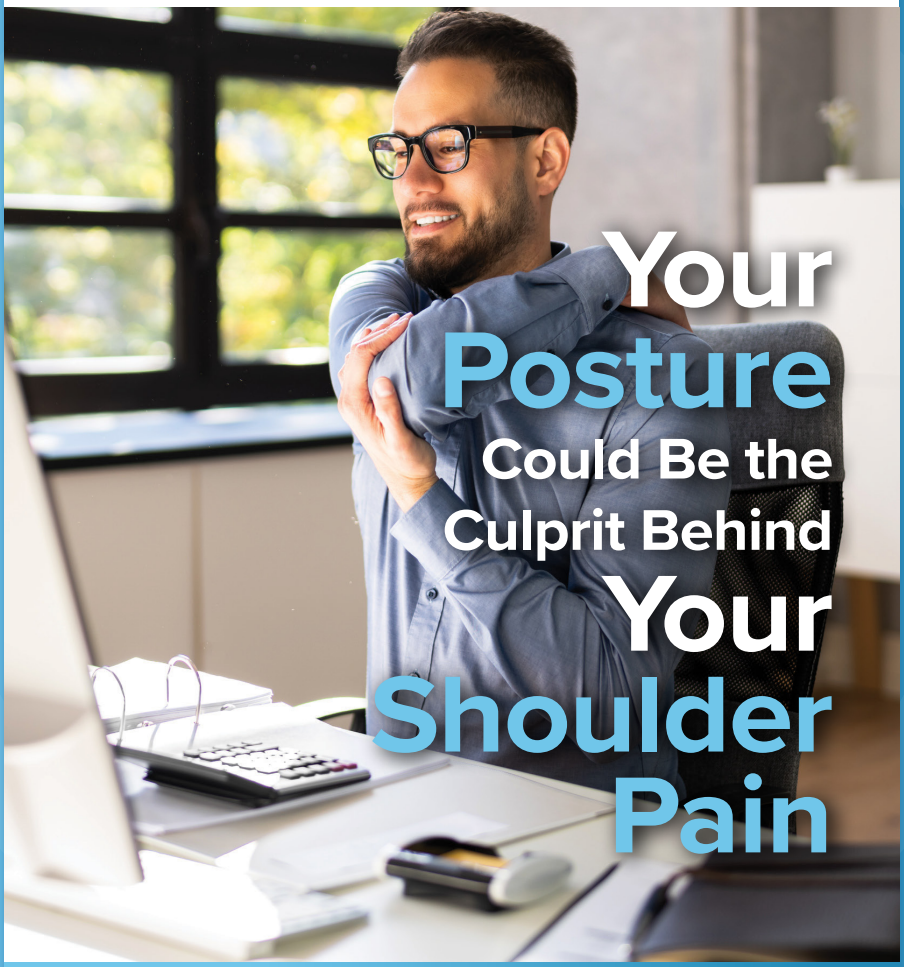
JENNA HOWE

Osteopathy and Concussion Recovery

MAY 2023 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle



Your Posture Could Be the Culprit Behind Your Shoulder Pain

New Staff Spotlight! Meet Serena

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NEWSLETTER

Your Resource for a Healthy Lifestyle



YOUR POSTURE COULD BE THE CULPRIT BEHIND YOUR SHOULDER PAIN

Do you have a daily struggle with your shoulders? Do everyday tasks, such as sitting at your desk or standing to cook dinner, cause pain between your shoulder blades or your shoulders and neck? Your discomfort could be due to your posture.

Our posture affects most of the activities we do every day. Any change in it also changes the way we use our bodies. Sitting or standing with our heads protruding forward can adjust the positioning of our entire shoulder complex. Our shoulder blade rolls forward, which in turn forces the shoulder joint in an abnormal orientation.

Changes to our posture change how well our shoulder muscles work and how the joints function. Over time, these changes can lead to shoulder pain and dysfunction. Fortunately, our team knows how to address these issues and guide you to the results you are looking for!

