

INTOUCH

NEWSLETTER

spineWORKS
CHIROPRACTIC

April

Patient Testimonial



I was referred by a spine surgeon. Really happy with care, really helped me alleviate pain and get back some flexibility! Staff are lovely and would highly recommend

J

Joe



I can't begin to sing the praises of the whole team. from reception to the examination to treatment the care I've received is amazing. above and beyond in only 3 weeks I'm had amazing results.as I hobbled in to the clinic in excruciating pain.to find instant relief from my first treatment. thank you to the whole team for giving me back my back literally.

S

Sandis



“Is This Just a Phase...or Something We Should Pay Attention To?”

It may start with a quiet Google search after the childrens' bedtime. “Is this just a phase?”

The meltdowns feel intense. The ear infections keep cycling back. Constipation becomes their “normal.” There are more sick days than you expected this year. Your child mentions headaches before school. Their legs ache at night. You notice slumped posture, tense shoulders, or that focusing on homework feels like a daily battle.

Overall, your child isn't thriving.

Everyone reassures you that kids grow out of things. And sometimes they do. Childhood is full of changes, growth spurts, shifting emotions, and developing brains.

Here's an understated truth: most moms and dads sense when something is off long before anyone else does.

If you flag something as a concern, don't ignore it and hope for the best. Often, phases become patterns, and left untreated, dysfunction takes a different shape as your child grows.

Physical, chemical, and mental stress can affect how well the nervous system communicates with the rest of the body, which plays a role in every aspect of a child's development, function, and growth.

Yet, babies and children rarely use words to express the stress



they are experiencing. And make no mistake, today's kids are carrying a lot of stress.

- Long school days
- Heavy backpacks
- Less nutrient-dense foods
- Competitive sports
- Poor posture and blue light exposure from hours bent over devices
- Sedentary lifestyles
- More pharmaceuticals and environmental toxins

Kids are complex, and it isn't possible to track down the trigger or cause of every meltdown or missed milestone. The best approach is to create a lifestyle that promotes overall function and health.

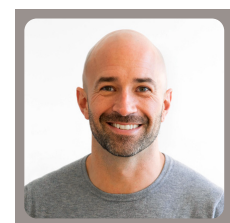
As you do that, you know your child's baseline and when their energy shifts. Trust your intuition; don't hesitate to question and research when signs of dysfunction pop up.

You aren't overreacting by wondering if your baby should

be crawling by now, or if struggling to breastfeed on both sides is normal. You don't have to wait and see when your toddler seems overly sensitive and reactive to sounds, textures, and light. You can be proactive for your teen who finds navigating puberty a challenge.

Hoping dysfunction will resolve on its own isn't always the best plan. Sometimes it truly is a short-lived phase that just needs to be monitored. Other times, it is a sign your child's body could use a little extra support.

Either way, you are a great parent for noticing and advocating for your child. We're here to listen and support you on this parenting journey. Reach out with any questions.



Luc Archambault
Chiropractor



RECENT EVENTS



Spineworks Promoting Better Posture in the Workplace!

Our team recently visited the co-working space Working From Southwark (Blackfriars), where we offered members complimentary posture and spinal health checks. It was a fantastic opportunity to connect with professionals in the local community and help raise awareness about the importance of good posture—especially for those spending long hours seated at work.

We're passionate about helping people feel their best throughout the working day, and small changes can make a big difference to long-term spinal health.

If you'd like us to visit your workplace and provide free posture checks for your team, we'd love to hear from you! Simply ask us at your next appointment or get in touch to find out more!

Luc and Kat attended a 2-day Quarterly Mastermind in Windsor with Ryan Rieder, joining a network of like-minded chiropractors dedicated to ongoing growth and excellence in patient care!

They took part in in-depth training and workshops focused on both personal and professional development. It was a great opportunity to connect, share ideas, and learn from other practitioners who are equally passionate about making a difference in their communities and improving patient care.

We're excited to bring back new knowledge, fresh perspectives, and enhanced approaches to ensure we continue delivering the highest standard of care to our patients every day!!



WELLNESS WORKSHOP



JOIN OUR **FREE** WELLNESS WORKSHOP!

