

INTOUCH

NEWSLETTER

spineWORKS
CHIROPRACTIC

September

Patient Testimonial

I entered this chiropractice in great pain, feeling tearful and disorientated, wanting to find out if I could be treated asap. I left 30 mins later feeling positively hopeful and confident that I would be helped to get better. Each member of the team was patient and kind as I struggled to concentrate on what they were telling me, even helping me to access my phone for information in my befuddled state of mind. After 4 weeks of adjustment treatment, with exercises to do at home or in the clinic if I preferred, I now feel extremely comfortable and confident to resume more of my daily exercises, tasks and hobbies. I now look forward to further remedial treatment with Luc, to improve my posture and give me overall strength for the years ahead.

J

Jennifer



Breakfast for Your Joints: The Most Important Minutes of Your Day

You sit on the edge of the bed with your feet on the floor and stretch. You're awake, but your body has not quite agreed to move yet.

Many people have to "give it a moment" before standing up slowly and getting on with the day.

Joints get stiff when they sit still for hours; they need blood and nerve flow in order to move.

Think of a door hinge in a room nobody uses. Open that door once a month, and it groans. Open it every day, add some grease, and it will swing without a sound. The difference is not the age of the hinge. It is how often it gets used and lubricated.

Your joints work much the same way. Motion is what keeps them nourished, oiled, warmed up, and ready to work.

The good news is you don't need a gym or an intense plan to prep your joints. A few moments of motion in the morning (and throughout the day) can be helpful. Take a minute while waiting for the kettle or waiting for a call to start and give your joints some TLC.

Here are a few easy places to begin:

- Roll your ankles and wrists in slow circles before your feet touch the floor.



- Reach both arms overhead and hold for a slow count of five before getting out of bed and before getting into bed.
- Drink a full glass of water before eating breakfast, since the cushion inside your joints depends on it
- Stand and walk for two minutes for every hour you spend sitting.
- Take at least one flight of stairs every day, at whatever pace suits you.
- Get a chiropractic tune-up to make sure joints are well-aligned and receiving full nerve flow for full range of motion.

point. Small motions repeated often do more for a stiff joint than one hard effort once a week.

Some days you may feel more flexible than others, and that's normal. Your body recognises the pattern of how you use it, so it responds to the whole week rather than to any single morning.

Start giving your joints a solid breakfast of movement, with snack breaks throughout the day to feel fine and move well for years to come.



Luc Archambault

These aren't big demands of time or energy, and that's rather the



RECENT EVENTS



We went to a co-working space in Holborn and offered their office workers a free spine check. It was a great afternoon meeting new patients and discussing spine health.

Please reach out if you would like us to come to your workplace - we offer FREE spine and posture checks to your team!

Please contact our events team

info@spineworkschiro.co.uk /

02077937454 for more information.



DID YOU KNOW?



In a randomised clinical trial, people with long-standing low back pain (linked to osteoarthritis) received chiropractic care, alongside moist heat. They saw greater improvements in comfort, range of motion, and daily function than those who used heat alone. The improvements also showed up sooner and lasted longer.

Hawk C, Long CR, Boulanger KT, Mongan D, Azad A. A randomized clinical trial of chiropractic care for patients with chronic low back pain and osteoarthritis. Journal of Manipulative and Physiological Therapeutics. 2010.



QUOTE



"The human body has been designed to heal itself. Our role is to remove the interference."



– B.J. Palmer

COMMONLY ASKED QUESTION



Is joint pain just part of ageing?



Joints naturally change with age, but waking up with aching joints is not something you have to accept. Stiffness can come from limited joint movement. Movement keeps joints healthy and comfortable, while misalignment can cause uneven wear, nerve pressure, and pain. Improving movement and alignment can help relieve pain and protect your joints long term.



BAKED GINGER AND CINNAMON APPLES WITH WALNUTS

Warm, soft, and sweet without much sugar.

Ginger has long been used to support comfortable movement, and this is a delicious way to get more of it.

Serves 4.



A WARM WELCOME TO
ALL OUR NEW PATIENTS.

THANK YOU FOR THOSE
WHO REFERRED

TORI

SAM

HANNAH

FRANK



INGREDIENTS:

- 4 medium firm apples
- 40g chopped walnuts
- 15g rolled oats
- 30ml honey
- 1 tsp ground cinnamon
- 1 tsp fresh ginger, finely grated (or ½ tsp ground ginger)
- 15g butter or coconut oil, softened
- 60ml water
- A pinch of salt

INSTRUCTIONS:

1. Heat the oven to 180°C.
2. Cut apples in half and remove the core.
3. Set the apples in a baking dish, cut side up.
4. Mix the walnuts, oats, honey, cinnamon, ginger, butter, and salt in a small bowl.
5. Spoon the mixture into the center of each apple half.
6. Bake for 15 to 20 minutes, until the apples are soft when poked with a fork.
7. Rest for 5 minutes before serving. Spoon the juices from the dish over the top.



Two Ways to Find New Hope for Swollen, Painful Joints

Folks often mention, almost in passing, that a doctor told them years ago they have arthritis in a knee or a hip. They sometimes sigh as if to say "it is what it is now."

Can you relate? If so, do you plan the day around the discomfort, take the stairs one at a time, and give yourself a moment before rising out of a favourite chair?

Arthritis can be used as a fairly generic term, and there may be more going on inside the joint.

Where two bones meet, there is a smooth layer called cartilage. It lets the ends of the bones glide past each other without catching. Years of use wear that layer thinner. Misalignments of the joint can cause uneven wear, restrict nerve flow, and increase degeneration in the joint.

So even if with arthritis, there are actions you can take to improve your comfort and the integrity of the joint.

Regular movement and chiropractic care are both a great start to find relief.

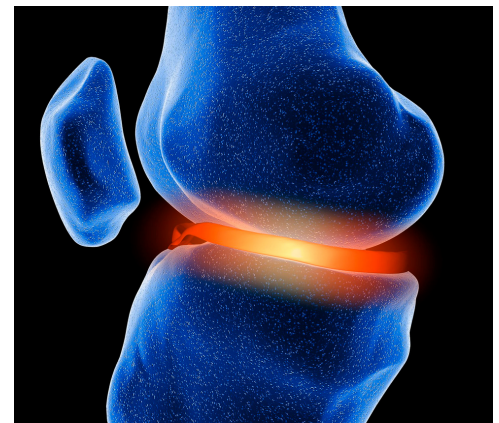
Regular, intentional movement is vital for joints, as cartilage has no blood supply of its own. Nothing pumps food and water into cartilage the way blood feeds a muscle. It gets what it needs from the fluid inside the joint, and that fluid only moves when the joint moves.

Picture an old well with a pump handle. Work the handle, and it comes up clear and steady. Leave the handle alone for weeks, and the metal rusts and the mechanism becomes stiff, even though the water never went anywhere.

A joint behaves in much the same way. When a joint moves, it draws in the nutrients it needs and pumps out waste.

Chiropractic adjustments ensure the joint is aligned, improving nerve flow and proper movement.

When one joint stops moving through its full range, the joints above and below quietly



begin covering for it. Your body starts to compensate, whether it's a knee that begins to suffer from a misaligned pelvis, or the vertebrae in your spine. The result is pain and dysfunction that can be located far from the source.

Chiropractic care looks closely at how well your joints move and your nerves function. Adjustments can help restore motion where some has been lost, improving your body's own ability to repair and function.

No one needs to be resigned to painful, swollen, arthritic joints. Share this information with coworkers, friends, and family who need relief and the ability to get back to an active life.

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CHIROPRACTIC

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