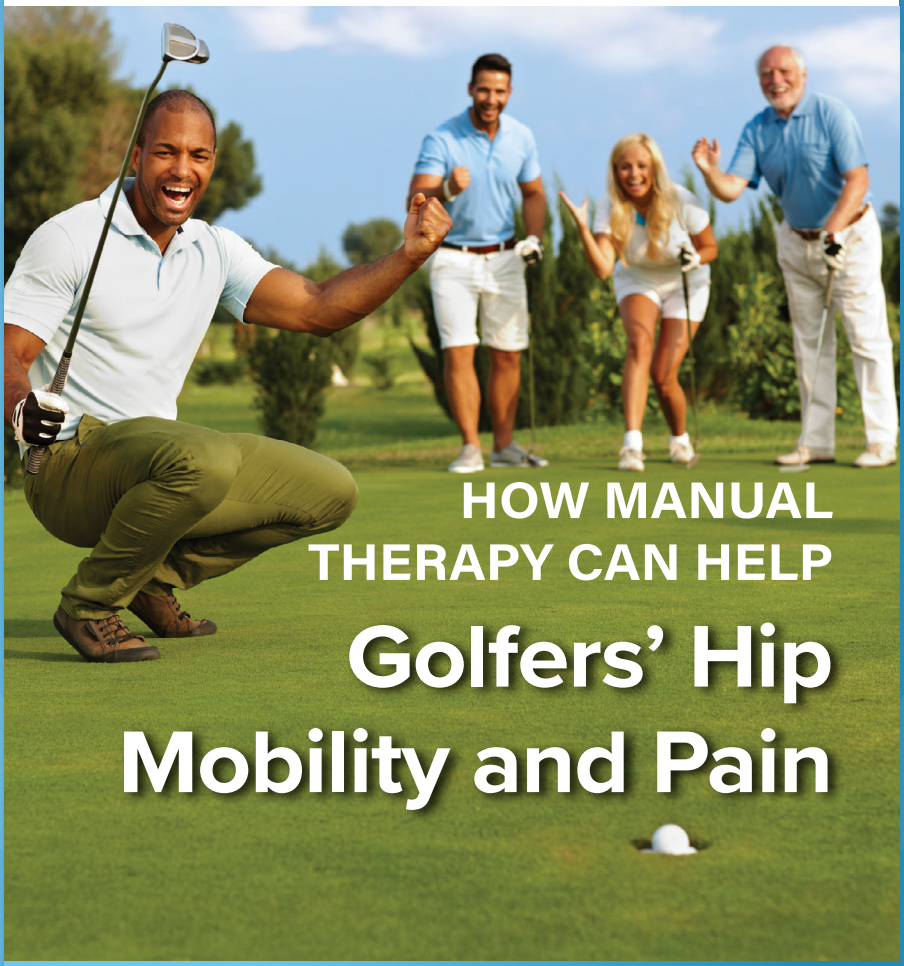
JENNA HOWE

Osteopathy and Concussion Recovery

MARCH 2023 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle



HOW MANUAL THERAPY CAN HELP

Golfers' Hip Mobility and Pain

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HOW MANUAL THERAPY CAN HELP

GOLFERS' HIP MOBILITY AND PAIN

Are you noticing soreness or pain in your groin? Does your back seem to feel better the more warmed up your hips are? Golfing requires a tremendous range of motion to swing the club effectively. Jenna Howe understands golfing mechanics and how vital your hips are to swing a club pain-free.

The golf swing has been associated with increased injury risk due to poor swing mechanics, inadequate spine (thoracic and lumbar) mobility, poor core stability, and lack of motion and strength in the hips. Most golf injuries are related to overuse syndromes but can result from traumas like hitting a rock or root or taking a large divot.

At Jenna Howe, we know how important it is to understand the golf swing mechanics and how important hip mobility and strength are for preventing injury and optimizing performance.

What Role Do the Hips Play in Golf?

