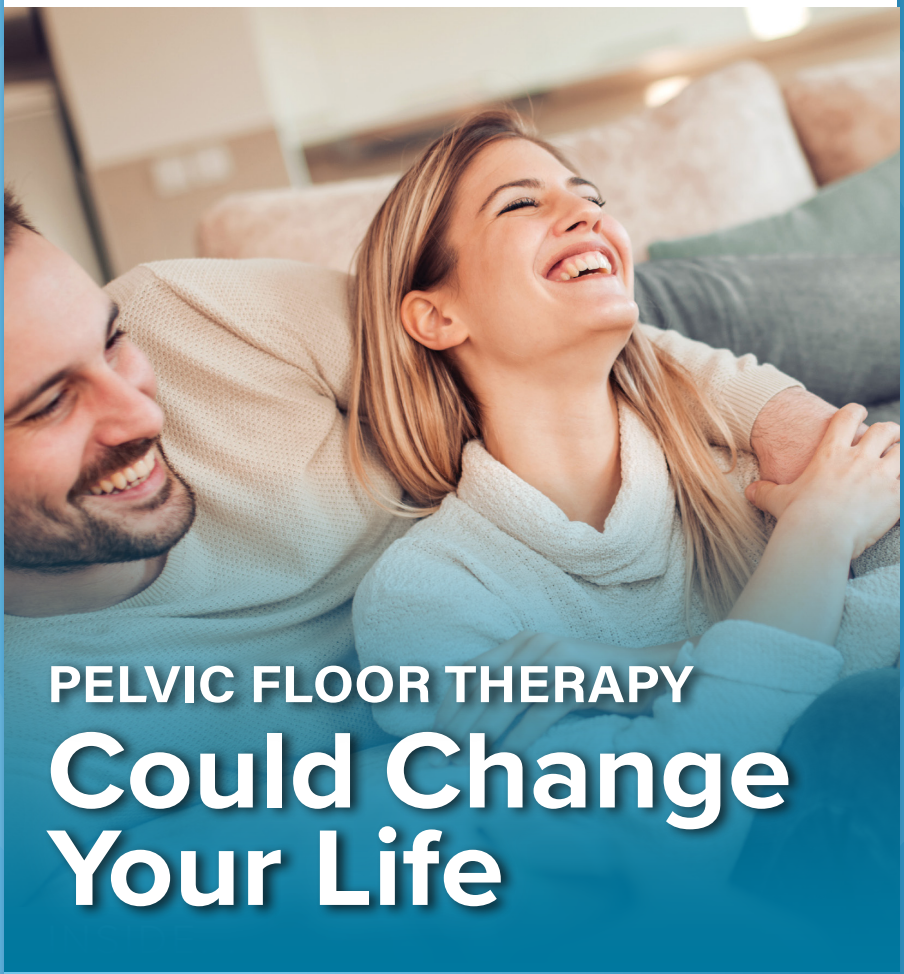
JENNA HOWE

Osteopathy and Concussion Recovery

FEBRUARY 2022 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle



PELVIC FLOOR THERAPY Could Change Your Life

How Nutrition Helps Your Concussion Recovery

Healthy Recipe: Ruby Red Recovery Juice

Coming this Spring! Nutrition for Concussion Recovery

JENNA HOWE
Osteopathy and Concussion Recovery

FEBRUARY 2022 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle

Pelvic Floor Therapy Could Change Your Life



Pelvic pain is no joke. The pelvic area is an important part of the body that serves many purposes, especially for women. Pelvic pain can happen at different points throughout your menstrual cycle, during pregnancy, after giving birth, and even as a result of an underlying condition. Some pelvic conditions may also result in painful intercourse or infertility issues.

Dealing with pelvic pain alone can be very confusing and scary, but luckily, it can be addressed and possibly fixed through pelvic floor rehabilitation. Some of the most common pelvic conditions that our manual Therapists treat include postpartum pelvic pain, pain following abdominal surgery, dyspareunia, and endometriosis.

