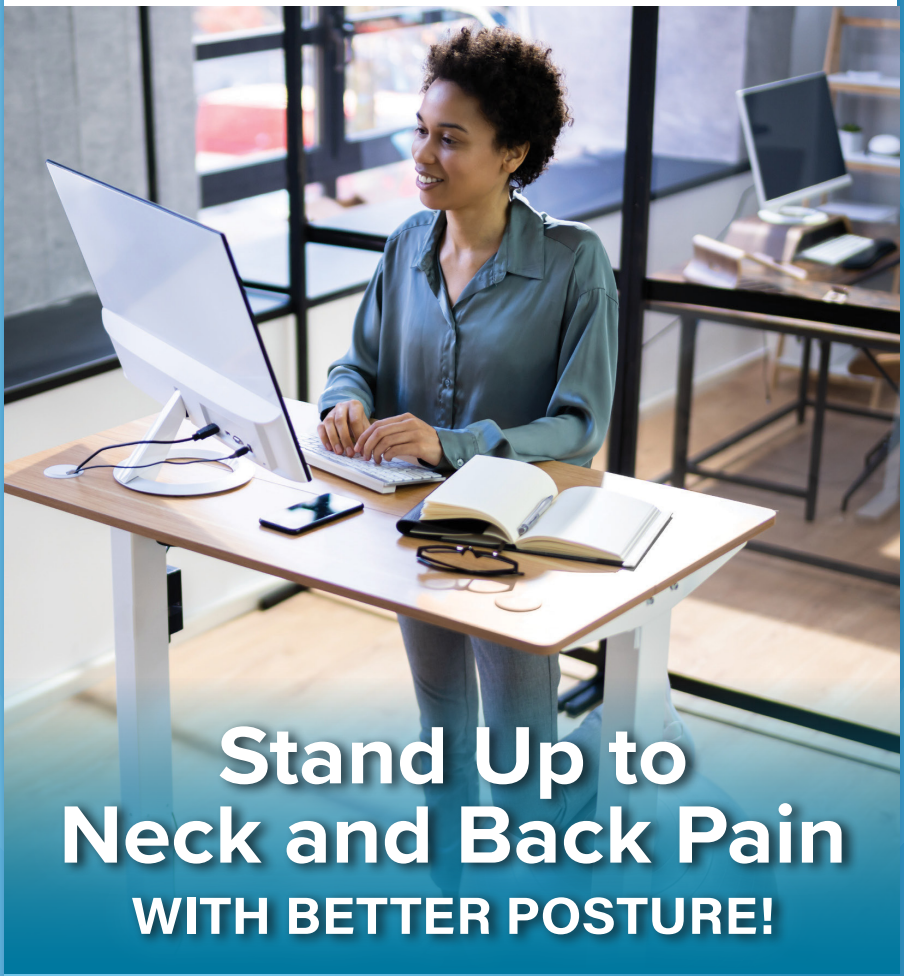
JENNA HOWE

Osteopathy and Concussion Recovery

SEPTEMBER 2022 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle



Stand Up to Neck and Back Pain

WITH BETTER POSTURE!

Get Ready to Get Fit with Zumba HIIT Fusion!

Backpacks & Kids' Spine Health

Do You Have Good Driving Posture?

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Your Resource for a Healthy Lifestyle



Have you noticed your back and neck seem more sore and stiff at the end of a long day? Poor posture is likely the source of that soreness.

The worse your posture is, the more intense your back and neck pain can become. Unfortunately, once your body gets used to poor posture, it becomes more challenging than simply squaring your shoulders or pinching your shoulder blades together.

The good news is that with guidance from Jenna Howe, you will train the muscles in your back and neck to correct your posture and bring relief to your neck and back pain. Call today to make an appointment!

What Is Good Posture?

Posture refers to the position(s) of a person's body in space. Through the alignment of spine joints in relation to one another, we can move more freely and perform daily activities comfortably.

The awareness of the positions we hold our body in is based on our nervous system's feedback and depends on the activities we do. This feedback helps us find and keep the alignment of the spinal joints over one another. Postural control refers to building up posture against gravity and ensuring that balance is maintained.

There are specific ways that you can tell if neck or back pain may be a result of poor posture, including:

- The pain in your back is worsened at the end of a shift or the end of a workday.
- The pain frequently starts in your neck and moves into your upper and lower back.
- The pain will subside after switching positions, such as switching from sitting to standing or vice versa.
- Back or neck pain develops soon after a change in circumstances, such as starting a new job with a new desk chair or getting a new car.

After years of practicing poor postural habits, your back, shoulder, and neck muscles will likely find standing or sitting with a straight posture to be challenging. This struggle is because your muscles and nervous system have grown accustomed to the slouching postures. Working with a manual therapist to improve your posture with exercises is an effective way to overcome chronic neck and back pain.

How Manual Therapy Can Help Your Posture

Our spine is designed to move, which means our posture should also move. The spine does not like to remain in any one position for extended times. Jenna Howe will guide you through a series of stretches and strength-building exercises that can help you begin training your body to practice better posture, thereby reducing your back and neck pain.

Education

Understanding your ideal posture and how to manage it throughout your day can help you be proactive and find a solution for your sore back and neck. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions. It seems small, but consistently it has been shown to help!

Advice to Stay Active

We know that prolonged postures often lead to pain. Your manual therapist can help you identify modifications to your posture to ensure you are changing your position frequently.

