APRIL 2024 ISSUE

JENNA HOWE & ASSOCIATES
Osteopathy and Concussion Recovery

NEWSLETTER

Your Resource for a Healthy Lifestyle



AVOIDING SURGERY
FOR SPORTS-RELATED INJURIES

If you're an athlete or enjoy playing sports, injuries can be a common occurrence. Fortunately, our Jenna Howe & Associates osteopathic therapist can help you recover after an injury and, in many cases, avoid the need for surgery altogether.

We'll help guide you through the preventive steps you can take to minimize your risk of sports injuries. If you sustain an injury, we'll identify all the factors related to your injury and address them one by one. Either way, we'll take a holistic approach that fortifies your overall health and improves the skills necessary to maximize your athletic performance.

If you're an athlete looking to recover after an injury, prevent surgery, and get an edge on the field, court, or weight room, we can help. Our programs are designed to help athletes withstand the physical demands of sports more effectively, minimizing the incidence of an injury — and the need for surgery.

Tailored Plans After an Injury

Often, when someone suffers an injury, they think they need to rest or avoid the activities causing them pain. On the other hand are people who ignore aches and pains, thinking they will go away on their own, only to discover those early warning signs were the body's signals to get help.

The reality is that rest, avoidance, and trying to ignore or push through pain only lead to a bigger, often more complex, problem. At Jenna Howe & Associates, we can help weed through your symptoms and identify the root cause of your particular situation — then give you the tools to prevent, delay, or prepare yourself for surgery.

We'll guide you through a gradual progression to make sure you are ready to return without any limitations or impairments standing in your way, ensuring a safer and more effective recovery process.

Rather than a "one-size-fits-all approach," we believe every patient is unique and deserves a program tailored to their specific situation and goals. We're not just treating you — we're guiding you toward a pathway of enhanced performance and overall well-being!

What to Expect at Your Osteopathic Manual Therapy Sessions

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. Our osteopathic therapist will thoroughly evaluate your injury to determine its severity and identify any other weaknesses or limitations that may affect your recovery, stability, or strength.

Next, we'll create a targeted, individualized plan of care for you to promote accelerated recovery and future injury prevention. Our goal is to minimize the risk of needing surgery, so you get back to training and competing in the sport you love.

Here's a general idea of what a rehabilitation program might look like:

- **Step 1:** Manage pain and work to restore mobility through osteopathic manual techniques.
- **Step 2:** Progress your strength and dynamic stability exercises to restore function and prevent injuries.
- **Step 3:** Incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can perform sports-related movements and avoid future injuries.

Get Started Today!

Navigating the road to recovery can be tricky. Fortunately, our osteopathic manual therapist is here to guide you every step of the way. We'll work to help you avoid surgery by rehabilitating you post-injury and ensuring a smooth transition back to the sports you love.

Whether you're on the brink of surgery or hoping to prevent it, our therapist will create a program specifically tailored to your unique needs. Reach out to Jenna Howe & Associates to learn more!

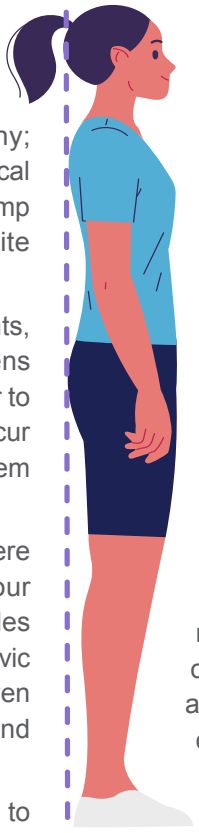
Sources: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5223716/; https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5573846/; https://pubmed.ncbi.nlm.nih.gov/27385156; https://www.jwatch.org/na47635/2018/10/18/effectiveness-physical-therapy-vs-arthroscopy-meniscal; https://bjsm.bmj.com/content/56/15/870; https://jamanetwork.com/journals/jama/fullarticle/2705186

WHAT DOES POSTURE HAVE TO DO WITH PAIN?

How do you maintain your posture throughout the day? Do you catch yourself slouching frequently? Do those last couple hours of the school or work day leave you hunched over and ready to leave? If you are experiencing aches and pains, especially in your neck or back, poor posture is probably to blame. Fortunately, posture can be improved with the help of osteopathic therapy.

Why Do I Have Poor Posture?

Poor posture isn't anything to be embarrassed about — very few people have perfect posture, and most people partake in bad posture habits in one way or another. We become so wrapped up in whatever tasks we are doing that we forget to think about the way our bodies are positioned.



Improper posture isn't due to laziness or apathy; rather, it generally has something to do with a physical weakness within our bodies. We slouch and slump when we feel drained because our bodies (quite literally) get tired of holding us up.

Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments. It also weakens many of the core muscles that are needed in order to keep you upright and healthy. Posture changes occur over time and most people don't pay attention to them until they begin to notice aches and pains.

Even if you exercise regularly, it is possible that there are still a few weak muscles contributing to your posture that you may not even realize. The muscles in your shoulders, back, abdomen, buttocks, and pelvic floor all play an important role in your posture. If even one of these is weak, your core will be affected, and your posture may suffer.

