

INTOUCH

NEWSLETTER

sp:ne^{works}
CHIROPRACTIC

May

Patient Testimonial

Since my first day at Spineworks, I have been treated with great care and professionalism by every member of the team. I would especially like to mention my chiropractor, Dr. Luc, who is truly exceptional. He is not only highly skilled but also very enthusiastic about chiropractic care and always eager to share his knowledge to help improve our health and wellbeing. I brought my wife along as well, and it has been wonderful to see such a significant improvement in her quality of life, particularly as she had been experiencing chronic pain. I joined Spineworks based on a recommendation from another chiropractor, and I couldn't be happier with my decision. I am very grateful to the entire team and truly pleased to be a patient at Spineworks.

J

Joao



You May Be Stretching the Wrong Thing

It usually starts with a reasonable assumption: the pain is in your hip, deep in your glute, or running down your leg, so that must be where the problem is.

However, this is likely an irritated sciatic nerve, and in many cases, the real issue is somewhere else entirely.

Your sciatic nerve begins in your lower back. When one of those nerve roots gets irritated, the pain often doesn't stay put. It travels the full path of the nerve, through your hip, into your buttock, and down your leg. That's why it feels like a hip problem or a leg problem, even when the source is your spine.

Think about it like a garden hose that is pinched or kinked near its starting point; water won't flow farther down the line! The end of the hose isn't clogged, even though that's where the symptom is. That's often what's happening with sciatic nerve pain.

Why It's So Easy to Miss

Your hip feels tight. Your glute feels sore. Your leg might burn or ache. But your back may only feel slightly stiff, or completely fine.

So you chase the symptom. You stretch, foam roll, and work on the area that hurts most. But the pain keeps coming back, or it starts creeping further down your leg.



There are usually a few patterns that point back to the nerve versus muscle tension:

- Sitting too long tends to make it worse.
- Bending forward or lifting can trigger it.
- Even coughing or sneezing can send a sharp sensation into your hip or down your leg.
- Tingling, numbness, or weakness along that same path are also common.

Hip pain and nerve pain can feel surprisingly similar, but they come from very different places. It's easy to confuse the two, and many people spend weeks or months in discomfort by focusing on the wrong area.

A thorough chiropractic evaluation looks at how your spine, nerves, and surrounding joints are working together. We identify where the irritation is actually starting (not just where you're feeling it). This leads to real progress instead of temporary relief.

If your hip or leg has been getting all the attention and nothing is improving, come get clear answers and a plan built around what your body is actually doing.



Luc Archambault
Chiropractor



RECENT EVENTS



WELLNESS SOCIAL

We hosted our first 'Wellness social' event! The team and clients got together and walked in Kennington park for 20minutes 😊 We finished the walk at the clinic and enjoyed a home-made delicious, fresh green smoothie made here in the clinic.

Keep your eyes peeled for our upcoming community events on our Instagram page.

The next Wellness Social is Ping pong in the park - Friday 1st May - 1.30pm-2.15pm - meet at the ping pong tables!! Everyone welcome 🍷



DID YOU KNOW?



A large retrospective cohort study found that adults with lumbar disc herniation who received chiropractic spinal care were significantly less likely to undergo lumbar discectomy compared to those who did not. Benefits were seen at both one- and two-year follow-ups, suggesting that conservative spinal care plays an important role in disc-related symptom management.

Association between chiropractic spinal manipulation and lumbar discectomy in adults with lumbar disc herniation and radiculopathy. BMJ Open. 2022

WELLNESS WORKSHOP



JOIN OUR FREE WELLNESS WORKSHOP!

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!

020 7793 7454 | [INFO@SPINEWORKSCHIRO.CO.UK](mailto:info@spineworkschiro.co.uk)

SPRING LEMON HERB CHICKEN WITH ROASTED VEGGIES

Fresh, light, and perfect for warmer evenings, this meal is simple to prep and packed with flavour. It supports a balanced lifestyle without feeling heavy.



A WARM WELCOME TO
ALL OUR NEW PATIENTS.

THANK YOU FOR THOSE
WHO REFERRED

DANIELLE

CHAYE

SARAH

SABA

SIMONE

HOLLI

SIMON

ADRIAN

ROB

OLIVER

NAZMICAN

ALEX



INGREDIENTS:

- 4 chicken breasts
- 1 bunch asparagus, cut in 5 cm pieces
- 3 medium carrots, sliced
- 1 courgette, sliced
- 45 ml olive oil
- Juice of 1 lemon
- 3 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried thyme
- Salt and pepper to taste

INSTRUCTIONS:

1. Preheat oven to 200°C..
2. In a small bowl, mix olive oil, lemon juice, garlic, oregano, thyme, salt, and pepper.
3. Place chicken and vegetables on a large sheet pan.
4. Drizzle the lemon herb mixture evenly over everything.
5. Toss vegetables lightly to coat.
6. Roast for 20–25 minutes, or until chicken is cooked through and vegetables are tender.
7. Serve warm and enjoy.



Nothing Happened. So Why Does Your Back Feel Like Something Did?

"I didn't even do anything," a patient with a bulging or herniated disc will often tell us. Can you relate?

You didn't fall on the ice or help move a piano. There's not always a clear moment where something traumatic happened, but something definitely went wrong.

You may know the moment they sneezed and threw their back out, but what they don't realise is the slow build-up of dysfunction and degeneration.

What Herniated or Bulging Discs?

Your spine is made of individual bones separated by pillow-like discs. These discs have a tough exterior with a gel-like centre. This allows the spine to move as a stack of joints without the bones grating against each other.

When the disc protrudes from the joint space, we say it is bulging. If this continues, the disc's exterior may tear, allowing some of the jelly-like core to squeeze out, also known as a herniated disc.

Bulging and herniated discs don't just cause localised pain. They can irritate nearby nerves, creating dysfunction and leading to pain, numbness, or weakness in various parts of your body.

How Disc Issues Actually Develop

Your spinal discs are built to absorb pressure throughout the day with walking, sitting, bending, lifting, and twisting. The problem can start when your spine is not moving or aligned the way it should.

Small misalignments can shift how pressure is distributed. Instead of being shared evenly, certain discs take on more load than they were designed for.

At the same time, restricted segments can affect how well nerves communicate with surrounding muscles and joints. When that coordination is off, the body compensates, creating even more imbalance and strain.

Finally, everyday habits layer stress on top.

Long periods of sitting, nutritional deficiencies, and repetitive movements build pressure in those



same areas until the spine and spinal discs can't adapt anymore.

So when pain shows up, it feels sudden. But it has usually been building for a while.

Chiropractic care helps restore motion and alignment, allowing pressure to be shared more evenly, reducing stress on the discs,

and improving nerve flow so your body can function well.

The longer disc stress goes unaddressed, the harder it can be to turn around. If your pain isn't improving, keeps returning, or has started to travel, it's time to get it checked by your friendly neighborhood chiropractor. The sooner you understand what's going on, the sooner you can do something about it.

sp:neWORKS
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