JENNA HOWE & ASSOCIATES
Osteopathy and Concussion Recovery

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NEWSLETTER

Your Resource for a Healthy Lifestyle



OSTEOPATHIC MANUAL THERAPY: ANOTHER OPTION FOR FIBROMYALGIA RELIEF

Does fibromyalgia keep you from visiting friends, working in your garden, or just living your life to the fullest? Though the condition can be challenging to manage, you do have options, including various osteopathic techniques.

Fibromyalgia is an incredibly complex condition that causes chronic pain throughout the body. It has no cure, and researchers currently don't understand what causes it. To make matters worse, many healthcare professionals struggle to treat it effectively, and the typical suggestions for managing chronic pain–such as regular exercise–are often untenable given the condition's symptoms.

At Jenna Howe & Associates, we understand where you're coming from. We'll work with you to find the right approach to successfully manage your fibromyalgia flare-ups so you can live a full, active life. As osteopathic practitioners, we offer some unique options you might not have tried yet.

Ready to start your journey? Call us today to schedule an appointment!

Understanding Fibromyalgia

Fibromyalgia's main symptom is widespread, chronic pain that can occur anywhere in the body, often at multiple sites. The pain sensations can vary, too: they may be aching and dull, or they may be burning or throbbing. Overwhelming fatigue is the other primary symptom of the condition.

However, many people will experience additional symptoms, further contributing to discomfort. These can include:

- Stiffness and restricted range of motion
- Tender spots throughout the body
- "Fibro fog," which causes difficulties with concentration, memory, and thinking clearly
- Sensitivity to light, noise, temperature, or scents
- Digestive issues

While we still don't fully understand the cause of fibromyalgia, we do know that people with the condition appear to have

a heightened sensitivity to pain, which causes them to experience pain even if there's technically no reason for it. For this reason, it can be difficult to find effective pain management solutions.

Why Jenna Howe & Associates Is a Great Choice for Managing Fibromyalgia

We have extensive experience working with people suffering from chronic pain, so we understand your frustrations and challenges when finding relief. We pride ourselves on offering compassionate care that seeks to work as a partnership between you and our osteopathic practitioner. Together, we'll develop a solution that suits your needs and lifestyle.

Many people with fibromyalgia feel as if they've already tried everything, which can lead to a sense of hopelessness and despair. But we offer some unique approaches that you might not have tried, such as the following:

- **Bowen Therapy:** This technique manipulates your body's fascia, a web of tough, flexible tissue that wraps around your muscles, bones, and organs. Restricted fascia can lead to stiffness and pain. Bowen therapy utilizes small, light movements, meaning it's significantly less painful for people with fibromyalgia than other forms of manual therapy.
- **Myofascial Release:** This technique also involves manipulating your fascia, specifically the fascia that wraps around your muscles. It's a bit more vigorous than Bowen therapy (and so it may be more uncomfortable if you have fibromyalgia). However, it can work out tough myofascia restrictions, relieving acute pain and improving your mobility.
- **Lymphatic Drainage:** This technique focuses on your lymphatic system, which circulates lymphatic fluid throughout your body. It uses a soft, massage-like approach to encourage the flow of lymphatic fluid back to your lymph nodes. As with Bowen therapy, it's a gentle technique with big benefits.

One of the challenges of fibromyalgia is finding the right combination of treatment methods to address your needs. Even if these techniques don't work for you, our team will keep working until we find ones that do!

A New Path to Fibromyalgia Relief

At Jenna Howe & Associates, we understand you are much more than your fibromyalgia. Our whole-body approach to care means that we see health as more than just your physical state: your mental well-being is important to us, too. We strive to provide a compassionate, understanding space where you can work with us to find the right solutions for you.

Our hands-on approach to care utilizes the power of human touch to guide you on a path toward relief. You may not be able to resolve your fibromyalgia completely, but you can successfully manage your symptoms for a rich, happy life.

Call us today to schedule your initial consultation.

Sources: https://pubmed.ncbi.nlm.nih.gov/33326048/; https://pubmed.ncbi.nlm.nih.gov/33218522/; https://www.niams.nih.gov/health-topics/fibromyalgia

STAFF SPOTLIGHT: KELLY D'AMBROGIO



Kelly is a Registered Massage Therapist specializing in Critical Trauma Rehabilitation, Craniosacral Therapy, Orthopedic Evaluation, Total Body Balancing, Lymphatic Drainage and Yoga Therapy. She has recently joined Jenna Howe and Associates along with her position as an Instructor and Clinic Supervisor at West College of Massage Therapy. Kelly's work as an RMT began in 2005 and she also brings an Osteopathic lens to her treatments.

Kelly is a welcome addition to Jenna Howe and Associates! You can book your RMT sessions or check out Kelly's PausePoint Therapy Gel Pack by clicking the buttons at right.

BOOK AN RMT SESSION WITH KELLY

Learn More

KELLY'S PAUSEPOINT THERAPY GEL PACK

"I believe that "Every-BODY" is different, therefore each session is unique and designed for your treatment needs. I specialize in bringing awareness to patterns that are wanting to be cleared and healed from chronic di-stress, dis-ease and dis-empowerment." — **Kelly D'Ambrogio**



Concussion Corner

Fall has a lot to offer when it comes to physical activity, and at Jenna Howe & Associates, it is our goal to ensure you that you're safe and healthy this season. Concussions can be a big concern when it comes to sports such as football, soccer and hockey. They can cause a variety of unpleasant effects, including:

- Inability to focus
- Fatigue
- Dizziness
- Memory loss and confusion
- Nausea and vomiting
- Slurring of speech
- Painful and chronic headaches/migraines
- Sensitivity to light and sound
- Ringing in the ears
- Visual abnormalities

Fortunately, you don't have to figure out a recovery plan on your own. There are specific tests and treatments that your manual therapists can guide you through to get you safely back into practice and games. To name a few:

- Exercise therapy
- Manual therapy
- Neck rehabilitation
- Vestibular rehabilitation
- Visual rehabilitation

Our manual therapists are committed to assisting you in recovering from a concussion. We are experts who are skilled in concussion management and can help you to feel your best in no time. Rest assured that at Jenna Howe & Associates, you're 100% supported in your journey to getting better this fall!



Anti-Inflammatory Ginger & Turmeric Carrot Soup

- 1 tablespoon olive oil
- 1 leek, cleaned and sliced
- 1 cup chopped fennel bulb (1 small head)
- 3 cups chopped carrots
- 1 cup chopped butternut squash (or more carrots)
- 2 garlic cloves, minced
- 1 tablespoon grated ginger (about a 2-inch piece)
- 1 tablespoon turmeric powder
- Salt & pepper to taste
- 3 cups low-sodium vegetable broth
- 1 can lite coconut milk (14.5 ounces)

Heat the olive oil in a large dutch oven or saucepan. Add the fennel, leeks, carrots, and squash. Sauté for 3-5 minutes until the veggies start to soften. Add the garlic, ginger, turmeric, salt, and pepper, and sauté for a few more minutes.

Add the broth and coconut milk. Bring the mixture to a boil, cover, and simmer for 20 minutes.

Once the soup is cooked, add it to a blender and blend until creamy. You could also use an immersion blender. Taste and adjust the seasonings to your taste.

Serve immediately with a dollop of coconut yogurt and enjoy!

https://www.simplyquinoa.com/anti-inflammatory-ginger-turmeric-carrot-soup/

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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1095 McKenzie Avenue,
Victoria, BC V8P 2L5, Canada

(250) 704-4421

JENNAHOWE.COM