JENNA HOWE

Osteopathy and Concussion Recovery

NEWSLETTER

Your Resource for a Healthy Lifestyle



TIPS TO HELP YOU

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TIPS TO HELP YOU

Shrug Off Shoulder Pain!

Do you notice your shoulder is waking you up at night? Are you having difficulty reaching or lifting overhead? You might have a rotator cuff injury or another shoulder disorder. At Jenna Howe, we can help figure out what is causing your symptoms and how to resolve them so you can use your arm and get a good night's rest!

The most common cause of shoulder pain is injury or dysfunction of the rotator cuff. The shoulder joint is formed where the upper arm bone (i.e., humerus) fits into the shoulder blade (i.e., scapula). It is known as a ball and socket joint.

The rotator cuff is a group of muscles and tendons surrounding the shoulder joint. The job of these muscles is to help move the arm and stabilize the ball in the socket. Shoulder pain occurs if the shoulder tendons are pinched by the bones of the shoulder resulting in the tendons becoming inflamed or damaged. At Jenna Howe, we can help identify the cause of your shoulder pain and the steps needed to resolve it.

Conditions That Cause Shoulder Pain

The shoulder is the most mobile joint in the body, allowing us to use our arms in various ways, including reaching, pushing, pulling, lifting, and throwing. The complexity of movement requires the upper back (i.e., spine), shoulder blade (i.e., scapula), and the arm bone (i.e., humerus), and all the muscles and nerves work together to achieve the mobility and function we are accustomed to.

If any part of the system is not working correctly, we become more susceptible to injury. Repetitive stress or trauma can damage the shoulder complex and lead to pain. The most common shoulder problems fall into the following categories:

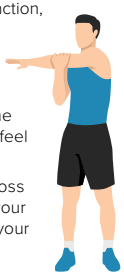
- Tendon inflammation
- Bursitis
- Tendon tear (i.e., partial, complete, or degenerative)
- Instability (i.e., partial or total dislocation)
- Degeneration and/or arthritis
- Fractures

Jenna will guide the most effective treatments, including manual therapy, exercise recommendation, and injury prevention strategies.

Daily Exercises That Can Help the Shoulders

Jenna Howe will identify the underlying causes of your shoulder pain and develop a treatment plan based on your individual needs. We emphasize targeted stretches/mobility work strengthening exercises to help your recovery and prevent future problems.

If you are looking to get started with some safe stretches that are used to help improve your shoulder function, try the following exercises:



Across-the-Chest Stretch

This exercise helps increase flexibility and range of motion in your shoulder joint and the surrounding muscles. Remember to stop if you feel increasing pain in your shoulder.

Start by bringing your right arm up and across your chest with your hand gently resting on your left shoulder, or use your left hand to support your arm by the elbow.

Call Jenna Howe TODAY to schedule your return appointment!

Use your left hand to gently press the right arm towards your chest until you feel a stretch in the right shoulder. Hold this position for 20-30 seconds and do 3-5 reps. Repeat on the opposite side.



Chest Expansion / Posture Corrections

This exercise promotes mobility of the upper back and range of motion in your shoulders. Slouching places the shoulder in a vulnerable position and makes you more susceptible to injury and pain.

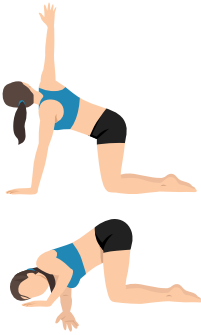
While standing, hold a strap or towel behind your back with both hands. With control, move your shoulder blades toward each other while lifting your chest/breast bone. Finish by lifting your chin slightly to the ceiling.

Hold for 20-30 seconds and repeat 3–5 times.

Thread the Needle

Start on your hands and knees. Lift your right hand toward the ceiling with your palm facing away from your body. Next, lower your right arm under your chest and reach across your body to the left side with your palm facing up.

Hold this position for 20-30 seconds and do 3-5 reps. Repeat on the opposite side.



Strengthening your shoulder muscles (i.e., rotator cuff and shoulder blade muscles) can also help support and stabilize your shoulder joint. Strength training can potentially decrease muscle imbalances and reduce the risk for shoulder injuries and shoulder pain.

