JENNA HOWE

Osteopathy and Concussion Recovery

OCTOBER 2021 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle

SAY GOODBYE TO THE PAINS IN YOUR NECK *with* Manual Therapy



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Your Resource for a Healthy Lifestyle



Say Goodbye to the Pains in Your Neck with **Manual Therapy**

Do you have trouble sitting up straight at your desk, tilting your head down to tie your shoes, or even lying down to go to sleep at night? Do you have headaches more than once a week? If so, you're not alone. According to the Institute of Medicine of The National Academies, over 100 million North Americans suffer from chronic pain. Of those 100 million, 15% suffer from chronic neck pain.

In a survey conducted with over 300 chronic pain sufferers, 59% reported an impact on the quality of their life and 77% of those surveyed reported feeling depressed. Even small amounts of pain can lead to a downward spiral in quality of life, energy, and overall wellbeing. Fortunately manual therapy can help resolve all the pains in your neck. Contact Jenna Howe today to schedule your consultation.

Why Does Neck Pain Occur?

The *American Physical Therapy Association* (APTA) states that approximately one-third of the population will experience neck pain in any given year. It can get worse if left untreated, and in severe cases, surgery may even be needed.

Additional symptoms of neck pain may include:

- Discomfort and pain when remaining in the same position for too long.
- Muscle stiffness and tightness in the upper body.
- Headaches.
- Arm weakness.
- Numbness or tingling.
- Inability to fully stand up or sit up straight.
- Loss of sleep due to pain and discomfort.

The neck is an integral area of everyday movement, and sharp pains can prevent you from functioning properly in your day-to-day life. The neck is comprised of 7 vertebrae (bones), over 16 joints, and numerous muscles and tissues. The greatest concentration of muscles and tissues is in the upper neck, at the base of your skull. This area consists of the larger muscles that attach your head to your neck, and it is where the vertebral and carotid arteries travel through your neck, in order to reach the skull. When these muscles become tense, the blood flow from the arteries can become affected, resulting in neck pain and headaches.

Your neck relies on a lot from your body — such as proper posture, flexibility, strength, and coordination. In our daily lives, we place tremendous strain and demand on our neck. Stress and poor posture can cause muscle weakness in the neck, and can even lead to long-term damage over time. Any sort of chronic strain on the neck can result in inflammation and contribute to our pain and headaches.

Article Continues Inside >>

Jenna Howe Can Help!

(250) 704-4421

Call Jenna Howe TODAY to schedule your return appointment!

Say Goodbye to the Pains in Your Neck with Manual Therapy

Continued from Outside

Relieve Your Neck Pain With Jenna Howe

Jenna Howe is a movement expert, equipped in identifying and treating the main source of your neck pain. She will analyze your posture, movement, and problem areas, in order to determine the best course of treatment for your needs. Your treatment plan will focus on relieving your pain, in addition to improving your posture, mobility, strength, and coordination.

Your diagnosis will determine the make-up of your treatment plan, and may include any combination of manual therapy, targeted stretches and exercises, activity modification, or ergonomic recommendations. It may also include additional methods such as ice and heat therapies, ultrasound, or electrical stimulation.

Manual therapy can help significantly reduce your neck pain by implementing the following benefits:

- Maintaining proper posture when sitting and standing.
- Restoring flexibility to your neck muscles and joints.
- Strengthening your mid-back muscles and shoulders to provide support to your neck.
- Improving the coordination of your neck muscles.
- Educating patients on eating well, by reducing the consumption of processed foods that increases inflammation in the body.

You will work together with your manual therapist to understand the goals and expectations of each step in your personalized treatment plan, with the main focus being on overcoming your neck pain and recovering as quickly as possible. If your neck pain has been limiting your daily life, don't wait any longer to seek help. Contact us today to schedule an appointment. At Jenna Howe, we are dedicated to providing you with the tools you need for recovery and relief!

CALL (250)704-4421



IS YOUR DIGITAL LIFESTYLE AFFECTING YOUR POSTURE?

DISCUSSING THE EFFECTS OF "TEXT NECK"

Poor posture is something we normally do not think of as a contributor to neck and back pain. However, in our era of constantly being on smart phones, tablets, and computers, we often put our necks and backs in positions of prolonged stress. Over time, this contributes to increased stress to our vertebrae, disc and muscles supporting the spine.

'Text neck' is the term used to describe the neck pain and damage sustained from looking down at your cell phone, tablet, or other wireless devices too frequently and for too long. Of course, this posture of bending your neck to look down does not occur only when texting. For years, we've all looked down to read. The problem with texting is that it adds one more activity that causes us to look down — and people tend to do it for much longer periods. It is especially concerning because young, growing children could possibly cause permanent damage to their cervical spines that could lead to lifelong neck pain.

We often see patients who have suffered from back and neck pain for years who could have been treated very easily when the pain started with simple postural corrections and stretches. If you have been suffering from back or neck pain, come see one of our therapists for an assessment of what is contributing to your pain.

AT-HOME EXERCISE

Try this exercise to help your neck!

CHIN TILT

Stand or sit with good posture and your arms crossed over your chest. Slowly tilt your chin up and towards one side, then return to a neutral start position. Repeat ten times on in each direction.



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

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

HEALTHY RECIPE

SLOW-COOKER VEGETARIAN LASAGNA

Enjoy!

Ingredients

- 1 large egg
- 15-16-oz part-skim ricotta
- 5 oz package baby spinach, coarsely chopped
- 3 large portobello mushroom caps, gills removed, halved and thinly sliced
- 1 small zucchini, quartered lengthwise and thinly sliced
- 28 oz can crushed tomatoes
- 28 oz can diced tomatoes
- 3 cloves garlic, minced
- 1 pinch crushed red pepper (optional)
- 12oz whole-wheat lasagna noodles
- 3 cups shredded part-skim mozzarella



Directions

Combine egg, ricotta, spinach, mushrooms and zucchini in a large bowl. Combine crushed and diced tomatoes and their juice, garlic and crushed red pepper (if using) in a medium bowl. Generously coat a 6-quart or larger slow cooker with cooking spray. Spread 1 1/2 cups of the tomato mixture in the slow cooker. Arrange 5 noodles over the sauce. Spread half of the ricotta-vegetable mixture over the noodles and firmly pat down, then spoon on 1 1/2 cups sauce and sprinkle with 1 cup mozzarella. Repeat the layering one more time, starting with noodles. Top with a third layer of noodles. Evenly spread the remaining tomato sauce over the noodles. Set aside the remaining 1 cup mozzarella in the refrigerator. Put the lid on the slow cooker and cook on High for 2 hours. Turn off the slow cooker, sprinkle the reserved mozzarella on the lasagna, cover and let stand for 10 minutes to melt the cheese.

Source: http://www.eatingwell.com/recipe/252492/slow-cooker-vegetarian-lasagna/

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 community 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 highly recommend her, especially if you have long-standing, persistent muscle/skeletal issues."

"My first time to Jenna. So impressed. I have been to many different types of therapy including chiropractic, physio, active release, manual therapy and others but Jenna's approach seems superlatively intelligent. The idea of retraining brain/muscle response patterns we can break cycles of muscle/skeletal imbalance made SO much sense to me. I also loved that she gives exercises to accomplish this retraining so progress is constantly being made rather than just dependent on appointments.
I highly recommend her, especially if you have long-standing, persistent muscle/skeletal issues."

— Mark B.

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