

INTOUCH

NEWSLETTER

spineWORKS
CHIROPRACTIC

March

Patient Testimonial

Remarkable experience. I have been seeing Dr Anil and feel a lot better. Involved lifestyle and pain relief. Definitely progressing at Spineworks! Would recommend

M

Merle



Amazing experience with Yusuf and the wider team - everyone knows my name and always made to feel comfortable. My back feels great and couldn't recommend higher that if you are having problems, it's worth a go.

A

Anthony



Why Sitting Feels Worse Than Standing When Your Lower Back Hurts

It sounds backwards, but have you noticed your lower back feels worse after sitting versus when you spend more time standing? This may be especially true if you regularly spend long hours at a desk or in an automobile.

When you sit, your hips stay bent for long stretches of time. The hip flexor muscles shorten and tighten in that position. Those muscles attach to the pelvis, which means hip tension pulls directly on the lower back. After enough chair time, the spine starts paying the price.

Sitting also places more compression through the lower spine than standing. After a few minutes of sitting, we often let our posture slump, and pressure increases even more. The discs in the lower back absorb that load while movement stays limited. Over time, your back muscles can feel stiff or tense, and your nerves can be irritated without any obvious injury.

Another piece of the puzzle is how little movement a chair allows. Standing naturally encourages weight shifts, small steps, and posture changes. Sitting applies steady pressure without giving the spine a chance to reset. Muscles and joints rely on regular motion to stay comfortable, and long



periods without it can leave the lower back feeling "stuck."

Here are a few common sitting habits that tend to aggravate lower back pain:

- Long work sessions without standing breaks
- Soft couches that let the pelvis sink backward
- Sitting with legs crossed or tucked under the chair
- Leaning forward toward screens for extended periods
- Driving for long stretches without stopping to move

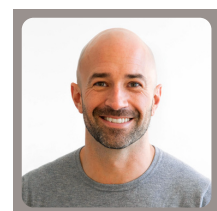
This does not mean standing all day is the answer! The body does best with variety. Alternating between sitting, standing, and walking helps reduce tension in the hips and

gives the spine regular changes in pressure.

The Takeaway:

Non-injury lower back pain often reflects how the spine is positioned throughout the day over the months and years. Small shifts in daily habits can change how your back feels by the end of the day.

If your pain lingers, it's a sign that your spine may require more support with chiropractic, soft tissue work, and physical therapy. Don't wait until your lower back pain is severe before you address the root cause.



Luc Archambault
Chiropractor

WORD SEARCH

Words to Find:

- POSTURE
- SITTING
- MOVEMENT

- HIPS
- WALKING
- FLEXIBILITY

- BALANCE
- RECOVERY
- STRENGTH
- TENSION
- MOBILITY
- TWISTING



Y	G	S	D	Z	T	N	M	N	B	O	D	H	Z	M
W	X	S	I	T	T	I	N	G	V	I	K	J	P	L
C	G	G	T	G	X	N	K	I	A	U	S	S	O	P
U	B	G	H	W	V	S	D	S	W	D	I	Y	G	O
C	F	L	E	X	I	B	I	L	I	T	Y	Z	Y	S
J	S	K	V	W	Z	S	P	T	Y	B	A	U	P	T
I	V	S	B	E	A	T	T	F	Q	G	Q	X	J	U
F	J	T	F	W	A	L	B	I	S	V	X	I	R	R
Y	W	V	B	D	T	A	K	L	N	X	D	J	E	E
M	O	B	I	L	I	T	Y	I	D	G	D	M	C	F
H	A	P	M	H	M	O	Z	H	N	J	Q	Q	O	U
S	T	R	E	N	G	T	H	A	V	G	T	D	V	H
S	W	M	O	V	E	M	E	N	T	W	K	A	E	I
U	T	J	B	A	L	A	N	C	E	F	Q	U	R	P
C	F	M	M	I	C	T	E	N	S	I	O	N	Y	S



RAFFLE WINNER



Congratulations to our 'New year, New you' raffle winner! Maida won a spa day at the Ham Yard Hotel, Soho!

Enjoy your spa day, Maida!!!

Thanks to everyone who entered our raffle and for referring your friends and family to us!

WELLNESS WORKSHOP



JOIN OUR FREE WELLNESS WORKSHOP!

March

Tues 3 - 19:15
Fri 27 - 13:15

April

Tues 14 - 19:15
Fri 24 - 13:15

May

Tues 12 - 19:15
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!

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LEMON BLUEBERRY ENERGY BITES

A light, no-bake snack that feels fresh for March and supports steady energy during the day.



INGREDIENTS:

- 90 g rolled oats (porridge oats)
- 80 g almond butter
- 2 tablespoons honey
- Zest of 1 lemon
- 35 g dried blueberries
- 1 tablespoon ground flaxseed
- Pinch of sea salt

INSTRUCTIONS:

- Mix all ingredients in a bowl until combined.
- Roll into small bite-sized balls.
- Chill for 20 minutes to firm.
- Store in the fridge for up to one week.

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Perfect for a mid-afternoon snack to boost energy!



A WARM WELCOME TO
ALL OUR NEW PATIENTS.

THANK YOU FOR THOSE
WHO REFERRED

GARY

EMILIA

MORGANE

ANGELO

ELENORA



Why Your Low Back Hurts Even When You Didn't "Do Anything"

Many people walk into our office confused. They did not fall. They did not lift something heavy. They did not "throw their back out." Yet their lower back hurts, sometimes out of nowhere.

The spine is designed to handle stress, but it is also designed to move. Problems often develop when everyday demands stack up faster than the body can adapt. Sitting, bending, twisting, and lifting may not be harmful on their own.

However, when those movements are repeated over time, it can cause degeneration in the joints, tension in the muscles, and even damage the discs that provide a cushion between the vertebrae.

Spinal stress is a lot like carrying a heavy backpack every day. You could deal with it for a day, but after weeks or months, the strain would add up. The lower back is especially vulnerable to strain because it absorbs forces from the upper body while coordinating movement with the hips.

Common contributors to lower back pain include:

- Prolonged sitting
- Repetitive bending or twisting
- Lifting with poor form
- Poor sleep positions
- Sedentary lifestyle

These are normal life activities; however, the issue is often that the spine is misaligned, and the nervous system is overwhelmed and unable to adapt.

If motion is restricted or decreased in certain spinal segments, other areas begin to compensate. Muscles tighten to create stability. Joints move less smoothly. Discs experience uneven pressure. Pain often shows up after this process has been building quietly for a while.

Why Chiropractic Evaluation Matters

Chiropractic care focuses on where movement of the spine is restricted, not just where it hurts. When spinal joints lose healthy motion, the nervous system receives altered signals. This can affect coordination, muscle balance, posture, and how the body handles everyday stress.

During our thorough chiropractic exam, we assess how the spine moves, joint function, and postural patterns. Chiropractic adjustments restore motion where it has been lost and reduce nerve irritation, inflammation, and stress on surrounding tissues.



Your body is an incredibly complex machine that sometimes needs a tune-up to operate and move well!

Low back pain does not always result from a traumatic event or structural issue like scoliosis.

More often, it reflects cumulative stress combined with reduced movement and recovery. Regularly addressing and maintaining spinal function can help prevent minor issues from becoming ongoing problems.

If your lower back discomfort seems to appear without a clear cause, then your spine has likely been working harder than it should for longer than you realised. It's time to give yourself some tender loving chiropractic care!

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