JENNA HOWE & ASSOCIATES
Osteopathy and Concussion Recovery

MAY 2024 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle

COMMON CAUSES OF FOOT PAIN

AND HOW OSTEOPATHIC MANUAL THERAPY CAN HELP



You want to go for a nice evening stroll or spend an afternoon at the mall. But that pain in your foot makes prolonged walking seem like an impossibility. Now what?

Foot pain is a common problem–and one that can have a significant impact on your day-to-day life. If severe enough, it becomes a risk factor for other concerns, particularly among older people, including decreased balance, increased fall risk, and general loss of mobility.

Fortunately, the osteopathic therapists at Jenna Howe & Associates can help you find relief. First, we'll dig down to identify the root cause of your pain. Then, we'll develop a customized treatment plan to resolve the underlying injury or condition, helping to ensure lasting relief.

Don't let foot pain hobble you completely! Give us a call to set up an appointment to uncover the source of your foot discomfort.

What Are Common Causes of Foot Pain?

While causes of foot pain vary wildly, here are three of the most common:

- **Plantar Fasciitis:** This is the most common cause of foot pain, occurring in about 10% of the general population. It causes pain and stiffness along the bottom of your foot and into your heel and occurs when certain tissue (the plantar fascia) becomes swollen and inflamed.
- **Achilles Tendonitis:** Another example of inflammation in foot tissue is Achilles tendinitis, which causes pain and range of motion restriction in the tendon that runs along the back of your heel (the Achilles tendon).
- **Stress Fractures:** Stress fractures are small cracks in the bone that generally occur due to overuse. While they can happen anywhere, your feet are particularly susceptible as they absorb much of the impact from activities like running, excessive walking, and jumping.

How Osteopathic Therapy Can Help

Once we've determined the source of your foot pain, we'll work with you to develop a customized care plan to manage symptoms, improve functionality, and, in many cases, resolve the underlying condition.

We pull from different approaches to find the right combination that meets your needs. Here are some we might suggest:

- **Manual Therapy:** Manual therapy offers drug-free pain management and a gentle way of improving foot mobility. Techniques like myofascial release, soft tissue manipulation, and joint mobilization offer unique benefits.

- **Exercise Programs:** We'll provide a targeted, personalized exercise program to stretch and strengthen your foot and ankle muscles. Depending on your needs, we can also work on balance, overall mobility, and coordination.
- **Shockwave Therapy:** This technique uses sound waves to provide additional pain relief.
- **Lifestyle Modifications:** Often, foot pain stems from lifestyle factors, such as wearing improper footwear or starting a new high-impact exercise regimen. We'll help you identify these factors and suggest strategies for managing them.

During your sessions, we'll guide you through each step of your treatment plan, from acute pain relief to at-home exercises and self-massage techniques.

Schedule An Appointment Today

The first step in resolving your foot pain is correctly identifying its cause. To learn why your foot is hurting, call Jenna Howe & Associates to schedule your initial consultation. We'll have you on your way to an active lifestyle in no time!

Sources: https://www.ncbi.nlm.nih.gov/books/NBK431073/; https://bjsm.bmj.com/content/55/19/1106; https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5112330https://orthoinfo.aaos.org/en/diseases--conditions/stress-fractures-of-the-foot-and-ankle/

HEALTHY RECIPE



Peanut Butter Banana "Ice Cream"

- 2 medium bananas, peeled, halved and frozen
- ¼ cup natural peanut butter
- Unsweetened shredded coconut for garnish

Place bananas and peanut butter in a food processor. Pulse and process until mostly smooth, stopping to scrape down the sides as needed. Garnish with coconut, if desired. Serve immediately.

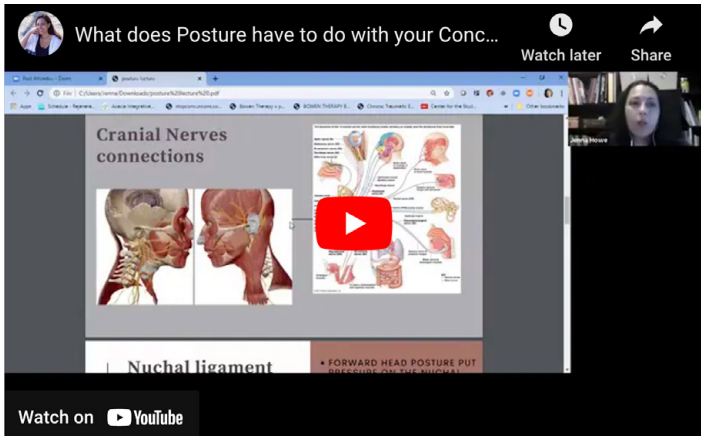
Source: https://www.eatingwell.com/recipe/258090/2-ingredient-peanut-butter-banana-ice-cream/

POSTURE PERFECT:

Safeguarding Against Concussions with Jenna Howe's Expert Insights!

