

INTOUCH NEWSLETTER



April

Client Testimonial

Very friendly , professional and knowledgeable staff . Exceptionally clean clinic with competitive prices . They were able to relieve my neck and arm pain when it was most severe .

I
Jan M
★★★★★

What a team! In just 4 weeks my back has been transformed. Couldn't lift the toilet seat. But my flexibility is now excellent and there's still more to come. I've been pain free for 2 weeks. Luc and Josh are great at explaining the process of the treatment and their support team are friendly and professional. Email reminders for appointments are very welcome too. Can't thank them enough for getting me back up and running. Highly recommended.

A
Alex
★★★★★

Very friendly staff and great service. Happy with the adjustment sessions. Over the last 1 month (12 sessions) I saw improvements including relief of pain/discomfort and more flexibility. Definitely on the right track to improving my posture and wellbeing

W
William D
★★★★★

6 Fun Ways to Move Your Spine (and why!)

"I'm not as flexible as I used to be," we may grumble and groan.

It isn't necessarily the passing years that are the culprit. Our joints are meant to be in motion, and when they aren't, they get a little "rusty." This doesn't just mean our elbows or shoulders but also the joints of our spine.

You may think of your spine as a solid unit, however, it isn't fused like the teaching models you see. It is actually a series of joints.

The movement of the spine is vitally important. Movement pumps cerebrospinal fluid through the spinal column and around the brain. Nobel Prize winner Dr. Roger Sperry found that movement of the spine provides up to 90% of the brain's stimulation and nourishment.

The solution is to regularly move our bodies in ways that engage the spine, and that are adapted to our activity level.

Here are some ideas:

1. Yoga - There are many different types and intensity levels. You can even find chair yoga that is adapted for reduced mobility.

2. Pilates - This practice involves stretching and building strength with small gentle movements.



3. Dance - This is clearly a wide category. You could opt for something structured, like ballroom or salsa dance classes with a partner, exercise classes that use dance movements, such as barre or Zumba, or simply turning on your favorite music and dancing in your home.

4. Walking - Many people now use devices to track their steps, but it bears repeating. Combat a sedentary lifestyle by making walks a regular part of your life. You can increase the benefits by walking in nature and including a friend or pet.

5. Stretching - Don't underestimate the power of setting reminders during the work day to stop what you are doing and stretch. Even a few minutes is extremely helpful and can even boost your brain productivity. Add in some intentional breathing to ground your nervous system as you lengthen your spine.

6. Chiropractic - When you get checked and adjusted regularly, you are contributing to your spinal health. Adjustments restore movement to any vertebrae that aren't moving correctly, reducing the risks of degeneration and arthritis in the joint, ensuring the spinal discs have the space they require, and that nerves aren't irritated from misalignments.

Which of these is a regular practice for you? Which would you like to do more this month?



Luc Archambault
Chiropractor

WORD SEARCH

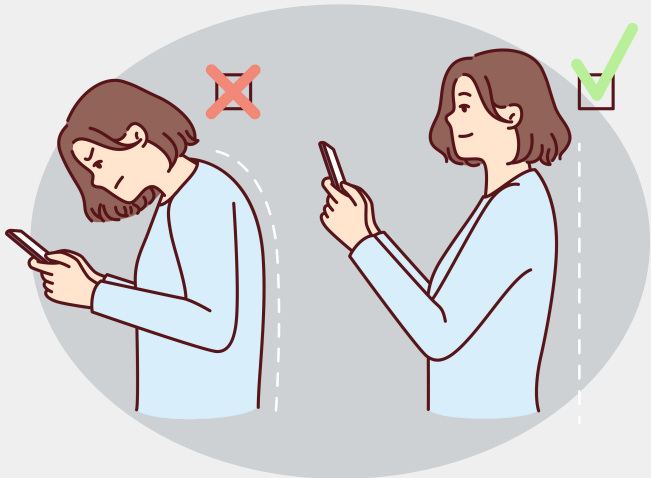
Find some of the keywords we've been using throughout this newsletter.

- SPINE
- FLEXIBILITY
- PILATES
- YOGA
- STRETCH
- DANCE
- ADJUSTMENT
- POSTURE
- JOINT
- POP
- CRACK
- PRESSURE



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DID YOU KNOW?



Researchers found a correlation between hyperkyphotic posture (being hunched forward) and a higher rate of mortality and risk for heart conditions in older persons. They studied 1,353 participants for an average of 4 years. They found that persons with hyperkyphotic posture had a 1.44 greater rate of mortality. When the cause of death was studied, they found an increased rate of death due to heart conditions with hyperkyphotic posture.

