

INTOUCH

NEWSLETTER

spineWORKS
CHIROPRACTIC

July

Patient Testimonial



Luc is an outstanding professional. Meeting him has changed my life. Before I did my treatment I suffered with a lot of back and neck pain, I frequently needed to stop during my walks to stretch because of my back pain. Concerts and any type of standing events were a nightmare for me. Since my first contact I was amazed by his energy and I felt very comfortable and impressed with his professionalism and attention to details. I even know someone else that was recommended by a Doctor to do a back surgery and because the treatment at Spineworks didn't have to do it anymore. I strongly recommend his clinic and I'm sure that his team follows the same high quality stands.

L

Leonardo



The Freedom Your Body Was Made For

There is something that happens when your body works well.

You wake up and get out of bed without thinking about it. You pick up your child or grandchild, play a round of golf, take a long walk, sit through a flight without dreading the landing. You go through your day, with only minor discomfort, if any. That is not a small thing. That is everything.

A lot of people have forgotten what that feels like.

Not because they are broken. But because they have been carrying something for so long, it started to feel normal.

Your neck isn't supposed to be stiff every morning. Headaches should not quietly take over by afternoon. Old injuries don't need to flare up when you try to do something you love.

You learnt to work around it, and you adjusted your life to accommodate your body (instead of your body supporting your life).

That is where so much freedom quietly gets lost.

You are worth more than managing symptoms. You are worth actually feeling good!

And here is something worth sitting with: health is the best commodity you can have. Not in a cliché way, but in a real,



practical, your-life-depends-on-it way.

The investment you make in your body right now to improve how your body functions (before something forces your hand) is the investment that keeps paying back in energy, in presence, in the ability to say yes to your life instead of no.

Waiting until it is a crisis costs more in every way.

You deserve to sleep well and wake up ready. You deserve to move freely and feel strong. You deserve a body that supports the life you actually want to live.

That freedom is available to you because your body is designed with an incredible ability to heal and to function well!

Our mission is to support, educate, and empower you. We remind you of what normal function looks like, and if you just don't trust or believe in your body anymore, we'll help show you what's possible.

Take a moment to think of one issue or pain point and the freedom you'd regain if it was improved or corrected. Let us know if you can help!



Luc Archambault
Chiropractor



RECENT EVENTS



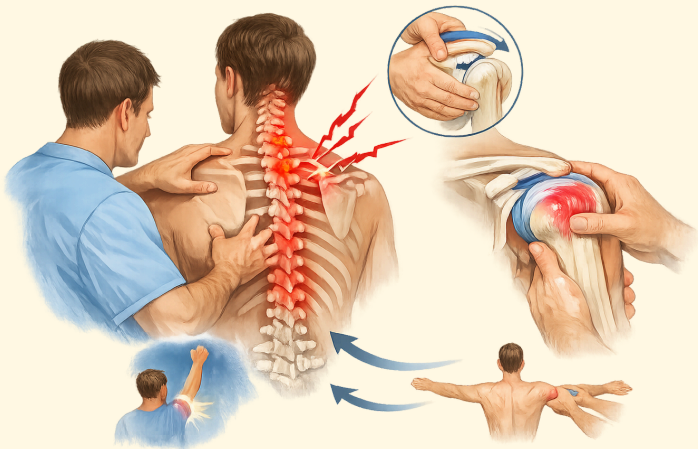
Aligned in sound - sound healing at Spineworks with Ali

We enjoyed a special evening in the clinic with sound facilitator, Ali. We lay down under eye pillows and blankets listening to the soothing sounds of gong and crystal bowls. We entered a relaxed state, calming our nervous system while breathing deeply.

Keep an eye out for the next sound healing event in the clinic - we would love you to join us!



DID YOU KNOW?



A study published in the Journal of Manipulative and Physiological Therapeutics found that addressing spinal and shoulder joint dysfunction together led to greater improvements in shoulder pain, range of motion, and function than focusing on the shoulder alone. Researchers noted that altered spinal mechanics can contribute to persistent shoulder symptoms.

