JENNA HOWE & ASSOCIATES
Osteopathy and Concussion Recovery

JUNE 2024 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle



INTRODUCING A NEW LOCATION & A NEW THERAPIST!

We have some exciting things happening at Jenna Howe & Associates! As our community grows, we're expanding, giving us even more opportunities to serve you better.

This summer, we're opening a satellite location in Burnaby, BC, and we have a new athletic therapist, Brynn Bicknell, who will work alongside Jenna to offer sports injury assessment, rehabilitation, and prevention.

We've got all the details below, but if you have any questions, don't hesitate to give us a call.

What's Athletic Therapy?

Athletic therapy is a specialized field focused on the prevention, immediate care, and rehabilitation of musculoskeletal injuries, especially in athletes and active individuals. They offer acute injury management, including on-field emergency care and long-term rehabilitation strategies.

To accomplish this, they pull from a range of different interventions, including the following:

- Manual therapy, such as joint mobilization, to help reduce pain and improve mobility
- Bracing and taping to help protect an injury as you recover
- Targeted exercise programs, all designed to suit your unique goals
- Modalities, such as shockwave therapy, to manage pain and facilitate healing

Athletic therapists focus on providing comprehensive, customized treatment plans that address your unique needs and will help you safely and efficiently return to your favorite activities.

Meet Brynn Bicknell!

As a certified athletic therapist, Brynn has extensive experience working with athletes of all ages and backgrounds. She loves helping people achieve their health goals, no matter what they are–whether that's recovering from a concussion, improving overall sports performance, become healthier or move more/better.

Brynn is a Certified Matwork Pilates instructor. She often incorporates mat-based Pilates movements into her treatment program, which can help you build core strength and improve balance. She's also a Bowen Practitioner and will join Jenna in offering Bowen Therapy, a gentle form of hands-on therapy that can help reduce pain and promote healing.

Details About Our New Satellite Location

Brynn will offer her services out of our brand new location at 3999 Henning Dr, #402, Burnaby, BC, V5C 6P9, which will celebrate its grand opening on June 17th. Jenna will be joining her on select days of the week.

Brynn's Clinic Hours

- Mondays, 11 AM - 7 PM
- Thursdays, 6:30 AM - 2:30 PM
- Saturdays, 9:00 AM - 3:00 PM

Jenna's Burnaby Clinic Hours

- Every other Tuesday, 10:30 AM - 5:30 PM
- Every other Wednesday, 10 AM - 5 PM

Brynn and Jenna Are Ready to Get Started!

Make sure to make a note on your calendar to join us for the grand opening of our new Burnaby location. However, you can also go ahead and call us at 250-704-4421 to get on the schedule to work with either Jenna or Brynn. Online booking is now open. We can't wait to see you!

Sources: https://athletictherapy.org/public/whatisAT

OUR NEW SATELLITE LOCATION IS HERE FOR YOU









6 NUTRITION TIPS FOR A HEALTHY SUMMER

Your diet affects many aspects of your well-being including your immune system, bone health, muscle function, inflammation, and pain. Conditions including heart disease and diabetes are also impacted by dietary intake in both development as well as management. As summer approaches, it can be difficult to keep good nutrition at the forefront of your mind, especially with barbeques and cookouts popping up everywhere you look!

If you need some help maintaining a healthy diet this season, take a look at these 6 nutrition tips:

1. Swap out snacks for fruits and vegetables

Every day, it is recommended that you consume at least 5 portions of a variety of fruits and vegetables. If this sounds challenging, remember that fresh, frozen, canned, dried, or even juiced fruits and veggies are all options.

2. Replace steak with fish

Fish is a great source of protein and contains many vitamins and minerals. You should try to incorporate at least 2 servings of fish in your diet every week.

3. Lessen your saturated fat intake

Did you know that too much saturated fat can raise your blood cholesterol levels, increasing your risk of developing heart disease?