Golf is one of the most popular sports for recreational and competitive athletes. The sport offers people of all ages a chance to enjoy nature and get some physical activity. Although the mental component of dealing with frustrating shots is often considered the most challenging part of golf, the physical requirements are surprisingly demanding.

Golf requires coordination and timing of all body parts moving in sequence to achieve an ideal swing. One of the most critical physical requirements comes from the hip joints. It is vital to achieving full hip rotation for a smooth and effective swing. Limitations in the hip affect the swing and the hip joint itself and can lead to pain and injury in the joints above and below.

During the swing motion, the front leg (lead hip) and the back leg (trail hip) work in concert while performing the identical opposite movements. The torque created by this motion helps create angular velocity in the pelvis, which coordinates with the spine to achieve the whole-body rotation needed to swing

the club. The knee joint is also directly affected due to the enormous force generated at the hip being transmitted down the thigh bone (femur) into the knee.

The coordination of the lower body and the pelvis and spine is influenced by the hip joint's mobility and strength. Therefore, any factor limiting rotation could cause pain in golfers and even lead to an injury that inhibits participation.

Jenna Howe understands the demands on the hip that help a golfer achieve a smooth swinging motion and can help identify any restriction standing in your way or causing you pain.

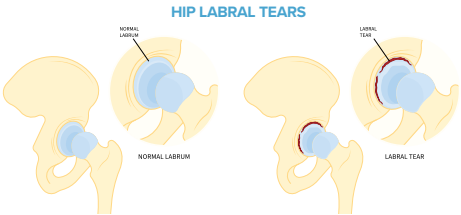
Most Common Causes of Hip Pain in Golfers

Hip pain is a common issue affecting golfers. Most of the time, pain or injury results from swinging the golf club repeatedly due to the pressure on the hip joint and surrounding tissues, including the muscles. In addition, faulty swing mechanics can lead to pain and/or injury if the swing is not executed correctly.

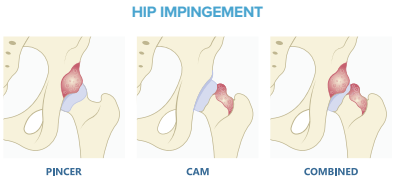
Identifying whether or not the pain is an actual injury requires an assessment by a skilled manual therapist. Our team can identify the underlying issues causing your pain and limitations.

The most common causes of hip pain in a golfer include:

- **Muscle strains and tendinopathy:** Due to the repetitive nature of golf, the hip joint, in particular, is susceptible to overuse-type injuries. Trying to hit the ball further can also result in a strain due to the excessive force on the tissue.
- **Hip labral tears:** The labrum is a ring of cartilage that helps the femoral head (ball) move smoothly within the socket. A labral tear is an injury to this tissue (cartilage) that leads to pain, reduced range of motion, and may cause the sensation of the hip locking up.



- **Hip impingement:** Also known as femoroacetabular impingement (FAI), occurs when the femoral head (ball) pinches up against the acetabulum (the rim of the socket). FAI may lead to damage to the labrum. Often FAI causes hip mobility deficits and pain.



- **Osteoarthritis:** Osteoarthritis is a degenerative type of arthritis where the cartilage in the hip joint gradually wears away. As the cartilage wears away, the joint space decreases, resulting in pain and loss of motion.

There is also some evidence that the lack of motion in the thoracic and lumbar spine affects the hip joint. Although not a direct cause of hip joint pathology, the lack of mobility influences how the body transmits the forces needed to swing the club. Addressing the thoracic spine lack of motion has been shown to reduce pain in the hip joint.

In addition, weakness or lack of stability in the core musculature can create compensatory movements. These unnatural compensations may lead to pain in the hip joint as it attempts to control the massive swing velocity without adequate support from the core.

Fortunately, Jenna Howe is a movement expert with proven success in treating golfers with all forms of pain and injury. She can help identify any limitations or weaknesses you may have and give you the tools to resolve them!

What Your Manual Therapist Can Do to Help

Developing a plan to improve and maintain hip rotation mobility is essential for optimizing performance. Jenna Howe will perform a golf-specific movement screen to identify any limitations related to your pain/injury and golfing performance.

