

INTOUCH

NEWSLETTER

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CHIROPRACTIC

August

Patient Testimonial

I will be always very grateful to Anil - and all Spineworks Chiropractic staff, everyone friendly and always available to help and be patient with me - for his super kind and helpful support in my personal journey to my recovery and my health improvement. From day one I have felt so much positive harmony with him and he was exactly what I needed: someone who cares sincerely for the customer and his needs, related to his specific situation and current mood. He understood what I needed and the proper way to handle that. I started my recovery process with him and after a month and half I can now surely say I am way better than before. My lower back issues caused by a hernia have reduced significantly over the last month, my mobility and posture have improved considerably, I gained confidence changing my daily diet, habits, mindset. Quit smoking for the third time in my life. I used to be very active, fit and athletic, so these last 2 years with back problems had affected my life significantly. He has definitely been my biggest inspiration, spark and motivation. I will never forget what you helped me with. Thank you so so much for being such a nice person!

J

Jack



The Stiffness You Can't Explain Might Start With Stress

As you read this, check in with your shoulders. Did they slowly creep toward your ears before you even noticed?

Every day, you have a thousand little stressors as you answer emails, sit in traffic, think about bills, help your kids with homework, or replay a conversation from earlier in the day.

Mental and emotional stress triggers a physical response in your body.

1. Fight-Flight-Freeze: When your brain senses pressure or a threat, your nervous system shifts into a more alert state. Your heart rate and breathing increase, stress hormones are pumped into your bloodstream, and your muscles prepare for action. This happens even when the "action" is just sitting at your desk trying to finish one more thing.

2. Posture: Stress changes how people breathe, sit, sleep, move, and carry themselves. An upright, confident posture is associated with confidence for a reason! And we can often read a person's stress level from across the room when they have a slumped posture, hunched shoulders and lowered head.

3. Communication: A stressed state and posture can overwhelm



the nervous system's adaptability, causing changes in the spine and nerve irritation. This interrupts the flow of communication between the brain and body via the spinal cord.

Stress can show up as chronic tension, headaches, TMJ pain, or even digestive issues. A clenched jaw or grinding your teeth is another one of the body's quiet stress signals.

When your body stays tense for long stretches, your neck, shoulders, hips, and pelvis may become less mobile. Tension becomes your new normal.

What You Can Do:

- At every bathroom break, unclench your jaw and let your teeth come apart
- Pause at the top of every hour to take five slow breaths and drop your shoulders

- At traffic lights, stretch your neck gently from side to side
- Practise tension-relieving exercises such as yoga and stretching

If stress keeps showing up in your neck, back, or jaw, we can help you address it before it becomes a chronic issue.

Call us to schedule your next visit and ask how we can help you move through your day with a little more ease.



Luc Archambault

CROSSWORD PUZZLE

Words to Find:

- FRUSTRATION
- SENSITIVITY
- TENDERNESS
- BREATHING
- CLENCHING
- CERVICAL



- MANDIBLE
- ANXIETY
- OVERWHELM
- GUARDING
- GRINDING
- MOBILITY



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



DID YOU KNOW?



A study published in Musculoskeletal Science and Practise in 2021 found a strong association between temporomandibular disorders (TMD), neck dysfunction, and cervicogenic headaches.

Individuals with jaw dysfunction were significantly more likely to experience recurring head and neck pain, suggesting that jaw symptoms are often part of a larger musculoskeletal pattern.

Greenbaum T, Dvir Z, Emodi-Perlman A, Reiter S, Rubin P, Winocur E.

The association between specific temporomandibular disorders and cervicogenic headache.

LOL

CRACK UP CORNER



Whats a chiropractor's favourite music?

Anything that has a good back beat!'

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CHIROPRACTIC

**SUMMER
BREAK**

**CLOSED AUGUST
8TH-16TH**

We reopen on Monday
the 17th of August.

Have a wonderful
summer! ☀️





GRILLED CHICKEN & PEACH SUMMER SALAD

This light summer dinner is colourful, fresh, and filling without feeling heavy. The sweet peaches, crisp greens, grilled chicken, and simple vinaigrette make it a great warm-weather meal for busy weeknights.



INGREDIENTS:

FOR THE SALAD:

- 2 boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 ripe peaches, sliced
- 180 g mixed greens or chopped romaine
- 150 g cherry tomatoes, halved
- 1 cucumber, sliced
- 35 g crumbled feta cheese
- 30 g chopped walnuts

FOR THE VINAIGRETTE:

- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- Salt and pepper to taste

INSTRUCTIONS:

1. Brush the chicken with olive oil, then season with garlic powder, salt, and pepper.
2. Grill over medium heat for 5 to 7 minutes per side, or until fully cooked through. Let it rest for 5 minutes, then slice.
3. Lightly grill the peach slices for 1 to 2 minutes per side, just until grill marks appear.
4. In a large bowl, combine the greens, tomatoes, cucumber, feta, walnuts, grilled peaches, and sliced chicken.
5. Whisk together the vinaigrette ingredients and drizzle over the salad before serving.



A WARM WELCOME TO
ALL OUR NEW PATIENTS.

THANK YOU FOR THOSE
WHO REFERRED

ALEKSANDRA

LULE

DAMON



When Your Jaw Aches All Day (& Your Dentist Says It's Not a Dental Issue)

Jaw pain that lingers all day can be as frustrating as it is mysterious. You may not be sure why or when a dull ache started near your ear, cheek, or temple. Now it shows up while eating, talking, working at a desk, or trying to fall asleep. You need answers!

You may catch yourself rubbing your jaw, avoiding certain foods, or wondering why it still feels tight even after you have ruled out dental causes.

When your dentist rules out an infection or other dental issue as the cause of your TMJ symptoms, it may be time to consider the neighbouring joints and nerves.

As chiropractors, we check the joints of the upper neck as they sit close to the jaw, and the two areas share nerve pathways. When the neck is misaligned or not moving properly, it can irritate the nerves, causing the muscles around the jaw to respond by holding on more tightly.

Poor posture adds stress and tension to the neck, shoulders, and jaw. This includes your sleep position and "text neck" from looking down at a device. For every inch your head juts forward from its neutral alignment, your neck must support an additional 10 pounds of weight. This places extreme stress on your cervical spine and can cause nerve irritation and muscle strain around your jaw.

We look at how your spine, jaw, posture, and muscle tension work together, and we help restore healthier movement throughout that area so your body can settle back down on its own.

Here are a few things worth trying while you sort this out:

- Try to chew on both sides evenly, rather than favouring one.
- Avoid chewing gum, which tends to be one-sided



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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

- Notice when you're clenching during focused tasks, and let your jaw soften.
- Support your neck with a firm pillow while you sleep.
- Support your neck with good ergonomics, raising screens to eye level
- Get a chiropractic evaluation

If your jaw has been aching and you haven't been able to find the source, we would love to help you understand what is going on and what might help.