that results in pain while performing physical activity can be considered a sports injury!

Both sprains and strains are common in sports that require high impact in the wrists, elbows, and shoulders.

Sprains are extremely common in sports. Your bones are connected to one another by ligaments. When a ligament is stretched beyond its limits, a sprain can occur. Once the ligament is stretched, it is more likely that the affected area will be sprained again in the future.

Article Continues Inside >>

Jenna Howe Can Help!

(250) 704-4421

Call Jenna Howe TODAY to schedule your return appointment!

Are You An Athlete Prepping For Fall Sports? Manual Therapy Can Help!

Continued from Outside

Strains, or pulled muscles, are often mixed up with sprains. They're two different injuries, however! Your muscles and bones are connected by tendons. When a tendon is stretched beyond its limit, a strain or "pulled muscle" can occur. Once the tendon is stretched, it is more likely that the affected area will be strained again in the future.

Some other common injuries that we treat in athletes at Jenna Howe are as follows:

- Muscle tears
- Hamstring strain
- Frozen shoulder
- Bone fractures
- Tennis or golf elbow
- Hip flexor strain

Receiving manual therapy before you begin playing this fall could make all the difference in how ready your body is to be out on the field or court.

If you sustain an injury while playing sports, Jenna will conduct a thorough evaluation to diagnose your sports injury. Afterward, a personalized treatment plan will be designed for you, based on the specific needs of the diagnosis and any additional symptoms that you are experiencing. Our clinic also provides performance enhancement sessions, designed to teach you the techniques you need to prevent future sports injuries from occurring!



Are you an athlete prepping for fall sports? Call us today to learn more about how manual therapy can get you geared up to have your best season yet!

CALL (250)704-4421

TRAIN FOR SPORT, EXERCISE, & LIFE



ISOMETRIC REHAB & FITNESS ISOPHIT

Why is Isophit Strength Training important?

Science has indicated that isometric strength training is the best way to maximize isometric muscle strength. This is important for many reasons. For athletes, greater isometric strength is associated with increased power development, injury prevention, and resiliency. For the general public, numerous research articles have linked poor isometric strength to many undesirable health conditions, including hypertension, high blood pressure, cardiovascular disease events, stroke, Alzheimer's and Parkinson's Disease, poor mobility and functional movement, muscle and joint pain, osteoarthritis, and osteoporosis. Isometric strength training has been shown to slow down and, in some instances, reverse the degenerative nature of these conditions.

Where Does Isophit Strength Training Fit Into The Exercise Equation?

If you want to optimize your physical performance and health, you need to build your isometric muscle strength before moving. Poor isometric strength leads to instability and muscle weakness. Instability and weakness are key reasons why people get injured when participating in dynamic-based exercise and sport.

To help your understanding remember. Isometric strength training "Prepares the Body for Movement" and dynamic exercise and sport is the "Practice of Movement." For optimal results. Train with the Isophit M.S.K and then practice the skills required in your preferred sport or activities.

Call Jenna Howe today to find out more about how Isometric Rehab and Fitness can take your fitness to the next level.

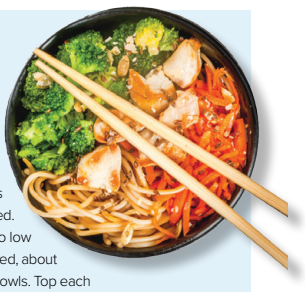
HEALTHY RECIPE

BUDDHA NOODLES

Enjoy!

Ingredients

- 12 oz. package udon noodles
- 3 tbsp. smooth peanut butter
- 3 tbsp. soy sauce
- 2 tbsp. sesame oil
- 1 tbsp. honey
- 1 tbsp. lime juice
- 1 clove garlic, minced
- 2 c. Shredded chicken
- 2 c. broccoli florets, steamed
- 2 avocados, thinly sliced
- 2 green onions, thinly sliced
- 1 tsp. sesame seeds



Directions

In a large pot of salted boiling water, cook noodles according to package instructions. Drain noodles and rinse with cold water to cool. Return noodles to saucepan. Add peanut butter, soy sauce, sesame oil, honey, lime juice and garlic. Stir until sauce is creamy and noodles are fully coated. If the sauce is too loose, turn heat to low and cook until the sauce has thickened, about 1 minute. Divide noodles between bowls. Top each serving with chicken, broccoli, avocado and green onions. Garnish with sesame seeds and serve warm or at room temperature.

AT-HOME EXERCISE

Try this exercise to help your lower back!

DOUBLE KNEE TO CHEST STRETCH Lay flat on your back with your knees bent. Draw both knees up to your chest as far as you can. Wrap your arms around your thighs and gently pull, feeling for a stretch. Relax back down and repeat 5 times.



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

POSTURE GRADE TOOL

Call today to see how you can benefit from the Posture Grade Tool.

Improving your posture improves your life!

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 would highly recommend this treatment for any athletes with a concussion or thinking they might have one."

"I got my concussion from a crosscheck in a hockey game. I had concussion symptoms for three weeks prior to treatment. Some of my symptoms were pressure on the back of my eyes, headaches, dizziness, tunnel vision, fogginess in the head, light intolerance, and difficulties sleeping. Directly after my treatment, the pressure in my eyes was gone and the majority of my symptoms were gone in 48 hours. Before my second session I had a slight headache and eye pressure. After that session those symptoms were gone and they have not returned since. I would highly recommend this treatment for any athletes with a concussion or thinking they might have one." **— N.E.**

JENNA HOWE

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Concussion Recovery

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