JENNA HOWE

Osteopathy and Concussion Recovery

APRIL 2022 ISSUE

# NEWSLETTER

Your Resource for a Healthy Lifestyle



## ARE SHIN SPLINTS Ruining Your Runner's High?

Jenna's Patients Are Seeing Results

Healthy Recipe: Orzo with Zucchini and Tomato

What Is NeuroKinetic Therapy?

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# Are Shin Splints Ruining Your Runner's High?

Do your shins throb after your daily jogs? You may be experiencing shin splints. Jenna Howe can help your shin splints whether or not you're a runner. She offers the most advanced rehabilitation strategies to get you relief and eliminate re-injury.

Shin splints, also known as medial tibial stress syndrome, occur when excessive stress is on your shinbone and the surrounding tissues. These tissues become irritated, inflamed, and painful.

Research indicates that around 15% of runners experience shin splints and they are the most common injury for new runners. Shin splints can present themselves in anyone whose lifestyle includes substantial physical demand or after a significant increase in their activity level.

Shin splints can be painful and debilitating in your daily life, but manual therapy can help alleviate the pain and correct the condition.

Call our office today and speak with someone about how manual therapy can help fix your shin splints!

## Common Causes Of Shin Splints

Shin splints are most common with athletes but can occur with anyone who makes training errors, like overloading or running too fast for their ability and training capacity. Often the injury is related to changes in the training, as an increase in distance, intensity, and duration.

There are other causes of shin splints, including:

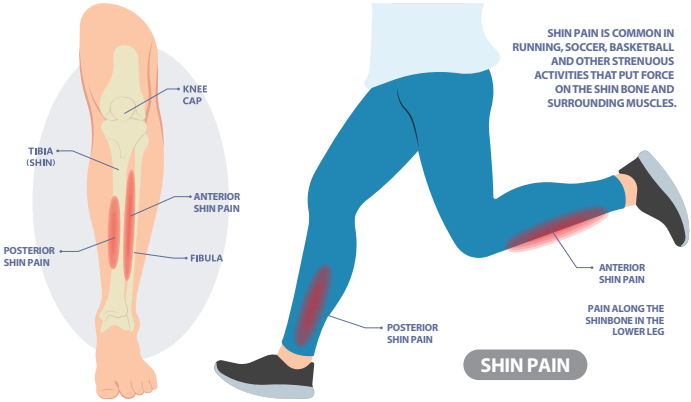
- **Previous injury:** If you have had a foot, leg, or shin injury in the past, your risk of shin splints is higher.
- **Body mass:** A BMI greater than 20 makes you more susceptible to developing shin splints.
- **Improper footwear:** Wearing ill-fitted shoes or a previous history of wearing orthotics can increase your risk of shin splints.
- **Inexperienced runners:** Training mistakes made by novice runners include running too far, too fast, and not resting appropriately.
- **Lack of warm-up:** Completing a workout without a warm-up can irritate your calf muscles, increasing your risk of shin splints.
- **Overpronation:** Excessive flattening of the arches while standing, walking, or running increases the risk of shin splints.

The best treatment for shin-splints is prevention. Jenna Howe will screen you to identify your risk factors and provide guidance on how to resolve your pain and/or prevent shin splints altogether.

## How Manual Therapy Can Help

As noted above, the causes of shin splints are vast, but your manual therapist can help you figure out the root of the problem. She will complete an extensive evaluation process noting your painful areas and testing the abilities of your current physical motions.

# MEDIAL TIBIAL STRESS SYNDROME




Our treatments may include anything involving stretching, flexibility, gait, mobility, and range of motion. From there, your manual therapist will create a treatment plan based on your needs.

