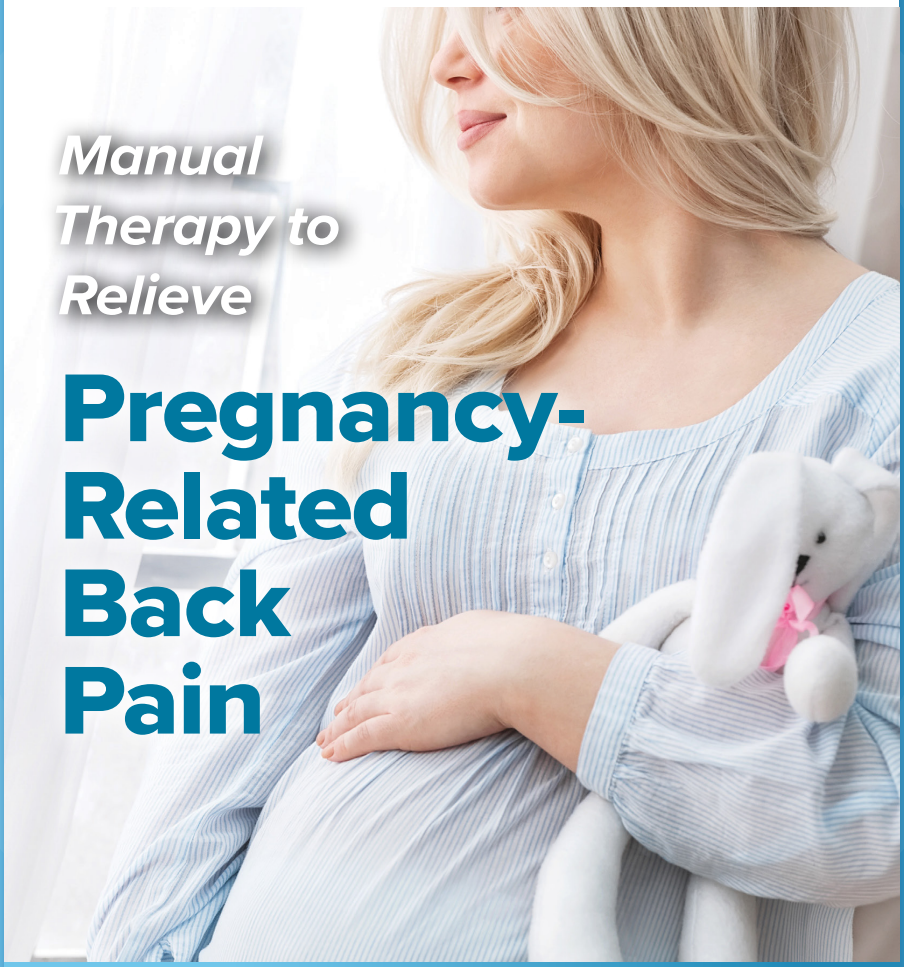
JENNA HOWE

Osteopathy and Concussion Recovery

AUGUST 2023 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle



Manual Therapy to Relieve

Pregnancy-Related Back Pain

Home Exercise to Ease Pregnancy Discomfort

Staff Spotlight: Serena Lupini

Patient Success Story

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NEWSLETTER

Your Resource for a Healthy Lifestyle



RELIEVE PREGNANCY-RELATED BACK PAIN

WITH MANUAL THERAPY

Are you currently pregnant and experiencing back pain? Have you given birth recently but are still feeling persistent pain, even after your delivery? One thing is for sure, pregnancy takes a toll on your body. Fortunately, our manual therapists at Jenna Howe can help relieve your back pain, both during your pregnancy and after you have given birth.

Many women experience low back or pelvic-region pain when pregnant, and a large percentage of them still have pain a year or more after giving birth. Your pain may develop in your sacroiliac (SI) joint, low back, or middle back. It may start as just an annoying ache or stiffness but can worsen and begin to significantly impact your ability to perform your daily activities, including caring for your baby.