Your body is designed to align perfectly, in order to allow for proper movement of the muscles, breathing, and blood circulation. If poor posture continues, it can eventually lead to chronic conditions as you age.

Regaining Your Posture With Osteopathic Therapy

Osteopathic therapy is a great way to regain normal posture. Our osteopathic therapists are experts in movement and they are great resources to have when trying to achieve your physical performance goals. They will aid you in the improvement of your balance, stability, flexibility, and mobility, all of which will positively affect your posture.

At your initial evaluation, your osteopathic therapist will perform functional musculoskeletal testing in order to identify which weakened areas of your body are causing your back pain. Afterward, they will create a customized treatment plan, tailored to your specific needs.

Treatment plans typically include manual therapy and targeted exercises to alleviate pain and regain proper function. Additional treatments, such as radial shockwave, soft tissue therapies, taping, or biofrequency therapy may be added as your osteopathic therapist deems fit. Your treatment plan will focus on improving your posture, increasing strength, and (most importantly) relieving pain.

If you are experiencing back pain, your posture may be to blame. Fortunately, Jenna Howe & Associates is ready to help you begin your journey toward long-lasting pain relief. Find out for yourself why osteopathic therapy is one of the most effective ways to address your back pain and start on the road to recovery. Contact our Victoria, BC osteopathic therapy office today to schedule a consultation, and figure out how osteopathic therapy can help make your "posture perfect!"



CONCUSSIONS AND SPRING SPORTS

Are you looking forward to participating in this season's sports? Spring 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 soccer, lacrosse and baseball. If you develop a concussion this season, we can help.

Concussions are a type of brain injury caused by a force/hit or sudden acceleration and deceleration to the head, neck or body. Concussions can impair your physical and mental capacities for an extended period of time.

They can also 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, manual therapy can help provide recovery and relaxation to those with concussions! You don't have to figure out a recovery plan on your own, Jenna Howe & Associates is here to help you make your way back to feeling your best.

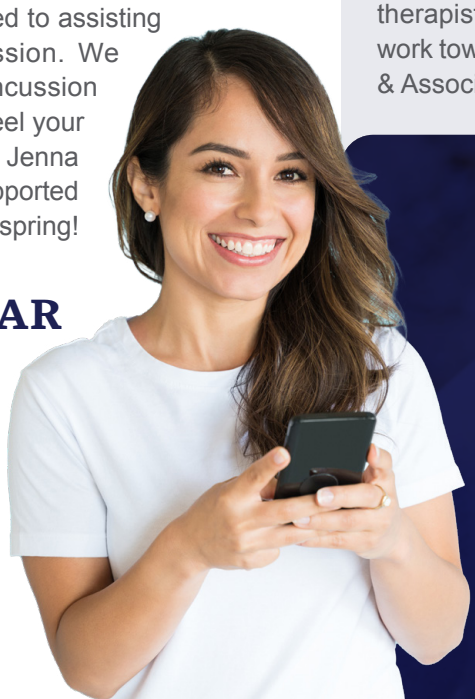
There are specific tests and treatments that your manual therapists can guide you through to get you safely back into practice, games, or work. To name a few:

- Exercise therapy
- Manual therapy
- Neck rehabilitation
- Vestibular and visual system 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 spring!

WE WANT TO HEAR YOUR SUCCESS STORY!

REVIEW US



COMMON SPORTS INJURIES

Athletes often push their bodies to the limit to achieve their goals. This intense effort, or an unfortunate accident, can sometimes lead to injuries. Fortunately, with the right information and approach, many of these injuries can be avoided or effectively managed through osteopathic manual therapy.

One of the main reasons for these injuries includes deceleration incidents, which put immense strain on muscles and ligaments, and sudden changes in direction, which can cause lower body sprains and strains. In addition, inadequate or improper training methods, including insufficient warm-up and improper technique, elevate the risk of injuries. Overuse injuries (i.e., repetitive stress) frequently occur without proper rest, leading to complications such as tendonitis.

Top Sports Injuries

- **Concussions:** Concussions are a type of brain injury that occurs when the brain jostles inside the skull. Contact athletes are at a particularly high risk.
- **Ankle Sprains:** Ankle sprains are common in sports involving running and jumping. They occur when the ligaments surrounding the ankle are stretched or torn.
- **Knee Injuries:** Athletes are prone to knee injuries, which can involve damage to ligaments, cartilage, or other structures within the knee joint.
- **Shoulder Injuries:** These encompass a range of issues, including rotator cuff tears and dislocations. They're often seen in sports that involve overhead motions, like swimming or baseball.
- **Fractures:** These involve breaks in the bones from a single, forceful incident or stress fractures (caused by repetitive stress).

Osteopathic manual therapy plays a significant role in helping athletes avoid surgeries and return to their optimal performance levels. By working closely with our skilled therapist, patients can return to their favorite sports and work towards better function and mobility. Call Jenna Howe & Associates to schedule a consultation today.

JENNA HOWE
& ASSOCIATES
Osteopathy and Concussion Recovery

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

(250) 704-4421

JENNAHOWE.COM