JENNA HOWE

Osteopathy and Concussion Recovery

MAY 2022 ISSUE

NEWSLETTER

Your [illegible] a Healthy Lifestyle



STAND CORRECTED!

How You Can Fix Poor Posture

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Nutrition for Concussion Recovery

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Your Resource for a Healthy Lifestyle



STAND CORRECTED!
How You Can Fix Poor Posture

Do you catch yourself slouching frequently? Do those last couple hours of the school or workday 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.

Too often, we spend our time staring at a computer screen, hunched over our desks, or looking down at our phones. The worse your posture is the more stress on your spine. This often leads to back and neck pain and affects normal daily activities.

Jenna Howe can teach you how to find your ideal posture and eliminate your aches and pains once and for all!

Your body was made to move, especially your spine, so the more irritated and painful spines get when we get stuck in slouched postures. Fortunately, Jenna can show you how to improve your posture and feel good again!

What Is Poor Posture?

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

Posture is defined as "the alignment and positioning of the body in relation to gravity, the center of mass, or base of support." Improper posture isn't due to laziness or apathy; instead, it generally has something to do with bad habits or, at times, due to a physical weakness in our bodies. Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments.

Posture changes occur over time, and most people ignore them until they notice aches and pains. Unfortunately, the longer we wait to address it, the harder it is to restore it to normal.

What Is Good Posture?

Good posture involves training your body to stand, walk, sit and lie in positions where the least strain is placed on joints and supporting muscles. This includes how we move, like our lifting postures or reaching postures.

When the spine is in its natural position, the vertebrae stack up over one another. This is what people think of as good posture. When we stack the vertebrae properly, the body can absorb the forces of gravity and the stresses from everyday activities.

Learning to find your ideal posture is key to moving and feeling better. Your body is designed to align perfectly to allow for proper movement, proper breathing, and blood circulation. The spine does not like to remain in one position for extended times, which means our posture should move.

Jenna Howe can help teach you to find your neutral spine posture to counteract the slouching to alleviate your pain and improve your overall health!

What to Expect at Manual Therapy

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

At your initial evaluation, Jenna will perform functional testing to identify which weakened areas of your body are causing your back pain. Afterward, she will create a customized treatment plan tailored to your specific needs.

Sources:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/

Treatment plans typically include manual therapy and targeted exercises to alleviate pain and regain proper function. Exercise for postural improvement has been proven to enhance posture and improve pain.

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

Call Today to Schedule an Appointment

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.

Contact our office today to schedule a consultation and learn how manual therapy can help you find your ideal posture!



AT-HOME EXERCISE

SITTING POSTURE

Helps Improve Posture

Sit on a sturdy chair and scoot your hips forward. Place your feet flat on the floor. Tip your pelvis slightly forward. Straighten your spine until your ears are directly over your shoulders and your shoulders are over your hips. Draw your shoulder blades gently back and together. Tuck your chin. Stretch up tall; imagine a string attached to the top of your head, pulling you up to your full height.



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

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

HEALTHY RECIPE



BREAKFAST VEGAN/VEGETARIAN

OVERNIGHT OATS WITH CHIA

Kitchen Tools: 8 oz Mason jars

Prep: Place oats in jar. Add milk. Layer or stir in other ingredients. Refrigerate overnight.

Ingredients (per jar):

- ¼ cup rolled oats
- 1-2 tsp of chia seeds
- 1 tbsp nut butter or 3 tbsp hemp seeds
- 4 - 6 oz store-bought or homemade non-dairy milk
- Small handful of raisins or chopped dates
- 2 tsp chopped walnuts or pumpkin seeds
- Choose from:
  - ginger + honey
  - unsweetened dark chocolate + coconut oil
  - vanilla bean and cinnamon
- Optional toppings: berries, pumpkin seeds and/or yogurt

Mix all ingredients together, add almond or non-dairy milk to fill almost to the top, soaking the oats, chia/hemp seeds and raisins. Top with berries, pumpkin seeds and/or yogurt. Store in the fridge overnight.

Benefits: High in calcium, magnesium, zinc, Vitamin E, B vitamins, carbohydrates, dietary fiber, iron, potassium and protein.

Boost: Add 1 scoop of whey or vegan protein powder

Time Saver: Make 2 of either the same or different ingredients for the next day and have one for breakfast and one as a nutritious snack.

From *Concussion, Nutrition & Recovery,* www.concussion-nutrition.com

LEARN MORE ONLINE!

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's a multitiered program ranging from $37 to $197.

Visit our website to learn more:

www.concussion-nutrition.com

Learn more online at JennaHowe.com

SUCCESS STORIES

Jenna's Patients Are Seeing Results



"Jenna is not only an incredible health care practitioner but a very empathetic and patient human being as well. She listens, explains and is very thorough in her treatments. On very short notice, she accommodated me in between her appointments and helped me with excruciating/ intolerable pain. I highly recommend her expertise. Thank you very much Jenna!" **— Pam J.**

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



JENNA HOWE

Osteopathy and Concussion Recovery

(250) 704-4421

JENNAHOWE.COM

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.