Treatment plans for a specified shin splint condition may include, but are not limited to:

- **Manual therapy.** Hands-on massage of the painful area and its surrounding areas to ease stress off of the injured tissue.
- **Exercise.** These exercises can serve several functions, including strengthening, improving range of motion, and decreasing stress on the lower leg.
- **Modify mechanics.** Sometimes, shin splints can result from poor gait mechanics or jumping and landing strategies. Your manual therapist may work with you to modify your take-off/landing techniques or how you control your foot, knee, and hip while walking or running.
- **Taping.** Your manual therapist may suggest Kinesio-taping the affected area to promote healing and support the affected muscles.
- **Footwear suggestions.** Your manual therapist may provide you with advice to help speed up your shin splint recovery and decrease your risk in the future.
- **Rest.** Your manual therapist may suggest taking a short break from the activity that caused or aggravated your pain. You will continue exercising, but avoid things that irritate your shin splints until you are healed.

## Contact Our Office Today

Jenna Howe is dedicated to assisting you in your healing journey and making it as comfortable for you as possible.

If you believe you may be suffering from shin splints, give her a call today. She will help you get back on your feet in no time!

Sources:
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# AT-HOME EXERCISE

## ANKLE ALPHABET

### Helps Prevent or Relieve Shin Splints

Sit in a chair with good posture. Rest the edge of your heel (of the affected leg/foot) on the floor as shown. Write the letters of the alphabet from A to Z with your big toe.




*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

## ORZO WITH ZUCCHINI AND TOMATO



- 5 oz uncooked orzo pasta
- 1/2 large zucchini, 1/4-inch diced
- 1 small plum or Campari tomato, diced
- 1 tbsp extra virgin olive oil
- 2 cloves garlic, smashed & finely chopped
- salt & fresh pepper to taste
- 1/4 cup fresh grated Parmesan or Pecorino

Cook pasta in a large pot of salted water as directed for al dente. Reserve about 1/2 cup liquid before draining. Drain orzo in a colander and add the oil to the pot. Saute garlic 1 minute, until fragrant, add the zucchini and tomatoes, season with salt and pepper and mix well. Cook until tender, 3 to 4 minutes. Add the cooked orzo and stir to combine all. Add some of the reserved liquid as needed so pasta isn't dry. Add freshly grated cheese and stir.

Source: https://www.skinnytaste.com/orzo-with-zucchini-and-tomato/

SERVICE SPOTLIGHT

## What is NeuroKinetic Therapy?

As stated on NeurokineticTherapy.com, "NeuroKinetic Therapy is a sophisticated form of manual therapy that combines motor control theory and manual muscle testing. [It] is an excellent modality in rehabilitation and manual therapy because it not only identifies the cause of pain and dysfunction, but also corrects it very quickly and quite painlessly."

NeuroKinetic therapy (NKT) works to treat the cause of a person's pain, not just their symptoms. It can be helpful in treating a variety of injuries and chronic conditions.

Concussion Resolution in Victoria, BC is happy to offer neurokinetic therapy services in our clinic, and we strongly urge you to seek help through our office if you're living with a pain condition that just won't quit no matter the lengths you go to.

### What Conditions Can NKT Treat?

NeuroKinetic therapy can be used to assess and treat several conditions, including, but not limited to:

- Joint pain
- Back pain
- Neck pain
- Whiplash
- Vestibular issues
- Gait dysfunction
- TMJ
- Scarring
- Pelvic floor dysfunction

After your condition is assessed by an osteopath or manual therapist at Concussion Resolution, a treatment plan will be created to help you experience relief once again. The treatment plan will include specific exercises to combat the presence of imbalances or dysfunctions, which in turn will improve the way your body functions and moves.

### How Does a Manual Osteopath Use NKT Techniques?

NKT discovers and treats underlying causes of pain, weakness, or tension in the body. Patients will be required to keep up with exercises and stretches that allow their bodies to keep up with changes. As treatment continues and their bodies adapt, they'll be able to create a new functional way of moving.

If you're living with pain, tightness, or weakness, the good news is that there is help available to you. NeuroKinetic therapy could be the solution you've been searching for. Call us today to learn more about the benefits of NeuroKinetic therapy, osteopathy and manual therapy at Concussion Resolution, and rest assured we'll get you back to feeling your best in no time.

*Learn more online at JennaHowe.com*

# SUCCESS STORIES

*Jenna's Patients Are Seeing Results*



"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.**

## 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 or go to:**
https://tinyurl.com/JennaHoweYouTube


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# 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.