

INTOUCH NEWSLETTER



May

Patient Testimonial

"In just a month I feel 70% better. Amazing people Amazing work. My lower back was consistently in pain and I use to get loads of headaches (migraines) . Now can't remember the last time I had a migraine. Also my lower back is so much better. Thank you Spineworks"

M

Maria Franco



"The loveliest team around! Throughout my experience, which spans over a year now, I've always felt very well cared for. I would (and have!) recommend SpineWorks to anyone who is struggling with back or posture problems."

M

Maxine



"The team at Spineworks are great! They always greet me by my first name every time which is a small thing, but it's great! They are all thoroughly professional and upbeat and there to help with any questions or concerns I might have."

A

Ardon Taylor



I want to talk about something a little different this week

'Back cracking' videos.

Because... honestly... I'm in two minds about it (and I really want to know what you think.)

Let me explain.

TikTok, although not new anymore, is definitely the newest social media app on the block - cementing itself as 'here to stay', alongside the likes of Facebook, Instagram, Twitter and LinkedIn.

And although a huge proportion of its early adopters were young teens, you've now got everyone from teenagers to centenarians going viral with short, attention-grabbing, engaging videos.

The number of views a lot of these videos are getting - even in just their first 24 hours - is MIND BLOWING.

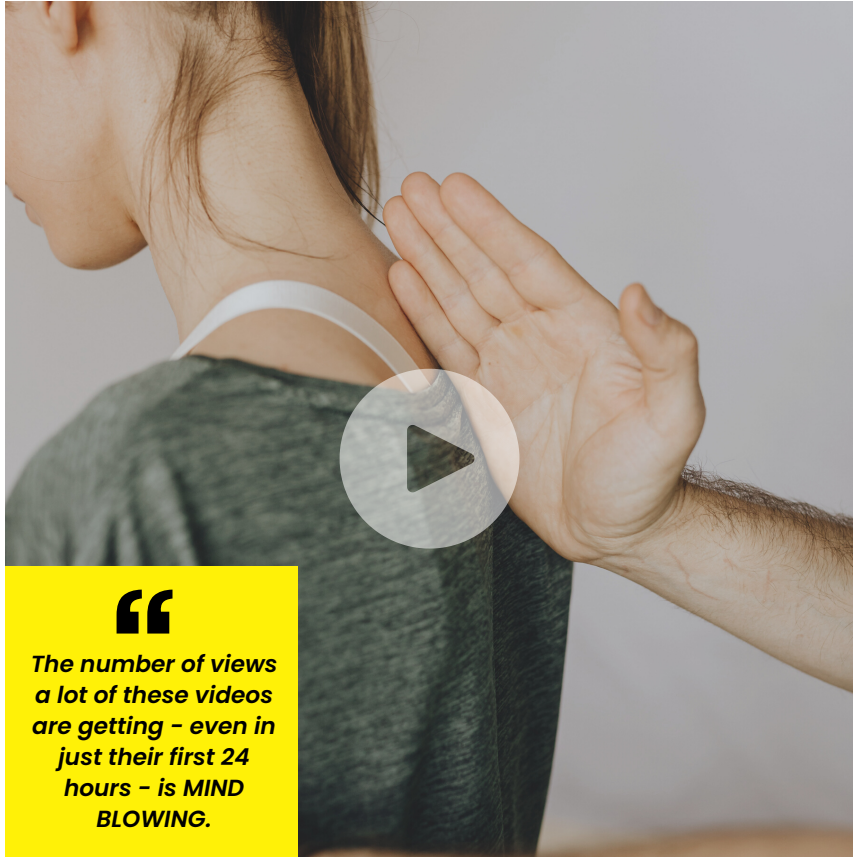
And I can understand why you might assume I'm excited to see Chiropractors going viral on there too.

But the 'back cracking' videos that rack up 100,000s or millions of views aren't a reflection of a typical adjustment.

They're the shocking ones, with the loudest cracks and most extravagant positions.

And my fear - it risks not only giving Chiropractic a bad name, and misinforming people around what the benefits truly are, but will also put people off out of fear!

After all, the true benefits from Chiropractic medicine come from proper diagnosis and regular adjustment, but also lifestyle changes that support you living a healthy life, free of pain.



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NOT getting practically steam-rolled for a TikTok video, with a highly sensitive microphone held as close to your spine as humanly possible.

Overall, I don't think it's going to do the image of Chiropractic medicine much good. What do you think?



Luc Archambault
Chiropractor

COMMONLY ASKED QUESTION



Can I perform my own spinal adjustments?

You can, but we don't recommend it. It's dangerous to adjust your own neck or back if you don't have training in chiropractic care. You might damage your spine or make your symptoms worse. Call us ASAP if you're tempted to perform your own adjustments. We're here to help!



PATIENT OF THE MONTH



CONGRATULATIONS!

ALEX!!!