Even if you still exercise regularly, if you do not adequately target your core muscles, you may be more susceptible to injury, especially when you bend, twist, or lift like when you're picking up your little one!

If you have been suffering from back pain during or after a pregnancy, don't hesitate to contact Jenna Howe today. We'll help you relieve your undesirable back pain so you can get back to comfortably doing what matters most – caring for your baby!

What Causes Back Pain During and After Pregnancy?

Back pain is common during pregnancy, with many women reporting pain both before and after giving birth. Most expecting mothers say their back pain occurs where your pelvis meets your spine (i.e., SI joint), but pain can develop anywhere in the spine.

There are many reasons why you may experience prenatal or postpartum back pain, including:

- **Increased weight.** Women typically gain 25-35 pounds during pregnancy. This puts extra stress on the spine, and the growing baby in your uterus also puts extra pressure on the nerves and blood vessels surrounding your back and pelvis.
- **Separation of muscles.** As your stomach continues to expand throughout your pregnancy, extreme stress is put on your abdominal muscles. With continued expansion, these muscles can separate along the center, in a condition known as "diastasis recti." This may cause a muscle imbalance that places more stress on the spine, which may result in back pain.
- **Changes in posture.** When you're pregnant, your center of gravity changes. To compensate for this, most women will adjust their posture and how they move, sometimes without even realizing they are doing so.
- **Changes in hormones.** During pregnancy, your body releases a hormone known as "relaxin." This increases joint laxity (looseness) in the pelvic area. This is your body's natural way of preparing for birth; however, this hormone causes ligaments in the spine to loosen, resulting in less stability and more risk for the pain to ensue.

Low back pain is a common prenatal and postnatal pregnancy concern, but the good news is that it is treatable with manual therapy!



Sources: https://pubmed.ncbi.nlm.nih.gov/32560862/
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7220333/

How Manual Therapy Can Help Your Pregnancy-Related Pain

Our manual therapists offer both pre-and postnatal treatments for pregnancy-related pain relief. At your initial appointment, you will be greeted by one of our experienced and dedicated manual therapists. They will perform a physical evaluation to assess the nature of your symptoms.

Your medical history and any health risks will also be discussed and considered before creating a treatment plan. After your evaluation, your manual therapist will put together an individualized program for you aimed at providing relief for your back pain and allowing for a smooth pregnancy and/or recovery from childbirth.

Treatment plans typically involve gentle therapeutic exercises, stretches, and manual therapy. These are all done to relieve pain, strengthen your core muscles, and improve posture. Your manual therapist may also suggest additional methods, such as massage therapies, to provide other relief and optimum function as deemed necessary.

How Strengthening Your Core Can Relieve Back Pain

The core muscles comprise the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle. The muscles that make up your core are designed to help stabilize your body, support your posture, and allow you to move appropriately. When any of the muscles within that group become weak, it is difficult for your body to function correctly.

Core strength is essential for mothers to allow them to tolerate the demands of motherhood. For specific conditions, such as cases regarding diastasis recti, condition-specific treatments will be designed to correct the symptoms. Diastasis recti can interfere with strengthening the abdomen muscles, resulting in weak core muscles and increased back pain.

Significant weakness in the core will often lead to compensations and straining different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain. Fortunately, our highly-trained manual therapists use the latest evidence-based clinical knowledge in the field to identify and treat this condition based on its severity and the personal needs of the patient.

Contact Us Today

At Jenna Howe, we want to make sure you are as comfortable as possible as you welcome the new addition to your family!

If you're experiencing back pain related to pregnancy, schedule an appointment today so you can focus on what matters the most: taking care of your new little bundle of joy!