<u>March</u>	<u>April</u>	<u>May</u>
Tues 3 - 19:15	Tues 14 - 19:15	Tues 12 - 19:15
Fri 27 - 13:15	Fri 24 - 13:15	Fri 29 - 13:15

- NATURAL HEALING, INNATE INTELLIGENCE & THE PILLARS OF HEALTH
 - FIGHT OR FLIGHT STRESS RESPONSE IN YOUR BODY
- PRACTICAL TIPS TO AVOID SUBLUXATIONS IN DAILY LIFE AT HOME, AT WORK, AT THE GYM...**

Everybody welcome!

020 7793 7454 | INFO@SPINEWORKSCHIRO.CO.UK

STRAWBERRY PEACH CRUMBLE

Bright, juicy, and perfect for spring. This is the kind of dessert that feels special but is simple enough for kids to help make: rinsing fruit, stirring the filling, and sprinkling the crumble topping.



FILLING:

- 300g fresh strawberries, sliced
- 300g fresh peaches, sliced (or thawed frozen peaches)
- 2 tablespoons honey
- 1 tablespoon lemon juice
- 1 tablespoon cornflour
- ½ teaspoon vanilla extract

CRUMBLE TOPPING:

- 90g rolled oats
- 60g wholemeal flour
- 75g melted butter or coconut oil
- 50g brown sugar or coconut sugar
- ½ teaspoon cinnamon
- Pinch of salt

INSTRUCTIONS:

1. Preheat oven to 180°C
2. Mix strawberries, peaches, honey, lemon juice, cornflour, and vanilla. Transfer to a greased baking dish.
3. Combine oats, flour, sugar, cinnamon, and salt. Stir in melted butter or coconut oil until crumbly.
4. Sprinkle topping over fruit.
5. Bake 30–35 minutes until golden and bubbling.
6. Allow to cool slightly before serving. Serve warm on its own or with a spoonful of vanilla Greek yogurt.



A WARM WELCOME TO
ALL OUR NEW PATIENTS.

THANK YOU FOR THOSE
WHO REFERRED

SIMONE

HOLLIE

SIMON

AIDEN

ROB

OLIVER

NAZMIGAN



Why Growing Bodies Need More Movement, Not Just Good Posture

"Sit up straight."

Raise your hand if you're a parent who has said this. While posture matters, focusing only on how a child sits misses a bigger piece of the puzzle.

Human bodies of all ages require frequent movement.

Today's kids spend hours sitting at desks, then come home to homework and screentime. Even active children may move hard for one hour, then sit for ten hours.

The issue is not just slouching; it's long stretches in the same position. Over time, this can create tension that shows up as headaches, growing pains, back discomfort, or general restlessness.

Telling a child to "fix your posture" may create short bursts of correction, but it does not address the underlying need for movement.

Sitting Is Still Stress on a Growing Frame

Children's bones, joints, and muscles are still developing. They adapt quickly, which is wonderful for learning new skills. It also means they adapt to repetitive stress.

Long sitting periods can lead to:

- Tight hip flexors and hamstrings
- Reduced core strength
- Rounded shoulders and forward head posture
- Decreased balance and coordination
- Increased muscle tension by the end of the day

You might notice your child constantly wiggling in their seat, propping their head on their hand, or melting into the couch after school. Often, this isn't laziness or just a lack of attention. It's an overactive parasympathetic ("rest and digest") nervous system response, and a body asking for movement.

Chiropractic care helps to gently restore movement to any joints that are not moving properly. Adjustments have also been shown to help the nervous system be more adaptable by relieving nerve irritation. This helps kids shift more smoothly between rest and play, calm focus and high-energy movement.

Promote Varied Movement

Encourage floor sitting in different positions. Let them kneel, squat, or lie on their stomach while reading. Take short movement breaks between homework tasks. Walking the dog, climbing at the playground, crawling with younger siblings, a dance break, and simple stretching all count.



Varied movement helps:

- Improve body awareness
- Support coordination and balance
- Reduce built-up tension
- Promote better focus during seated tasks
- Support overall comfort as they grow
- Movement of the spine promotes the flow of cerebrospinal fluid to the brain

When kids move regularly throughout the day, it's a brain-and-body break that supports resilience and adaptability.

Good posture results not from willpower, but from a balanced musculoskeletal system and an adaptable nervous system. Growing bodies thrive on motion! Reach out with questions or if we can support you and your child in any way.

sp:networks
CHIROPRACTIC

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Opening Hours:

Mon, Tue, : 8:00am – 1:00pm &
Thur, Fri 3:00pm – 8:00pm
Wed : 3:00pm – 8:00pm
Sat : 10am - 2pm