If you believe your posture could be contributing to your shoulder pain, call Jenna Howe to schedule an appointment and discuss your treatment options.

How Posture Affects the Shoulders

Shoulders are a common area for pain when you slump. When we slouch or hunch too much, the muscles and tendons are being worked in ways that they are not used to. This position also leads to stress on the joints, which can cause inflammation and pain.

Many patients who seek manual therapy for shoulder pain impingement learn that they can blame years of slouching for the predicament they're in. Slouching essentially shrinks the space our tendons run through, setting us up for a "pinching" of the tendon (i.e., impingement). When this happens, you may experience pain lying on the shoulder when sleeping or reaching for something to the side or overhead.

Left untreated, poor posture in the shoulders can lead to long-term effects, such as tendonitis, nerve constriction, or even spine misalignment.

Some of the most common postural errors include:

Slouching in a chair – It is so simple to sit at work all slumped over. Over time, sitting this way strains the muscles and eventually causes pain. The more significant issue is that we stay like that for the rest of the day. Sometimes this is due to improper chair or desk height, but we attempt to make ourselves comfortable most of the time.

The best way to avoid this is to get into the habit of sitting tall. This means sitting upright, legs uncrossed, feet flat on the ground, with your legs a few inches away from the chair's seat.

You can also use a lumbar roll or rolled up towel to help you maintain the proper posture. Place the roll in the small of your lower back. This prevents your lower back from rounding into the chair and helps you stay sitting up tall.

Text Neck – The term 'text neck' is used to describe a position in which the head is tilted downward, and the shoulders are hunched over (as if someone was looking down at a phone screen and texting.)

This is also commonplace in desk jobs, as many people will experience text neck when hunching over their keyboards or sorting through files. Over time this can lead to tight chest muscles and weak upper back muscles. As your body gets used to this stance, it becomes hard to get out of it, making you more susceptible to injuring your shoulders and neck.

Rounded shoulders – This type of posture error is caused when the shoulders are rounded forward instead of back, and the head and chest are slumped forward. This position is prevalent with activities that require prolonged standing. We round our lower back and allow our shoulders to slump forward as we stand.

Unfortunately, this posture contributes to difficulty reaching, lifting, and carrying things. Daily tasks become painful and limited. This stature makes us susceptible to tension and strain in the upper back, shoulder blades, shoulders, and neck.

How Manual Therapy Helps

Our manual therapists at Jenna Howe are dedicated to helping you achieve your highest level of physical ability. Improper posture can be a difficult habit to break, but our staff will use the most comprehensive approach to address your needs and determine the specific problem areas of your posture.

We will then determine the best course of treatment for your needs, and we will assist you in the necessary exercises and therapies that will ease your body into its intended posture once again.

Call Today to Schedule an Appointment

If you are experiencing shoulder pain, contact us today to set up a consultation. Whatever the culprit may be, rest assured that our therapists will get to the bottom of your problem.

We'll get your posture back where it belongs and help you feel good again!

Sources:
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MAY IS WORLD POSTURE MONTH!

DID YOU KNOW THAT SITTING REALLY IS THE NEW SMOKING?

Poor posture is quickly becoming an epidemic, creating neck pain, back pain, cognitive issues, chronic pain, shoulder pain, headaches, TMJ and more! Sitting really is the new smoking! As boring as posture correction might be, it is pivotal in addressing many painful issues.

- **Mini Kit —** Includes 2 small spinal rolls and at-home Spinal Care book, $45
- **Full Kit —** Includes 2 small spinal rolls, theraband, posture disc and at-home Spinal Care book, $95

For the whole month of May, when you purchase a Mini or Full Posture Kit you will receive a ***complimentary*** posture screen assessment and recommendations based on your results. Jenna and Serena are looking forward to helping you feel better, look better and reduce your pain with posture education and correction.

Limited supply available!

