JENNA HOWE & ASSOCIATES
Osteopathy and Concussion Recovery

MARCH 2024 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle



BACK PAIN SLOWING YOU DOWN? WE CAN HELP!

Here's a fact about back pain that may bring you some comfort: it's one of the most common musculoskeletal complaints in the world. Around 80% of people will have back pain at least once. So, if you're suffering now, you probably aren't the only one!

Of course, that thought does little to help if your back pain keeps you from performing day-to-day activities — as it often does. Back pain is often accompanied by mobility restrictions that make walking, rising from sitting, or bending over difficult. And if left untreated, it can sometimes lead to long-term pain and dysfunction.

At Jenna Howe & Associates, we know how debilitating back pain can be. Our dedicated osteopathic therapist will help you understand the cause or causes of your back pain and work with you to develop a personalized treatment plan that will let you get back to the activities you love to do.

Call our clinic today to set up your initial consultation!

What Causes Back Pain?

One of the reasons that back pain is so common is that it's associated with several different injuries, underlying conditions, or lifestyle factors. That said, most back pain is non-specific, meaning it's not caused by a specific disease or structural problem but by mechanical issues. Mechanical issues are difficult to pinpoint and may include multiple tissues in and around the spinal joints.

The first step in treating your back pain is understanding what's contributing to it. Our therapist will perform a comprehensive evaluation to help us learn as much as possible about your experience with back pain, including screening for any mobility limitations or weakness you're struggling with.

Here are some of the more common sources of back pain that we see at our clinic:

- Strains and sprains
- Herniated discs
- Spinal osteoarthritis (aka spondylosis)
- Lifestyle factors, including improper posture, prolonged sitting, or core weakness

Why Osteopathic Therapy Is Your Back Pain Solution

While back pain often resolves on its own within 1-3 months, osteopathic therapy is an excellent choice for people with particularly intense pain or extremely restrictive mobility. It's also useful for people with chronic back pain — defined as pain that lingers past that three-month mark.

We customize all our back pain interventions according to your specific needs: the location and severity of your back pain, any mobility restrictions, your ability level, and overall goals. We'll work to address the underlying issues causing your pain rather than simply masking the symptoms.

How will we do this? Through a blend of the following:

- **Manual osteopathic therapy** helps manage pain, improve mobility, and restore function throughout the body.
- **A personalized exercise plan** improves the strength, flexibility, and endurance of your back and core muscles. Muscle weakness significantly contributes to lower back pain, so exercise is a must.
- **Postural corrections** help address issues that might create extra stress on your spine. Back pain often stems from improper posture — but everyone's ideal posture is different. We'll help you find yours.
- **Specialized training,** such as proper techniques and activities that simulate functional movements you'll need to perform (i.e., squats, lunges, lifting, etc.).

Get Moving Again with Osteopathic Therapy!

Back pain is more than just pain. It can severely restrict your mobility, leading to less exercise and movement, further contributing to pain and dysfunction. The Jenna Howe & Associates team is here to help you break that cycle and find relief from back pain for good.

Call us today to schedule an appointment!

ST. PATRICK'S DAY GREEN SMOOTHIE

Looking for a healthy post-workout smoothie? You can never go wrong with a classic green smoothie. Customize your green smoothie with any greens you have on hand (fresh or frozen), any type of milk, and any nut or seed butter.

- 3/4 cup milk
- 1 small frozen banana
- 1 tablespoon nut/seed butter
- 3 cups baby spinach
- 2 scoops protein powder of choice

Combine all ingredients in a blender and blend until smooth.



https://www.humnutrition.com/blog/post-workout-smoothie-recipes/

Sources: https://pubmed.ncbi.nlm.nih.gov/32669487/; https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD004057.pub3/full; https://www.frontiersin.org/journals/physiology/articles/10.3389/fphys.2022.958033/full

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 to the 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**



sway

HAVE YOU BOOKED YOUR BASELINE CONCUSSION ASSESSMENT?

At Jenna Howe Osteopathy and Concussion Recovery you can now receive SWAY's cutting-edge Baseline Assessment. Using a mobile device we can create a protocol for baseline testing, sideline assessments, and the return-to-play process through an ever-growing battery of balance, cognitive, and functional assessments.

Pay one low fee and have ongoing screening for the rest of the year. Anytime a concussion is suspected, contact Jenna and she will set you up for your screening. Whether you choose treatment with Jenna or treatment elsewhere you can have a trend report created, following your progress and recovery and ready to show to your medical provider for return-to-sport and school.

SWAY is also used clinically to monitor trends in recovery and can be administered at anytime during your treatment, not just as a baseline.

Are you a youth athlete interested in participating in a research project using SWAY and the Concussion Recovery Protocol? Feel free to email Jenna for more information: concussionresolution@gmail.com with the subject line: CRP research project.

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



RELIEVING BACK PAIN:
The Healing Touch of Massage Therapy

By Kelly D'Ambrogio, RMT

Back pain is prevalent, affecting millions of individuals worldwide. It can stem from various factors, such as poor posture, sedentary lifestyles, injuries, or underlying medical conditions. While numerous treatment options are available, one increasingly popular and effective approach is massage therapy.

Massage therapy offers a holistic approach to healing. Through the skilled manipulation of soft tissues, massage therapists such as myself target specific muscle groups for various benefits. My hands-on approach not only addresses the physical symptoms of back pain but also fosters mental and emotional well-being.

Five Benefits of Massage Therapy for Back Pain

1. **Pain Relief:** Massage therapy can provide immediate relief by reducing muscle tension and inflammation, alleviating discomfort.
2. **Improved Flexibility:** Regular massage sessions can enhance flexibility and range of motion, making it easier to perform daily activities without strain or discomfort.
3. **Stress Reduction:** Massage therapy encourages relaxation, lowers stress hormones, and promotes a sense of calmness, which can indirectly alleviate back pain.
4. **Enhanced Circulation:** By improving blood flow to the affected area, massage therapy facilitates the delivery of oxygen and nutrients to damaged tissues, promoting healing and reducing pain.
5. **Posture Correction:** Poor posture contributes to back pain. Massage therapy helps correct postural imbalances by loosening tight muscles and promoting proper alignment, reducing the risk of future pain episodes.

Want to experience the benefits of massage therapy for yourself? Request an appointment at Jenna Howe & Associates today!

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