JENNA HOWE & ASSOCIATES
Osteopathy and Concussion Recovery

OCTOBER 2023 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle



OSTEOPATHIC MANUAL THERAPY FOR SCIATICA PAINS

Do you have shooting pain down one leg? If so, you may have sciatica, a condition that develops from pressure on or inflammation of the sciatic nerve. People with sciatica typically report feeling pain in their lower back, buttocks, and down their leg. Fortunately, osteopathic manual therapy can help treat sciatica pains. Our osteopathic therapists can identify the underlying cause of your sciatica, provide pain relief, and help you find a solution that works for you. It is definitely best to consult with us before symptoms become too severe. If you live with sciatica, or you think you may be experiencing sciatica symptoms, contact Jenna Howe & Associates today to discover how we can help.

When Should I See an Osteopathic therapist for Sciatic Pain?

A good rule of thumb is to come in for a consultation as soon as you begin to notice sciatic pains – from there, we can let you know what the best course of action will be! You should also pay attention to changes in the pain. If it goes from dull to severe or travels further down your leg, make an appointment as soon as possible!

The pain severity can change depending on how irritated your sciatic nerve becomes. The more pressure on the nerve, the more painful it will be, and the more likely you will experience severe pain and weakness in the leg.

Incontinence may also indicate that your sciatica is worsening and needs immediate attention. If your sciatic nerve becomes compressed in the area that controls your bladder and/or bowel function, you may lose control of those functions.

This is very rare, but it is considered a medical emergency that requires surgery. It is much better to seek help from our osteopathic therapists at Jenna Howe & Associates before you reach that point!

How Osteopathic Manual Therapy Can Help Sciatica

Osteopathic manual therapy is a hands-on approach to managing pain. Our therapist will pull from various manual techniques to help relieve pressure on the spine of your lower back, helping with pain, immobility, and other discomfort.

Two of the specific techniques we might use include the following:

Joint mobilizations: We'll slowly and gently guide your back and affected leg through their range of motion, helping to ease up any restriction that may be trapping the sciatic nerve and causing you pain.

Soft tissue manipulation: This massage-like technique manipulates your skin, muscles, and nerves to promote blood circulation to your lower back and, again, relieve pressure on the sciatic nerve.

One benefit of manual osteopathy is that it can be much more budget-friendly for the average person, especially when you address symptoms early. The earlier you begin working with us, the less likely you'll need to undergo expensive diagnostic tests or invasive surgeries.



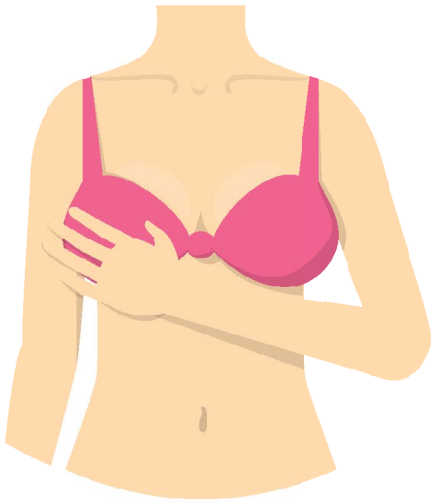
Early Intervention is Key: Schedule an Appointment Today!

Remember that it is not a good idea to let sciatic pain linger. Contact us at Jenna Howe & Associates to schedule your initial consultation. Our osteopathic therapists will help you find pain relief through a drug-free, holistic approach.

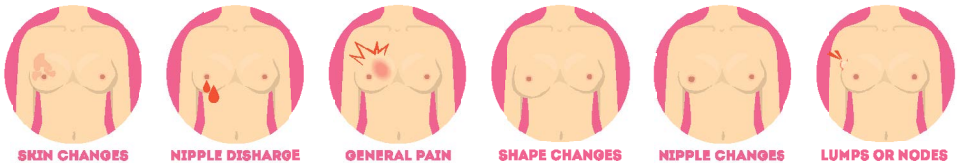
We don't want to just mask your symptoms–we want to help resolve the pain entirely. Call us today to get started!

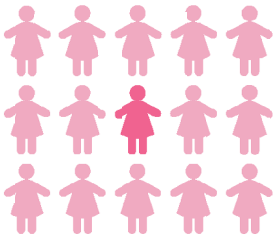
Sources: https://www.ncbi.nlm.nih.gov/books/NBK507908/ • https://www.degruyter.com/document/doi/10.1515/jom-2020-0261/html