Exercise Therapy

A manual therapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes spine mobility exercises, "proper" postural exercises, or strength exercises.

The McKenzie Method is an effective technique in identifying movements and positions to provide you with relief and is often used for home exercises. One of the most effective tools in the McKenzie method is lumbar rolls to ensure proper sitting posture.

What to Expect at Manual Therapy

Your manual therapist will perform a thorough physical examination and provide you with solutions that work based on the findings. According to research on back and neck pain, manual therapy treatments effectively improve your posture and improve your pain levels.

Your therapist will teach you strategies like:

- Stand tall whenever you are standing or walking.
- Use support when you sit to keep your posture correct.
- Maintain a straight spine when you lift heavy objects.

Manual therapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and help you mobilize your spine and strengthen the surrounding muscles to alleviate the pain associated with your poor postural habits.

Contact Our Clinic Today

Addressing your posture early on is the best way to prevent an issue from becoming more debilitating. Contact Jenna Howe today to learn more about how you can take steps to start improving your posture today.

Sources: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/; https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/; https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5684019/; https://pubmed.ncbi.nlm.nih.gov/31789300/

ZUMBA HIIT FUSION!

Everybody and *Every Body!*

Each class is designed to bring people together to sweat it on!

First we take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Next, we add **body weight, muscle conditioning, cardio** and **plyometric training** moves synced to original music that has been specifically designed to match every single move.

In each class you'll **burn** calories while **toning** arms, legs, abs and glutes. Plyometric or explosive moves like jumping jacks and burpees are interchanged with isometric moves like lunges, squats, and kickboxing. Modified for all fitness levels.

This class is exercise in disguise! Super effective? **Check.** Super fun? **Check** and **check.**

In-Person Class

Fridays • 4:30 – 5:20 pm PST
Sept. 23 – Dec. 2

To register, scan the QR code or visit https://tinyurl.com/58ve5kbb

In Person

Online Class

Mondays • 3:30 – 4:20 pm PST
Sept. 19 – Nov. 28

To register, scan the QR code or visit https://tinyurl.com/226ywd86

Online

A recording will be available for 24 hours those who are unable to make the live class.



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

BACKPACKS & SPINE HEALTH

Carrying too much weight in a pack or wearing it the wrong way can lead to pain and strain. Parents can take steps to help children load and wear backpacks the correct way to avoid health problems.

Loading the Backpack:

- A child's backpack should weigh no more than about 10% of his or her body weight. This means a student weighing 100 pounds shouldn't wear a loaded backpack heavier than about 10 pounds.
- Load heaviest items closest to the child's back.
- Only pack items necessary for that day's activities.



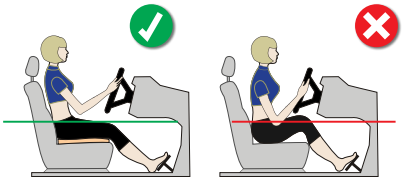
Wearing the Backpack:

- Distribute weight evenly by using both straps. Wearing a pack slung over one shoulder can cause a child to lean to one side, curving the spine and causing pain or discomfort.
- Select a pack with well-padded shoulder straps. Pressure on blood vessels and nerves in the shoulder and neck can cause pain and tingling.
- Adjust the shoulder straps so that the pack fits snugly on the child's back. A pack that hangs loosely from the back can pull the child backwards and strain muscles. The bottom of the pack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline.
- Wear the waist belt if the backpack has one. This helps distribute the pack's weight more evenly.
- School backpacks come in different sizes for different ages. Choose the right size pack for your child as well as one with enough room for necessary school items.

PROPER DRIVING POSTURE

If you're experiencing pain after driving, poor posture behind the wheel may be to blame

When travelling, be sure to adjust your driver seat to ensure that your hips are just above your knees. This not only allows for better blood circulation, but can ease the strain on your lower back.



Learn more online at JennaHowe.com

SUCCESS STORIES

Jenna's Patients Are Seeing Results



"I am recovering from knee surgery and was fortunate to have Jenna help me on this road to recovery. Jenna was so knowledgeable, professional, and personal. She has certainly made a difference with my comfort level and although the flexibility is not quite 100%, normal activities are resuming. I would recommend Jenna to work her magic on anyone else who needs this care. Thank you, Jenna!"

— Derek T.

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Tips to Avoid Falls at Home

Falls are a significant concern for seniors, and even without an injury, a fall can cause a loss in confidence and reduction in activities and even contribute to future falls. It is estimated that six of every ten falls happen in or around the home. Simple steps you can take to make your home safer and reduce your risk of falling:

- **Keep things tidy.** Too often, a minor obstacle leads to a trip and fall.
- **Remove throw rugs or small area rugs.** Put no-slip strips on tile and wooden floors.
- **Good lighting.** Proper lighting on stairs and each end of a long hall can ensure your safety.
- **Install handrails** on stairs and in bathrooms — and use them!
- **Make good decisions.** Don't climb up on chairs to clean something high; be careful on wet surfaces, whether bathing or cleaning.

Inactivity affects your safety and may lead to more complications from a fall or injury. Fortunately, a proactive approach will reduce the risk of falling and keep you safe around your home!

Sources: https://www.nia.nih.gov/health/fall-proofing-your-home
https://www.ncoa.org/article/6-falls-prevention-steps-to-help-your-older-loved-ones

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