JENNA HOWE

Osteopathy and Concussion Recovery

NOVEMBER 2021 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle



DO I HAVE POOR POSTURE?

How Can I Fix It?

INSIDE...

Healthy Recipe: Pink Sunrise Strawberry Smoothie

Enter to Win a FREE 75 Minute OsteoStretch Session!

Sitting Really Is The New Smoking!

JENNA HOWE
Osteopathy and Concussion Recovery

NOVEMBER 2021 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle



Do I Have Poor Posture? How Can I Fix It?

How do you maintain your posture throughout the day? Do you catch yourself slouching frequently? Do those last couple hours of the school or work day leave you hunched over and ready to leave?

If you are experiencing aches and pains, especially in your neck or back, poor posture is probably to blame. Fortunately, posture can be improved with the help of manual therapy. Contact Jenna Howe today to learn more about how she can improve your posture and lead a pain-free, active life!

How did my posture become poor?

According to the *American Physical Therapy Association*, "posture is the alignment and positioning of the body in relation to gravity, center of mass, or base of support."

Poor posture isn't anything to be embarrassed about — very few people have perfect posture, and most people partake in bad posture habits in one way or another. We become so wrapped up in whatever tasks we are doing that we forget to think about the way our bodies are positioned.

Improper posture isn't due to laziness or apathy; rather, it generally has something to do with a physical weakness within our bodies. We slouch and slump when we feel drained because our bodies (quite literally) get tired of holding us up.

Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments. It also weakens many of the core muscles that are needed in order to keep you upright and healthy. Posture changes occur over time and most people don't pay attention to them until they begin to notice aches and pains.

But I exercise – shouldn't this help?

Even if you exercise regularly, it is possible that there are still a few weak muscles contributing to your posture that you may not even realize. The muscles in your shoulders, back, abdomen, buttocks, and pelvic floor all play an important role in your posture. If even one of these is weak, your core will be affected, and your posture may suffer.

Your body is designed to align perfectly, in order to allow for proper movement of the muscles, breathing, and blood circulation. If poor posture continues, it can eventually lead to chronic conditions as you age.

What can manual therapy do for me?

Manual therapy is a great way to regain normal posture. Jenna Howe is an expert in movements and is a great resource to have when trying to achieve your physical performance goals. She will aid you in the improvement of your balance, stability, flexibility, and mobility, all of which will positively affect your posture.

At your initial evaluation, Jenna will perform functional testing in order to identify which weakened areas of your body are causing

Jenna Howe Can Help!

(250) 704-4421

Call Jenna Howe TODAY to schedule your return appointment!

Why Do I Have Poor Posture and How Can I Fix It?

your back pain. Afterward, she will create a customized treatment plan, tailored to your specific needs.

Treatment plans typically include manual therapy and targeted exercises to alleviate pain and regain proper function. In fact, in a study published by the *National Institutes of Health*, exercise for postural improvement was proven to be successful, both in enhancing posture and improving pain among patients.

Titled, "Effect of an exercise program for posture correction on musculoskeletal pain," this study followed 88 patients through their exercise program. By simply incorporating 20 exercise sessions into their daily schedule 3 times a week for 8 weeks, these patients reported "lower [pain levels] after the exercise program than before the program, and significant differences in pain levels were noted in the shoulders, middle back, and lower back." Results also concluded significant improvement in posture, especially during sedentary work.

In addition to manual therapy and exercise sessions, other treatments and modalities may be added to your treatment plan as Jenna deems fit. This will all focus on improving your posture, increasing strength, and (most importantly) relieving pain.

How can I get started?

If you are experiencing back pain, your posture may be to blame. Fortunately, Jenna Howe is ready to help you begin your journey toward long-lasting pain relief.

Find out for yourself why manual therapy is one of the most effective ways to address your posture issues and corresponding back pain, so you can start on the road to recovery. Call Jenna today to schedule a consultation, and figure out how manual therapy can help make you "posture perfect!"

Sources:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/
http://guidetoptpractice.apta.org/content/1/SEC23.extract



SITTING REALLY IS THE NEW SMOKING!

TRY OUR POSTURE CORRECTION PROGRAM

Poor posture is quickly becoming an epidemic, creating neck pain, back pain, cognitive issues, chronic pain, shoulder pain, headaches, TMJ and more! Sitting really is the new smoking! As boring as posture correction might be, it is pivotal in addressing many painful issues. This Posture Correction program includes: 12x30min in person sessions, virtual ergonomic assessment, posture screen at weeks 1, 6 & 12, individualised assessment, home programming, and posture taping.

- **Mini Kit —** Includes 2 small spinal rolls and at-home Spinal Care book, $45
- **Full Kit —** Includes 2 small spinal rolls, theraband, posture disc and at-home Spinal Care book, $95
- **Both kits** Include Posture Screen at week 1 and week 12
- **12-week Posture Correction Program —** Includes Full Spinal Care kit, posture screen and assessment, 12x30 min weekly sessions to customize your program along the way. $899 + gst

CALL (250) 704-4421

AT-HOME

Try this exercise to help your posture!

FORWARD REACH

Stand near a support, such as a chair, in case you need it. Reach forward as far as you can. Hold for 5 seconds and repeat 3 times.





EXERCISES COPYRIGHT OF
WWW.SIMPLESET.NET

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



PINK SUNRISE STRAWBERRY SMOOTHIE

1 cup frozen strawberries
1/4 cup frozen raspberries
1/4 cup blueberries
½ – 1 small beet frozen
1 ripe banana
1/2 cup kefir
1/2 cup milk – regular, nut, coconut, hemp, etc.
2 tbsp honey (optional)
1 tbsp hemp seeds
1/2 cup ice

Place all ingredients into a high speed blender. Run on the smoothie setting or on high for 1-2 minutes or until completely smooth. Serve and enjoy!

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 walked out of the appointment free of pain and energized"

"I highly recommend Jenna Howe. She is very thorough in her assessment, treatment and consultation. I appreciated her friendly and genuine approach to healing, pain relief and discomfort. I walked out of the appointment free of pain and energized. It was a feeling of lightness and openness!"

— Shirley G.

JENNA HOWE

Osteopathy and
Concussion Recovery

(250)704-4421