Examples of food rich in saturated fat include:

- fatty cuts of meat
- sausages
- butter
- hard cheeses
- cream
- cakes
- biscuits

4. Cut down on sugary drinks

With the hot weather, it can be almost instinctive to reach for a cold soda out of the cooler. However, drinks high in sugar content can contribute to obesity and tooth decay. Try opting for a cool refreshing glass of water instead, or a tasty fruit smoothie!

5. Make sure you're drinking enough water

Proper hydration is always important, but it becomes even more so during those hot summer months. It's recommended that you drink around 6 to 8 glasses of water a day.

6. Don't forget breakfast

A healthy breakfast should be a part of your daily routine. Eating breakfast sets the tone for your day and gives you the energy you need to make it to lunch!

We hope these tips will help you navigate this season and prioritize your health this summer!



ATHLETIC CONCUSSIONS - A CRUCIAL CONVERSATION WITH JENNA HOWE

Jenna Howe is thrilled to announce the opening of a new satellite location in Burnaby dedicated to advancing athlete care and safety. As part of our commitment, we're excited to introduce our new Athletic Trainer, Brynn Bicknell, CAT(C), ATC, LAT. With her extensive expertise, Brynn will play a vital role in addressing one of the most pressing issues in sports today: athletic concussions.

Concussions are more than just a bump on the head; they are serious injuries that can have long-lasting effects if not properly managed. At Jenna Howe's new Burnaby location, we are prioritizing concussion awareness, prevention, and treatment. Our approach is holistic, focusing on education, early detection, and personalized recovery plans.

- **Brynn Bicknell brings a wealth of knowledge and experience to our team.** Certified in Canada and the U.S., she has a deep understanding of the complexities of concussion management. Her approach is comprehensive, ensuring that each athlete receives the care they need to return to their sport safely.
- **Education is key.** Athletes, coaches, and parents must recognize the signs and symptoms of concussions, which can include headaches, dizziness, confusion, and changes in mood or behavior. Immediate action is crucial – when in doubt, sit them out. Our new facility in Burnaby will offer workshops and resources to educate the community on these critical points.
- **Recovery from a concussion is not one-size-fits-all.** Brynn's individualized care plans are designed to support each athlete through their unique recovery process, emphasizing rest, gradual return to activity, and ongoing monitoring.

Jenna Howe's new Burnaby location is more than just a clinic; it's a hub for athlete health and safety. We invite you to join us in prioritizing the well-being of our athletes and ensuring they have the support they need to thrive both on and off the field. Welcome to a new era of athlete care in Burnaby!

WE WANT TO HEAR YOUR SUCCESS STORY!

REVIEW US

MEET BRYNN BICKNELL



Certified Athletic Therapist – Move Better, Feel Better

Brynn has a passion for helping people, through movement and pain relief to be more active and reach their health goals. When people feel better, their quality of life improves.

As a Certified Athletic Therapist, Licensed Athletic Trainer, Certified Matwork Pilates Instructor, and Bowen Practitioner who has worked in British Columbia, Washington state, and Missouri state, Brynn has had experience working in a variety of settings, with people from diverse backgrounds to give a well rounded and individualised approach to everyone that she works with.

From working with older adults with spinal surgery or cardiac conditions, to adolescents in youth sports, and college athletes, Brynn has a passion for helping individuals achieve their activity goals, increasing function, reducing pain, and improving performance.

Brynn discovered her passion for helping those suffering from concussions and persistent concussion syndrome after meeting Jenna Howe in 2012. Her goal is to give hope to individuals suffering from concussion symptoms by educating the public and developing a course to teach the protocol to other practitioners.

In Missouri, Licensed Athletic Trainers are one of the few healthcare practitioners with the ability to clear athletes regarding concussions to their sport (priority over emergency physicians or urgent care).

A few things you may not know about Brynn is that she loves to do jigsaw puzzles in her spare time and is excited to be working in a clinic to spend more time with her young children.



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