OCTOBER IS BREAST CANCER AWARENESS MONTH

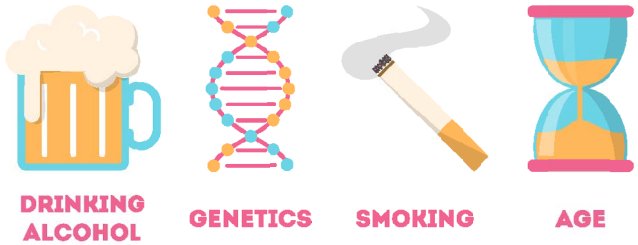


SYMPTOMS

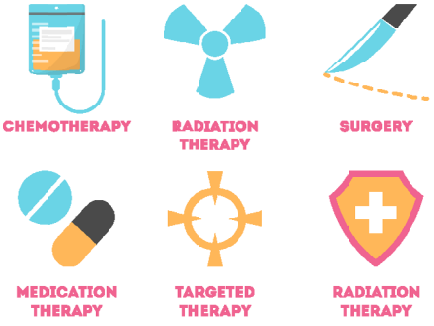




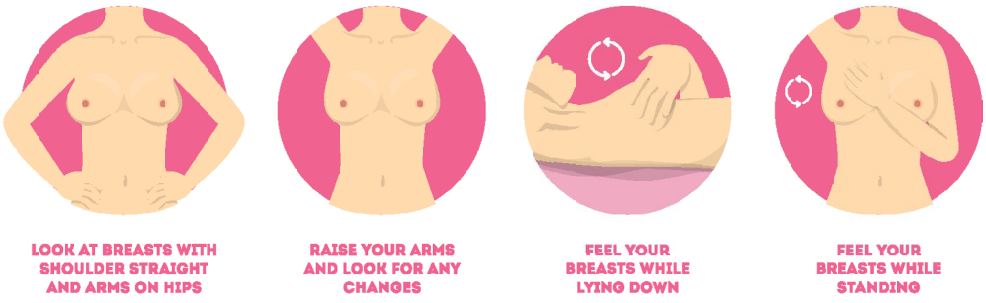
RISK FACTORS

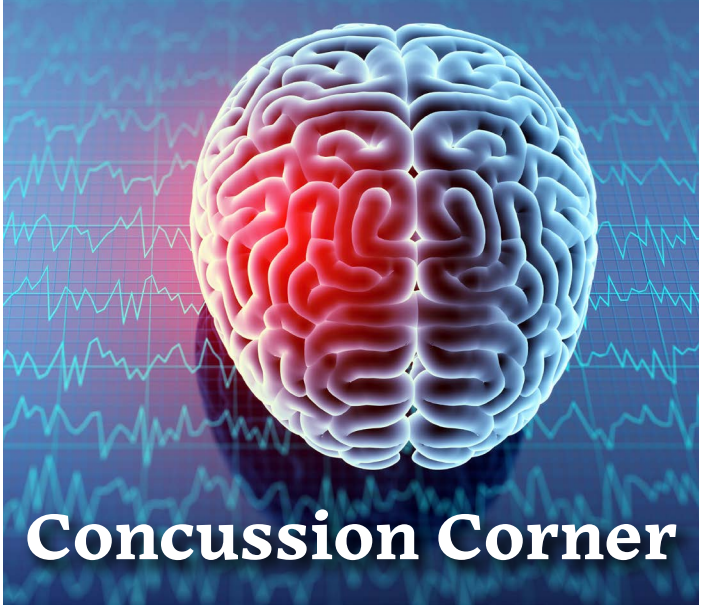


TREATMENT



BREAST SELF-EXAM





Concussion Corner

Welcome to this month's Concussion Corner! This month, we delve into the crucial topic of recognizing the warning signs after a head injury. Your brain's health is paramount. If you've had a recent head injury, pay close attention to these warning signs:

1. **Unrelenting Headache:** If you're experiencing a persistent, severe headache, it's a red flag.
2. **Balance Issues:** Dizziness or sudden balance problems should not be ignored.
3. **Cognitive Changes:** Memory lapses, difficulty concentrating, or mental fog may signal a concussion.
4. **Sensory Sensitivities:** Increased sensitivity to light or noise is a common symptom.
5. **Emotional Shifts:** Mood swings, irritability, or heightened emotions can be related to head injuries.
6. **Nausea or Vomiting:** If you feel nauseous or vomit following a head injury, seek immediate medical attention.

If you notice any of these signs, contact a healthcare provider immediately. Early detection and proper care are crucial for a full recovery.

Cozy Autumn Pumpkin Soup

- 6 cups vegetable stock
- 1½ tsp salt
- 4 cups pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ cup heavy whipping cream
- 2 tsp black pepper

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

https://www.allrecipes.com/recipe/9191/pumpkin-soup/

Exercise Essentials

Seated Thoracic Extension With Chin Tuck



Try this movement to relieve your back pain.

3 SETS | 5 REPS | 5 SECONDS HOLD

Sit up straight in a chair with your back against the back rest. Place your hands behind your head and tuck your chin. Slowly extend your back over the back of the chair with the top edge of the chair just under your shoulder blades. Hold then relax.



Always consult your manual therapist before starting new exercises. PT WIRED www.ptwired.com

WE WANT TO HEAR YOUR SUCCESS STORY!

One of the best ways to help a local business succeed is by leaving a Google review. Click below to share your Osteopathic experience with others!

REVIEWS



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