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

NEW STAFF SPOTLIGHT:

SERENA LUPINI, M.Sc., DOMP

Osteopathic Manual Practitioner



Jenna Howe is pleased to announce that Serena Lupini has settled into the office and is now taking on new clients. I am so pleased to welcome Serena, which will enable us to accommodate clients in a timely fashion that are waiting for treatment. Serena is an Italian osteopath who graduated from the International College of Osteopathic Medicine in Turin, Italy. This 5-year full-time program incorporates an intensive and comprehensive course load as well as 3 years of clinic practice. Serena also holds a Master's Degree in the Science of Osteopathic Medicine from Kingston University in London, England. She's travelled as an osteopath with European basketball, tennis, dance and mountain biking teams. She has experience working within the scope of TMJ or mandibular (jaw) problems and is able to see and treat the influences of these joints on postural alignment. Her work in this area serves to help patients integrate fascial changes into good body mechanics. Moreover, she has experience working with infants, toddlers, pregnant women, visceral/abdominal problems, surgical scars and use of osteopathy in cases of palliative care, chronic disease and terminal illness. We are so lucky to have her!

CLICK HERE to book with Serena!

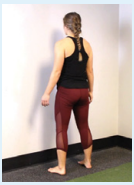
AT-HOME EXERCISE

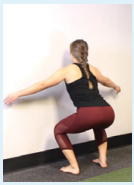
POSTURE SQUATS FACING WALL

PT WIRED
www.ptwired.com

Improves Your Posture

Start by standing facing a wall with your feet just outside hip-width apart and your toes pointed slightly out. Slowly bend at your hips and knees to lower your butt toward the ground without hitting the wall. Make sure to keep your heels down. Drive through your heels to stand back up straight. Step closer to the wall if possible or farther if needed. 3 sets, 10 reps.





If you are not sure about how to do this exercise, please consult with your therapist before starting.

Learn more online at JennaHowe.com

SUCCESS STORIES

Jenna's Patients Are Seeing Results



"I've been searching for 3 years for assessment and effective treatment for a traumatic brain injury from a motor vehicle accident. Jenna's assessment was tremendously effective and instructive. Her knowledge was unparalleled and ability to explain her conclusions was amazing. Excellent practitioner!"

— David M.

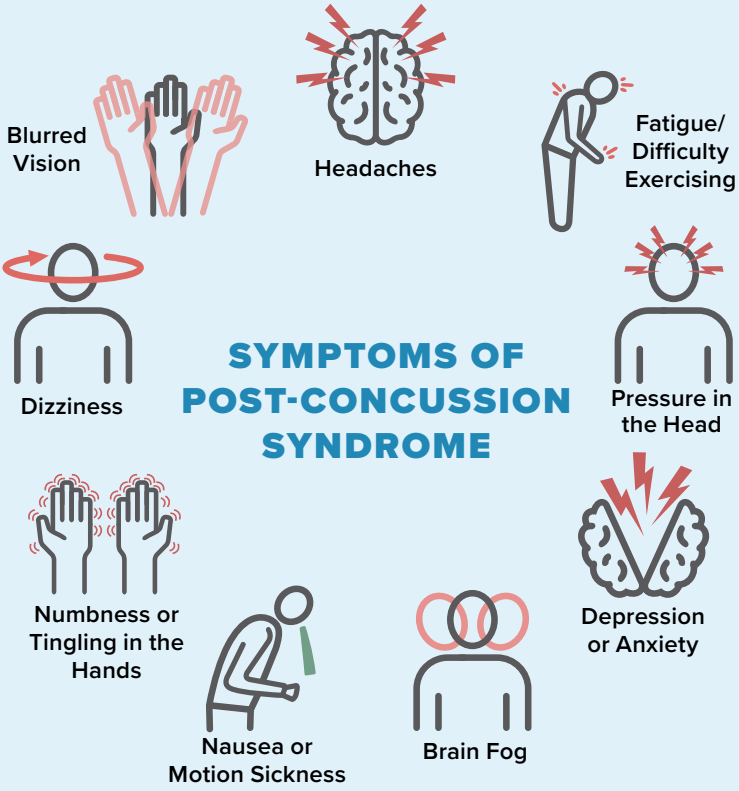
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Post-Concussion Syndrome



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