Hyperkyphotic Posture Predicts Mortality in Older Community-Dwelling Men and Women: A Prospective Study
October 2004 Journal of the American Geriatrics Society

QUOTE

“A man is as young as his spinal column.”

- Joseph Pilates

COMMONLY ASKED QUESTION

Is it OK if I “pop” or “crack” my own neck or back?



We’d rather you didn’t! We definitely understand the discomfort of a joint that feels stuck.

However, when you force it, you probably are not moving the correct joint. It’s likely a segment above or below it that moved! In our chiropractic training, we learned to identify which vertebra to adjust and to modify the angle, vector, and force required. Come and see us and we’ll help you.

Luc travelled all the way to Idaho, USA, for training with CPB Doctors Institute. For 3 days he was taught by world leaders in postural and spinal correction. We can't wait to show you what he learnt!



WARM WELCOME TO OUR NEW CLIENTS



LIAM OLIVER

OLIVIA ISLA

JACK GEORGE

EMILY MIA

NOAH HARRY

AVA SOPHIA

THANK YOU TO OUR REFERRERS



JACOB JAMES

AMELIA FREYA

CHARLIE WILLIAM

LILY GRACE

THOMAS HENRY



And the SpineWorks family is complete! We now have four Chiropractors, three Sports Therapists, and two Clinic Assistants... with Kat, our Clinic Manager, still on maternity leave. With ten members of staff dedicated to Chiropractic and natural healing, it's safe to say you're in good hands!



We'd like to introduce Yemi, our newest Sports Therapist! Yemi's fitness journey started six years ago - he dedicates himself to helping people get fit and healthy in their daily lives. "For me, fitness and wellbeing is a celebration of what your body can achieve, and I am here to guide that journey. I see every personal best, every single improvement, as a summit reached in your ongoing journey to health and fulfilment."



The whole team underwent training on our new spinal traction equipment! Are you ready to test it out?

Why Poor Posture is a Major Problem!

Look around in a busy public place, and you'll likely see any number of people with their heads down, hunched over a smartphone, laptop, or tablet. Most people are unaware that prolonged poor posture has a significant and detrimental effect on your health!

One posture in particular is causing issues. Nicknamed, "text or tech neck" it's more clinically known as forward head carriage or a hyperkyphotic posture. This is where your head is carried forward like a turtle.

Tech neck puts increased pressure and weight on your spine. This affects the alignment of your whole body.

We can see this in postural analysis. Take photos of yourself and draw these lines for a mini self-evaluation. When viewed from the side, we want a vertical line from your feet to your hips, your shoulders, and up your neck. From the front, draw horizontal lines where the neck is not tilted to either side, the shoulders are level with each other, and the hips are also level.

Good posture can increase our confidence and make us look more polished. But we're more interested in what is happening in your biomechanics.

The spine has two main jobs: to provide structure and to protect the delicate bundle of nerves that is your spinal cord and the nerve roots that pass between vertebrae into your peripheral nervous system.

The vertebrae may shift when your spine is pulled out of alignment by poor posture. Over time, this becomes microtrauma and can degenerate the joint as it fails to move properly.



This misalignment may cause or contribute to inflammation, muscle tension, and nerves to be "pinched" or irritated. We call this a subluxation.

Like most of us, irritated nerves tend to do a poorer job! The decrease in function may be slight at first. You may not even draw the connection with symptoms like brain fog, poor sleep, and digestive troubles.

Interestingly, nerve dysfunction does have a correlation to your posture. A 2019 study in the Journal of Physical Therapy Science showed that forward head posture actually decreased respiratory function.

Sadly, it isn't enough to just be aware of your posture and try to fix it. Even home exercises may not be enough to correct your posture.

As chiropractors, we assess the severity of your forward head posture and the length of time you've had this posture. We are specially trained to identify and adjust which vertebrae need to move.

It's definitely better to start early rather than later! We can't turn back time and make a spine young again. Once the spine is realigned, your muscles and ligaments often take time and repetition to hold them in place.

Reach out if you'd like to learn more. We'd love to help you or your family to address any posture issues.

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CHIROPRACTIC

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Opening Hours:

Mon- Fri: 8:00am – 1:00pm
3:00pm – 8:00pm

Sat: 9:00am – 2:00pm

REFER A FRIEND OR LOVED ONE

50% off
INITIAL CONSULTATION

Loving chiropractic care? Got a loved one who you think would benefit from it?

Have them call us and tell them to mention your name to get 50% off their Initial consultation! (X-rays not included)