Journal of Manipulative and Physiological Therapeutics. 2009



QUOTE



"Care for your body as if you will live forever."

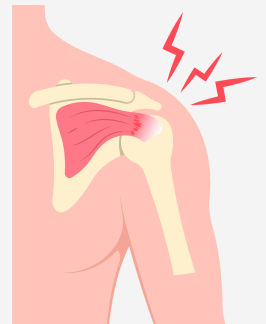


– Seneca

COMMONLY ASKED QUESTION



Is it a rotator cuff issue...or posture problem?



It can be either, and often it is a mix of both! Rotator cuff issues usually show up with pain, weakness, or trouble lifting the arm. Posture-related shoulder pain often comes from rounded shoulders, tight chest muscles, and poor movement through the neck and upper back. A chiropractic exam can help identify what is driving the pain so the right area gets attention.



GREEK YOGHURT BERRY BARK

Cool, creamy, and easy to keep in the freezer, this snack is perfect for hot summer afternoons. It gives you protein from Greek yoghurt, antioxidants from berries, and a little crunch from nuts or granola.



A WARM WELCOME TO
ALL OUR NEW PATIENTS.

THANK YOU FOR THOSE
WHO REFERRED

ANNA

MICHELLE

KAMARI

RICK



INGREDIENTS:

- 500g plain Greek yoghurt
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 150g mixed berries, sliced if needed
- 30g chopped almonds, walnuts, or granola

INSTRUCTIONS:

1. Line a baking tray with baking parchment.
2. Mix Greek yoghurt, honey, and vanilla in a bowl.
3. Spread the mixture evenly onto the baking tray.
4. Sprinkle berries and nuts or granola over the top.
5. Freeze for 3 to 4 hours, or until firm.
6. Break into pieces and store in an airtight container in the freezer.



Why Joint Pain Can Linger Long After an Injury Heals

Folks often come in with a shoulder or knee that has been bothering them for months, or sometimes years. They had an injury at some point, and it got better, but somehow the discomfort never fully went away. The original pain faded, but the shoulder kept showing up with complaints at the worst moments.

Carrying groceries. Climbing or descending stairs. Sitting at a desk too long.

If that sounds familiar, here is what is likely happening:

When a joint like your shoulder or knee is hurt, your body does something smart. It reroutes. You lift your arm a little differently. Your gait changes to compensate for the injured knee. This is your nervous system doing its job, protecting an area that needed protecting.

However, those protective patterns can stay active long after the original injury has calmed down. Muscles around the neck, upper back, or low back and pelvis quietly take on extra load. Other muscles go a little dormant because the body learnt to avoid certain movements.

Over time, the injured joint stops working as part of a coordinated team and starts working harder than it was ever designed to work alone.

Think of it like a sports team where one player gets injured. Everyone else adjusts, picks up the slack, covers the gaps. That works in the short term, but if the whole team keeps playing that way for months, fatigue sets in across the board.

This is especially common after falls, car accidents, sports injuries, repetitive work, or any period of time spent guarding a painful shoulder or knee joint. The question worth asking is not just where it hurts. It's what else is working harder than it should.

We also want to ensure there is full nerve flow to the injury to support healing. The original injury may have caused the spine to shift out of alignment, which is causing or contributing to nerve irritation or compression. You may not feel pain there, but it is reducing the flow of communication farther downstream.



Chiropractic care looks at how the entire spine, pelvis, and posterior chain move together.

When restrictions are addressed through specific adjustments, joints such as the shoulders and knees often experience far less stress in everyday life.

The body gets a chance to stop compensating and start moving the way it was designed to.

If an old shoulder injury keeps coming back to bother you, it's time to look at the big picture of how everything is working together.

Reach out with any questions or come in and let us take a closer look at what is still driving it.

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Thur, Fri : 3:00pm – 8:00pm
Wed : 3:00pm – 8:00pm
Sat : 10am - 2pm