Request an Appointment at Jenna Howe Today!

Jenna Howe can help alleviate your shoulder pain and get your arm moving again. Call today and schedule your appointment!

Sources: https://www.jospt.org/doi/10.2519/jospt.2020.0501; https://www.jospt.org/doi/pdf/10.2519/jospt.2020.8498; https://www.physio-pedia.com/Evidence_Based_Interventions_for_Shoulder_Pain; https://www.jospt.org/doi/10.2519/jospt.2020.0501

WHAT IS NEUROKINETIC THERAPY?

Have you ever felt like your problem area or injury "just happened all of a sudden" with no perceivable known reason? Dysfunctional movement patterns can exist anywhere in the body and can last for decades before becoming a problem! A well trained Neurokinetic Therapist can help determine the root cause of your compensation patterns and combined with osteopathic manual techniques, get you back to do doing what you love.

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. If you're living with a pain condition that just won't quit no matter the lengths you go to, we strongly urge you to see us.

What Conditions Can NKT Treat?

Neurokinetic therapy can treat a variety of conditions, including:

- Joint pain
- Back pain
- Neck pain
- Whiplash
- Vestibular issues
- Gait dysfunction
- Temporomandibular joint disorder (TMJ)
- Scarring
- Pelvic floor dysfunction

After your condition is assessed by an osteopath or manual therapist at Concussion Resolution, we'll create a treatment plan with 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 Neurokinetic Therapy Techniques?

NKT discovers and treats underlying causes of pain, weakness, or tension in the body. Patients will be given a program of 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.

For example, a patient may be experiencing lower back pain after having an abdominal surgery. During their operation, their abdominal muscles could have been cut, and so a scar forms over the incision. As a result, these muscles grow weak causing lower-back pain and tightness. The person may suffer from movement restrictions or decreased range of motions.

Neurokinetic therapy helps our manual therapists and osteopaths figure out which core muscles are weak, which lower back muscles are pulling overtime to keep up with the changes, and where their scar is causing pain or restricted movement. After scar tissue is released, abdominal muscles will become activated allowing the brain to reprogram new movement patterns, regain strength, and cease overcompensating habits in other muscles.

Contact Concussion Resolution Today

If you're living with pain, tightness or weakness, the good news is that there is help available. Neurokinetic therapy could be the solution you've been searching for. Call our clinic today to learn more, and rest assured we'll get you back to feeling your best in no time.

HEALTHY RECIPE



HEALTHY RECIPE:

CAPRESE SALAD

Balsamic Vinaigrette

- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tsp ground mustard
- 1/8 tsp each, salt & pepper

Salad

- 4 medium tomatoes, sliced
- 1/4 c fresh basil leaves
- 1/2 lb fresh mozzarella cheese, sliced

Arrange the tomatoes, cheese and basil on a serving platter. Whisk the vinaigrette ingredients; drizzle over salad. If desired, sprinkle with additional salt and pepper.

https://www.tasteofhome.com/recipes/caprese-salad/

AT-HOME EXERCISE

Try this exercise to increase shoulder ROM

WAND SHOULDER FLEXION

Lie on your back, holding a wand (or a broom handle or other similar household object). Your palms should face down. Keeping your elbows straight, slowly raise your arms over your head until you feel a stretch in your shoulders, upper back, and chest. Hold for 15-30 seconds. Repeat 2-4 times.



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

SUCCESS STORIES

Jenna's Patients Are Seeing Results



"Very professional. Jenna knows a lot about her profession as communicates the issues so well. I would feel comfortable referring Jenna to anyone needing her services!"

— Pamela R.

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Concussion Corner

Concussion Safety on the Playground

There are a number of steps you can take to help promote kids' safety on the playground:

- Make sure the equipment is appropriate for your child's age.
- Check for any signs of danger, such as rusty or damaged equipment, or any tripping hazards on the ground.
- Inspect the guardrails on equipment, making sure they're sturdy and the proper height for your child.
- Be sure that your child is supervised at all times while playing.
- While most playground-related concussions happen on public playgrounds, they do still occur on backyard equipment.



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