(250) 704-4421

STAFF SPOTLIGHT:

SERENA LUPINI, M.Sc., DOMP

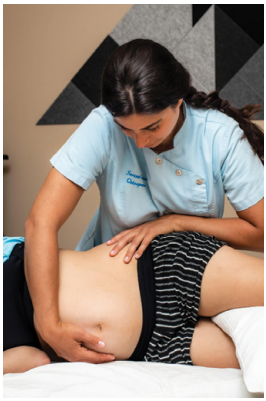
Osteopathic Manual Practitioner



"It is important for me to be a good listener, to both the patient and their body. Focusing on the specific needs of the patient each time, facilitates the best treatment. Everyone is different and it's important to keep that in mind."

Serena is an Italian Osteopath Osteopathic Manual Practitioner, who studied in Italy for five years, including three years of clinical practice. She then went on to complete a master's program in the Science of Osteopathy, in England.

The osteopathic concept which states "the parts cannot be separated from the whole" lead her to use various approaches such as craniosacral, visceral, fascial, myofascial and direct joints techniques. Most of all she is been working with all stages of life and conditions from infants, geriatrics, athletes, pregnant women, postpartum, TMJ dysfunctions, vertigo, autoimmune diseases, visceral problems, migraines, to infertilities, and more.



She has been working for the last 4 years in Nova Scotia and is loving her life here in Canada – her passion for the outdoors and nature leads her to explore more of it. She is excited to come to the west coast and call British Columbia her new home welcoming new patients.

Book an Appointment with Serena!

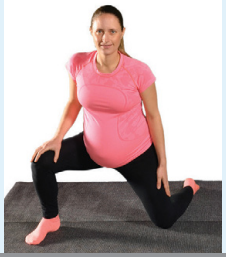
AT-HOME EXERCISE

KNEELING HIP STRETCH

Improves Pregnancy Discomfort

Kneel on the floor and lean into your front knee without overextending it. Hold for 15 seconds and repeat as needed on both legs.

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



"Received a very thorough assessment and an exercise program to follow. Jenna seemed to pick up on exactly what was happening to cause my hip & leg pain. I feel confident that if I follow the simple 20-minute exercise plan she tailored for me that I will see great improvement. Thank you Jenna"

— Kathryn K.

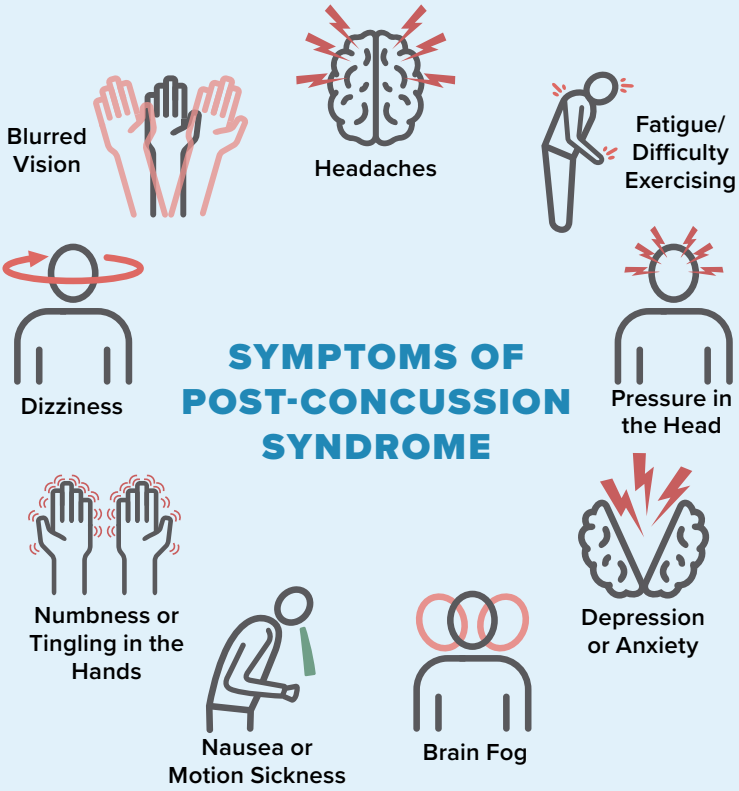
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