These findings will allow her to develop interventions that correct movement patterns and reduce the risk of potential injuries in the future. She incorporates manual techniques to assist your progress and ensure you move and feel your best. She will focus on pain relief techniques and improving any lost motion.

Our programs will incorporate golf-specific strength training to address your unique needs, including education about the exercises to ensure you understand the importance and benefits of continuing to work on your therapeutic program even after you return to the links!

Request An Appointment Today!

The hip joint plays a significant role in how the rest of your body tolerates golfing. Jenna Howe will identify all the factors causing pain/injury and give you the tools to resolve your issues once and for all!

Sources: https://pubmed.ncbi.nlm.nih.gov/27105901/; https://www.jospt.org/doi/abs/10.2519/jospt.2019.8309; https://www.koreascience.or.kr/article/JAKO201813164518149.page https://journals.humankinetics.com/view/journals/jsr/29/4/article-p425.xml

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

MONTHLY WELLNESS IMMERSIVE:
LOWER BACK AND HIP MOBILITY

So often clients come into the office with back and hip pain and discomfort and many are asking why? How did it happen and how can I prevent it from happening again? Outside of a specific injury, back pain and hip pain can often be managed or avoided with proper education and guidance.

Join me in this month's immersive class where we will dig into the anatomy of the lower back and hip, how to prevent injury and increase mobility and strength. Each monthly immersive course includes 3 hours of video, handouts, and practical applications of the content covered. You will have lifetime access to any course you purchase.



Monthly Wellness Immersive:
Lower Back and Hip Mobility

To register, scan the QR code or visit
https://jennahowe.thinkific.com

AT-HOME EXERCISE

HIP ABDUCTION (QUADRUPED)

PT WIRED
www.ptwired.com

Strengthens Hips

Begin on all fours, with wrists directly under the shoulder and knees directly under the hips. Engage your abdominals and slowly lift one knee out to the side, keeping your knee in line with the hip. Hold as instructed, then bring your knee back down to the floor. Repeat 3 sets, 10 reps each.





This exercise is designed for pain prevention. Call your therapist if you are experiencing any pain!

Learn more online at JennaHowe.com

SUCCESS STORIES

Jenna's Patients Are Seeing Results

"We are so thankful for the time Jenna was able to make for our son. He melted into the table and felt incredibly relieved after his session. What a gem Jenna is, with her magical touch; I adore how she ensured we all understood how each movement and touch was directed towards this healing process. Very kind, respectful and lovely. I will be recommending Jenna to our family, friends and all sports enthusiasts. My husband and I look forward to booking our very own appointments in the very near future. Thank you, Jenna!"

— Brittney M.

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Concussions and Prepping for Springtime Activities

Have you or a loved one had a concussion, or are you looking for ways to avoid one? Jenna Howe can help you resolve any lingering symptoms and teach you how to prevent concussions in the future!

As spring approaches and we say goodbye to cabin fever, it's time to get outside and soak up the nice weather. The warmer months are the best times to engage in outdoor activities such as hiking, cycling, and playing sports. However, this time of year opens the door for common injuries such as a concussion to occur. A concussion is a traumatic brain injury that is caused by a direct or indirect force sustained to the head and neck area. Common concussion symptoms include moderate to severe headaches, dizziness, fatigue, blurred vision, and trouble falling asleep.

Ways to Avoid a Concussion This Spring

- Always wear your seat belt
- Wear a helmet when biking and/or, horseback riding
- During athletic games and practices, ensure all equipment is fitted and properly maintained
- If you notice recurring headaches or suspect a concussion, don't engage in physical activity

While concussions cannot be cured, they are highly treatable, especially when working with an experienced osteopathic therapist. If you have symptoms of a concussion, contact Jenna Howe today!

Sources: https://onlinelibrary.wiley.com/doi/epdf/10.1111/jspn.12357; https://www.tandfonline.com/doi/full/10.1080/02699052.2019.1692369; https://bjsm.bmj.com/content/51/12/978.abstract

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