Alex's hard work with his tractions has significantly improved his thoracic kyphosis and posterior shift of the whole spine!



HEALTH QUOTE



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“It is health that is real wealth and not pieces of gold and silver”

– Mahatma Gandhi

FUN FACT

People are more creative in the shower.



When we take a warm shower, we experience an increased dopamine flow that makes us more creative.

Got a Busy Schedule? Here's How You Can Still Be Active!



WARM WELCOME TO OUR NEW PATIENTS



CARLOS	RADWAN
GENIS	LANRE
VICTOR	AHMED
NATHANAEL	BENJAMIN
ANA	MAHEEN
TOM	GIANLUCA
AUDHARYA	DAVID
MATTHEW	LUCY
JOSE	KARA
MUDASSIR	TOMI

THANK YOU TO OUR REFERRERS



SUSIE
ARKADAS
MABEL
ADAM

Fitness or exercise shouldn't be something just restricted to once an hour at the gym.

Fitness and overall healthy living are a lifestyle one should adopt and really turn into a hobby, integrating with one's daily actions. There are ways to be active in various aspects of one's life, even when one is tied down to a desk chair or generally just not moving much!

Sitting for long periods of time, is one of the largest health dangers as we know today! But there are ways around it, where one can get their blood flowing and prevent health issues.



At Work

Many of us are the idlest when we are working from our desks, or generally at work. We are usually so caught up in our task that we don't move much, but actively taking out time to take mini breaks can help not only to clear your mind but it will positively contribute towards your productivity, as well as improve your overall health.

Ways you can be more active at work:

- Standing or taking a break from your desk every 30 mins.
- Moving your bin away from your desk.
- Walking to the water fountain regularly (this is good for rehydration too).
- Taking standing breaks in long meetings.
- Use the stairs rather than the elevator.
- Standing during phone calls.

After a long day at work, it's usually time to relax! However, in case you didn't get a chance to do any of the above, perhaps it's time to focus on your health once you get home.

It can be tempting to put your feet up once you're in the comfort of your home, but this can actually make you feel more tired. Of course, this doesn't mean that you can't rest once you're home, but try to balance resting, and regularly moving as part of your routine.

You can do this by incorporating these factors into your home routine:

- Cooking your own dinner rather than having a microwave meal or takeaway (cheaper and healthier too!)
- Doing a few minutes of yoga
- Getting yourself a drink regularly (important to keep yourself hydrated too!)
- Doing household chores such as ironing while watching TV



Travelling

A lot of us spend a lot of time commuting, whether it's driving for long periods of time, or even commuting through public transport. Here are some ways you can get your body moving even while commuting:

- Planning regular breaks during long car trips (park somewhere and move your legs around a bit).
- Getting off the bus or tube stop early and walking the rest of the way.
- Parking your car in the space furthest from the entrance, or a few streets away and walking (every step counts!)
- Standing on public transport and offering your seat to someone who may need it more.

Discover the Benefits of Yoga

Yoga: The easy to do, beneficial for mind, body and soul workout routine, or rather lifestyle is quite achievable. All you need is a yoga mat! Don't be intimidated by yoga terminology or complicated poses, yoga flows are for everyone, and the best thing about them... you can do it anywhere!

The benefits of a regular yoga practice are wide-ranging. In general, a complete yoga workout can help keep your back and joints healthy, improve your posture, stretch and strengthen muscles and improve your balance.

Studies show that yoga can, reduce back pain, strengthen bones, improve balance, reduce stress, relieve depression, etc.

Yoga is a practice that has had yoginis hooked onto the practice for thousands of years. While there are some more complicated poses, the initial building blocks are easy to do, and very achievable.

Here are some poses to get you started. Move slowly through each pose, remember to breathe as you move. The idea is to hold each pose for a few, slow breaths before moving to the next one.



1. Child's Pose

This is a good default pose. You can use this pose to rest and refocus before continuing to your next pose. It gently stretches your lower back, hips, thigh, knees and ankles, and relaxes your spine, shoulders and neck.



2. Downward Facing Dog

This pose strengthens the arms, shoulders and back while stretching the hamstrings, calves and arches of your feet. It can also help relieve back pain.



3. Plank Pose

A commonly seen exercise, plank helps build strength in the core, shoulders, arms and legs.



4. Cobra Pose

This back bending pose can help strengthen the back muscles, increase spinal flexibility and stretches the chest, shoulders and abdomen.



5. Four-Limbed Staff Pose

This push-up variation follows plank pose in a common yoga sequence known as the sun salutation. It is a good pose to learn if you want to eventually work on more advanced poses, such as arm balances or inversions.



6. Shavasana

Most yoga sessions end in this pose. It allows for a moment of relaxation, after all yoga is not just about the body, but the mind too. With this pose, feel the weight of your body sinking into your mat one part at a time.

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CHIROPRACTIC

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3:00pm – 8:00pm

Sat: 9:00am – 2:00pm

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