Proper posture plays a pivotal role in preventing injuries, relieving strain on muscles and joints, and even enhancing cognitive function. Research indicates that poor posture may exacerbate concussion symptoms and hinder recovery. Understanding how posture influences concussion management is imperative for promoting effective rehabilitation and preventing long-term complications.

Watch our video to learn about posture and concussion:



By incorporating posture-focused interventions into concussion management protocols, we empower patients to mitigate symptoms and expedite their return to optimal health. Together, let's prioritize our well-being and strive for a healthier, more resilient future.

MAY IS POSTURE AWARENESS MONTH!

Did you know that poor posture can be related to:

- Neck and Back pain
- Headaches and Migraines
- Jaw Pain
- Cognitive Decline
- Shoulder Pain and more!

For this month only, Jenna Howe Osteopathy is offering 20% OFF a 12-week posture correction program, which includes:

- 3x Full Posture Assessment and customized home program at 4-week intervals
- Full Posture Kit for home care
- 9x Treatment Sessions
- $949 plus GST

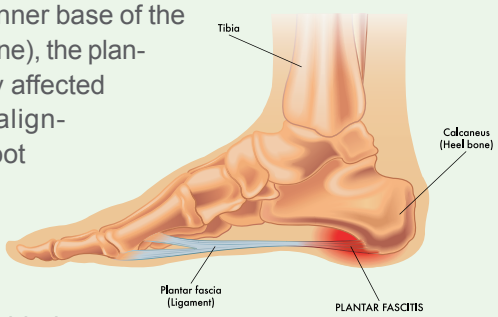
Not ready for the full program? Purchase a Full or Mini Posture kit for home and receive a complimentary Posture Screening.

Common Sense Orthotics
Canadian Certified Pedorthist

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Have you ever stepped out of bed in the morning to the unpleasant sensation of sharp heel pain? You are not alone, as plantar fasciitis affects 10% of the population at some point in their life.[4] This common musculoskeletal injury negatively impacts quality of life, hindering individuals across ages and activity levels' ability to walk comfortably.[1] Plantar fasciitis is the inflammation of the fibrous soft tissue that stretches the base of the foot — originating at the base of the inner heel and extending into all five digits. As the plantar fascia plays a crucial role in walking through shock absorption and propulsion, injury to this tissue can significantly hinder one's ability to complete daily activities of life with ease.



Originating at the inner base of the calcaneus (heel bone), the plantar fascia is greatly affected by the rearfoot alignment. As the rearfoot or subtalar joint shifts medially (inward), the load and strain placed on the fascia notably increases. It has been found that this rearfoot alignment is a predictor of plantar fasciitis.[3] Regular prolonged and high-impact activity with this undesirable foot posture overloads the plantar fascia, leading to inflammation and months of unwanted foot pain.

To protect against this painful nuisance, improving postural alignment has been proven to reduce strain of the plantar fascia.[2] Correcting one's postural alignment would reduce inward ankle shift/excess ankle pronation, reducing unwanted strain across the thick inner band of the plantar fascia during weight-bearing activity.

As we all want to avoid foot pain, that means we want to improve our foot posture – but how? It has been found that the use of manual therapy to improve postural alignment, as well as the use of custom foot orthotics, are effective in reducing plantar fasciitis symptoms.[5] Often, the cause of unfavorable foot alignment stems from postural abnormalities up the kinetic chain. Poor hip alignment, leg length discrepancies, scoliosis, etc., can all play a role in our present foot posture and strained plantar fascia. The same is true in reverse, where we can work to improve overall posture from the ground up.

Your local Canadian certified pedorthists at Common Sense Orthotics are trained to assess your specific lower limb and foot mechanics to design and fabricate custom foot orthotics to improve your specific foot posture. Improved posture reduces pain, allowing for more independence, activity, and quality of life.

In seeking treatment for plantar fasciitis, your osteopathic manual practitioner specializes in supporting your postural improvement. Custom foot orthotics catered to your specific activities, mechanics, and comfort will create a strong foundation to build your improved posture and well-being. It is key to ensure your pedorthic and osteopathic care are in communication to ensure we are all working together on the shared goal of your improved ease of movement and quality of life. Jenna Howe and Associates, as well as your pedorthists at Common Sense Orthotics, are excited to work together to keep you comfortably on your feet and active.

1 https://www.mdpi.com/2075-1729/11/12/1287
2 https://www.scielo.br/j/rbfis/a/Scm6zrZDx5MxYsk7wR65JkS/?lang=en
3 https://www.mdpi.com/1660-4601/18/24/12942
4 https://ecronicon.net/assets/ecor/pdf/ECOR-09-00271.pdf
5 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1839987/

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!

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