Take a look at the following reasons for pelvic floor pain:

Why Am I Experiencing Pelvic Floor Pain?

- **A recent abdominal surgery.** If you are recovering from a recent abdominal surgery, pelvic floor rehabilitation can assist with breaking up scar tissue, improving strength, and regaining range of motion in your abdomen/pelvic region.
- **Endometriosis.** Endometriosis is a condition many women suffer from without even knowing it. This condition can affect the bones, muscles, ligaments, and nerves in the pelvic region and cause excess scar tissue. Pelvic floor rehabilitation can help reduce the pain and bloating that you may be experiencing with endometriosis, in addition to strengthening the pelvic floor muscles.
- **Urinary leakage or frequency.** If you're struggling with urinary incontinence, a manual therapist can help determine the root of your problem. Instead of simply treating the symptoms, your manual therapist can focus on the cause and focus on strengthening the muscles under your bladder. This will help treat and eliminate your incontinence issues.
- **Constipation.** Pelvic floor therapists can loosen and relax the muscles in your pelvic and anal areas, which can help relieve and eliminate constipation.
- **You recently had a baby.** After giving birth, it is common for new mothers to experience strained muscles and/or connective tissue damage in their pelvic floor. Pelvic floor rehabilitation helps with postpartum pelvic pain, in addition to strengthening and restoring any damaged muscles or tissues.

What to Expect from Pelvic Floor Therapy

Pelvic floor therapy focuses on strengthening the ligaments, tendons, and muscles of the pelvic floor. When muscles in the pelvic area become tight or weak, your daily life can be negatively impacted, because this region helps in supporting the core of your body and is a key part of everyday movement.

Jenna Howe will take a look at your medical history, and conduct a thorough examination to decide what type of treatment you'll need. This may include stretches, exercise rehabilitation, scar-related work (external), osteopathic manual therapy, and at-home exercises to

reduce pain and strengthen or loosen your pelvic muscles, depending on your condition. Did you know that pelvic floor rehabilitation is a common option with women who are preparing for childbirth? It ensures an easier delivery and oftentimes can prevent the need for a C-section.

Some common techniques used during pelvic floor rehabilitation include:

- **Neurokinetic Therapy.** This kind of therapy focuses on finding dysfunctional movement and muscular patterns that may include the pelvic floor. It's a safe and effective way to relax tight muscles and tissue and strengthen weaker muscles.
- **Diaphragmatic breathing.** Jenna Howe can teach you how to practice deep breathing exercises. These will allow your diaphragm to expand and contract properly, which helps in relaxing muscles in the pelvic area. Relaxed muscles will drop and lengthen, providing simple pain relief. These breathing exercises can also be done at home.
- **Relaxation techniques.** Manual therapy also focuses on relaxing! Relaxing your muscles allows them to ease tension, which makes it easier to stretch and massage them later. It's not always easy to relax on command though, so your manual therapist may suggest specific relaxation techniques, such as guided imagery or biofeedback, to assist you with the process.
- **Postural exercises.** These specific types of exercises are aimed at refining and strengthening the pelvic floor muscles that affect posture. These exercises are typically done with large medicine balls. Your manual therapist may suggest that you purchase one to use at home on your own as well.

Pelvic pain is caused by a number of different factors, and pelvic floor rehabilitation can help reduce or eliminate the pain and symptoms you are experiencing. If you are suffering from pelvic pain, endometriosis, having issues with urinary incontinence, have recently given birth, or just want to make sure that all is well with your pelvic floor, it's a great idea to see a manual therapist!

Jenna Howe will conduct a thorough examination, find the source of your pain, and create a customized treatment plan to help reduce the severity of your symptoms. She wants to make sure you feel seen and heard, and leave her office knowing you're in good hands. Give us a call today to schedule an appointment and get back to living your life without that nagging pelvic pain!

YouTube

Check Out Our YouTube Channel!

If you've been at home and you aren't sure what to do about your pain, see if any of our videos can help you! **This is a free resource** we are providing YOU to help get you back to the life you deserve.



