JENNA HOWE

Osteopathy and Concussion Recovery

JUNE 2022 ISSUE

# NEWSLETTER

Your Resource for a Healthy Lifestyle



## DON'T LET BACK PAIN Hold You Back!

Patient Success Stories

Healthy Recipe: Vegetarian Black Bean Tacos

At-Home Exercise to Relieve Sciatic Nerve Pain

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# DON'T LET BACK PAIN Hold You Back!

## Manual Therapy Can Help You Resolve Your Back Pain!

Are you experiencing pain or tension in your lower back? Are these symptoms making it difficult for you to go about your daily routine? A life free of back pain is within your grasp.

For some, back pain is a daily occurrence that dictates the way you live your life. The pain in your back determines every movement, every motion. Standing, sitting, laying down, driving, walking, or running — the pain persists. According to most studies, poor postural habits, prolonged sitting, repetitive movements like bending and twisting, and lack of physical exercise have a significant association with low back pain.

Knowing what to do can be confusing. Our manual therapy can help you find solutions to your pain and provide you with an individualized program to help you manage your pain and get you back to living the life you enjoy! Call Jenna Howe today to make an appointment.

## Manual Therapy Solutions for Back Pain

It has become more evident that passive methods (i.e., rest and medication) are associated with worsening disability and are not recommended. Education and the recommencement of regular activities and exercise are related to decreased disability. Manual therapy aims to improve function and prevent disability from getting worse.

Manual therapy at Jenna Howe offers a long-term solution to back pain by using targeted exercises that focus on the cause of the pain. Through a combination of strength and flexibility training that focuses on muscle development and joint movement, manual therapy can address the underlying cause of the pain and significantly improve your quality of life.

## Understanding Risk Factors Associated with Back Pain

Though several risk factors have been identified, the exact cause of lower back pain remains challenging. Whether from

overuse work-related postures and movements or injuries from traumatic events or athletic pursuits, the exact mechanism of lower back pain varies by the individual. Sprains and strains are common, but issues with the vertebrae, discs, and even concerns regarding the spinal nerves.

You might be amazed to discover the different risk factors influencing your back health include:

- Lack of exercise
- Prolonged sitting
- Lifting heavy objects
- Bending or twisting
- Anxiety and depression
- Use of soft foam mattress
- Sleep disorder
- Hypertension

Aerobic activity and strength-training exercises make it possible to reduce your risk of injury and to improve your ability to overcome back pain by strengthening the vertebrae and enhancing blood flow and nutrient disbursement throughout the back.

What's more, recent research indicates that resting may not be the ideal solution for long-term back care. Spending too much time on the couch or off your feet can lead to more long-term issues with back pain — not fewer. Exercise, in general, is shown to increase strength and flexibility, supporting healthy muscles and bones, and therefore supporting ideal back health.

### How Manual Therapy Helps

According to research, manual therapy treatments are effective for acute and chronic back pain. Treatments for back pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like the McKenzie Method and Therapeutic Yoga.

These have all been proven to help alleviate pain and restore function. Manual therapists assess your particular condition to identify the contributing factors and address ALL of them. Rather than focusing on one cause of your pain, your manual therapist will handle all causes.

Jenna Howe is skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

### Call Our Clinic Today

Anyone who has struggled with back pain can tell you plain and simple: When your back is hurting, there is no way to pretend that it isn't.

Our manual therapy will help you overcome back pain by giving you the knowledge and support necessary to help your back feel better! Working with a licensed and experienced manual therapist ensures that you do not take on too much too quickly. Jenna will guide you through the process of healing with gradual steps.

Call our Jenna Howe for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you have a history of back injuries, pain, or minor aches, don't hesitate to talk to a manual therapist. We offer the results you are looking for!

Source
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6251828/
https://bmcmusculoskeletdisord.biomedcentral.com/articles/10.1186/s12891-021-04422-2
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https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6199140/
https://www.omicsonline.org/risk-factors-forchronic-low-back-pain-2161-0711.1000271.php?aid=22679

## AT-HOME EXERCISE

### HOME LOW BACK TRACTION

#### Relieve Sciatic Nerve Pain

Lie flat on the floor in the center of a doorway with your knees bent. Make sure your bare skin of your low back is touching the floor for friction. Hold a broomstick in front of you across the doorway. Push gradually and slowly against the stick with your arms for 1-3 mins. Release slowly.



*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

**HEALTHY RECIPE:**

## VEGETARIAN BLACK BEAN TACOS



**For the Beans:**

- 1 tbsp olive oil
- ½ small yellow onion, diced
- 1 garlic clove, minced
- 1 15-oz can black beans
- ½ tsp cumin
- ¼ tsp smoked paprika
- ⅛ tsp cayenne pepper
- ½ tsp kosher salt
- Ground black pepper, to taste
- 1 tbsp tomato paste
- 1 tbsp water

**For the Tacos:**

- 8 hard corn taco shells
- 4 oz Hass avocado
- Juice from ½ small lime
- Pinch kosher salt
- Ground black pepper, to taste
- ½ cup shredded cheddar cheese
- 1 plum tomato, diced
- 1 cup shredded romaine lettuce

Preheat oven according to taco shell package directions. Lay taco shells on a sheet pan in an even layer. Bake shells for 6-7 minutes. Meanwhile, heat a large skillet over medium heat. Add the canola oil, add the onion and sauté for 2-3 minutes. Add the garlic and sauté for 30 seconds. Add the beans, spices, tomato paste and water and mix until combined. Cook about 3 minutes to allow flavors to meld and beans to heat through. In a small bowl, mash avocado with a fork until smooth. Add lime juice, salt and pepper. Place taco shells on a flat surface. Layer each shell with bean mixture, then the cheese, mashed avocado, tomatoes and lettuce.

www.skinnytaste.com/black-bean-tacos/



# SUCCESS STORIES

*Jenna's Patients Are Seeing Results*



"Jenna is truly one-of-a-kind. She genuinely cares and goes out of her way to find the root cause of your issue instead of just treating the symptoms. I have tried EVERYTHING (including a specialist and the pain clinic) for the past four years trying to help ease chronic shoulder, rib, and hip pain, and Jenna has been a lifesaver! I haven't felt this good in four years. I honestly didn't think it would ever be possible for me to not be in pain daily. Along with hands-on therapy, Jenna has introduced me to Shockwave Therapy and it is an absolute game-changer. I was told by other practitioners it was a painful treatment, so I was hesitant — but NOT at all with Jenna! I find it relaxing and look forward to my sessions as she goes out of her way to make sure you are comfortable at all times.

Please do yourself and your body a favor and go see Jenna! I can't believe I can finally see the light at the end of a very dark tunnel, I can see a future now when I couldn't before and it is truly remarkable!" **— C.H.**

JENNA HOWE

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# Concussion Corner

## Did You Know?

Women and girls sustain more concussions at a higher rate than their male counterparts in sports with similar rules. Women and girls have been documented to have a higher number, and more severe, symptoms than males. In some studies women have been found to have longer recovery periods than males, and more prolonged concussion symptoms. The sport, academic, military, and medical communities do not have any female-specific medical guidelines.

PINK CONCUSSIONS



**Learn more at www.pinkconcussions.com**