Scan the QR code below or go to: https://tinyurl.com/JennaHoweYouTube

JENNA HOWE
Osteopathy and Concussion Recovery

AT-HOME EXERCISE

Try this exercise to help relieve Incontinence

PELVIC STRENGTHENING

Sit in a chair with tall, relaxed posture. Slowly and gradually contract your pelvic floor until you reach maximum strength. Then slowly return to your relaxed position.



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



RUBY RED RECOVERY (JUICE)

Kitchen Tools: juicer

Ingredients:

- 1.5 cup hibiscus tea — prepared and cooled or cold-brewed
- 8 oz pomegranate seeds
- 1/2 tsp spirulina
- 1 beet, peeled and sliced
- 1-2 cups chopped watermelon

Prepare the hibiscus tea and brew while preparing the rest of the ingredients. Peel the pomegranate and de seed. Peel the green layer off the watermelon leaving as much of the white flesh as you can. Wash, peel and slice the beet. Run the beet, watermelon and pomegranate seeds through the juicer. Add to the cooled tea and stir in the spirulina. Enjoy!

Benefits: Increases nitric oxide, L citrulline, potassium, vitamin C, magnesium, B vitamins copper, iron, protein (spirulina), electrolyte balance (spirulina). Hibiscus tea may help with digestion, lowering blood pressure, easing anxiety and has anti inflammatory properties.

Boost: unflavoured collagen powder

Tips: Keep to to 1 serving a day. If you have low blood pressure or on any medications, it's best to connect with a nutritionist before consuming hibiscus tea. This juice also makes a great sports recovery drink.

Time Saver: If you can't find pomegranates, you may be able to get the pre-seeded cups.

COMING THIS SPRING!

Nutrition for Concussion Recovery

Jenna has paired up with Nutritionist Elissa Michaud to bring to you a comprehensive workbook and recipe plan to help you in your recovery from Post Concussion Syndrome.

Our goal was and is to provide easy-to-prepare, research-based recipes that you can download and start implementing right away. It has been meticulously designed with the concussed individual in mind. It will be a multitiered program ranging from $37 to $197.

Be sure to be on the email list to be the first to access your *Concussion and Nutrition* program before the official launch!

Learn more online at JennaHowe.com

SUCCESS STORIES

Jenna's Patients Are Seeing Results



"Night 2 was an astonishing 9 hours of sleep and again no pain."

"Let me start off by saying I was skeptical not because of anything to do with Jenna but because I have tried Physio, chiro, massage and acupuncture and all of them could only take the pain away temporarily. I have been suffering from neck and shoulder tightness for years that would limit my sleep to 3-4 hours a night and very disturbed. After my first visit with Jenna I was able to sleep 6 hours and didn't wake up with neck or back pain. Night 2 was an astonishing 9 hours of sleep and again no pain. She's very good at what she does and isn't about the Band-Aid fix that other treatments often provide. I highly recommend her and am now using her to aid other long-term sports injuries."

— Jeff L.

JENNA HOWE

Osteopathy and
Concussion Recovery

(250) 704-4421

Nutrition Helps Your Concussion Recovery

Recent research for concussion recovery has demonstrated that the most effective treatments include proper nutrition. Our diet and intake of micronutrients influence our recovery, and adding this to the recovery plan can aid in achieving optimal results! The goal is to do what it takes to allow the brain to heal.

There are specific nutrients that aid in the repair and functioning of cells acquired through your diet, and other foods that will actually hinder your recovery following a concussion. The initial concussion injury results in several destructive processes within the brain that result in an overproduction of free radicals, leading to more stress and inflammation in the brain. This will lead to problems in cell function and persistent symptoms.

It is important to find an expert skilled in concussion management to help you feel your best in the fastest possible way. Concussions are a significant issue, and the comprehensive concussion therapy offered in Jenna Howe's clinic will provide you with the treatment and recommendations to assist in your recovery.

Source: Applied Physiology, Nutrition, and Metabolism, "Sports-related concussions and subconcussive impacts in athletes: incidence, diagnosis, and the emerging role of EPA and DHA" by Lust et al.