



SPINAVITA
CHIROPRACTIC

CONNECT

AUGUST 2021 / SPINAVITA.CO.UK/CONNECT



Sun Safety

JESS PROVIDES TIPS TO STAY
SAFE IN THE SUN AND AVOID
GETTING BURNT

Take part in our animal relay!

HANNAH GETS THE WHOLE FAMILY
EXERCISING - ANIMAL NOISES NOT
ESSENTIAL!

Don't let back pain get
between you and your
summer staycation

New faces join the Spinavita team

Meet our new Sports Therapist and Receptionist, plus we welcome back a face from the past!

Get a better night's sleep camping

The British Chiropractic Association provides top tips on how to be more comfortable when camping

Read the Spinavita Noticeboard

Find out the latest news from the team at Spinavita.

Welcome

Read our foreword from Anna Hawrot, Spinavita Chiropractic Clinic Director and Chiropractor.

Welcome to the 4th edition of Connect Magazine. This quarter has been one of positivity and growth. We have welcomed back old faces to the clinic, as well as welcoming new members to the team. It has been fantastic to hear that people have been going on holidays (mainly staycations), going back to their sports (park runs, football, tennis etc), and even hearing about weddings and christenings going ahead. Life for so many of us now feels much more normal and it is wonderful to be able to embrace our freedoms once again.



The weather hasn't been quite as good as last year, however, as it's summer, we have explored topics related to being careful in the sun, keeping active outdoors and we have even added a fun fitness activity that you and the family can play. We hope you enjoy this edition, and as always we would love to hear your thoughts and feedback to help us make the next addition even more interesting.

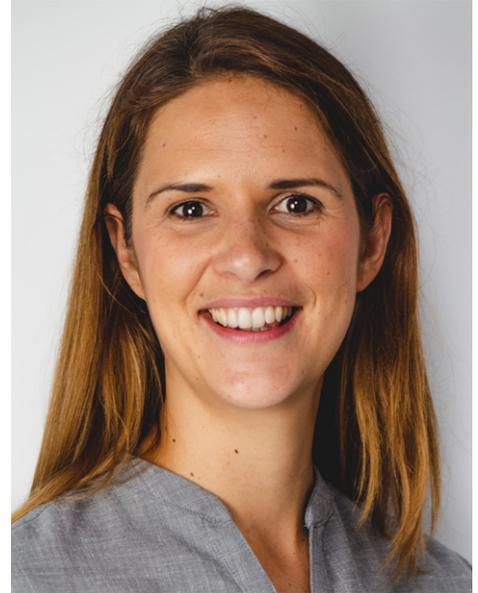
The past few months at Spinavita have been a really busy time for us. We have

seen regrowth and development, which has been really positive for us and has meant that we have been able to expand our services.

Firstly, I am thrilled to welcome our new receptionist Kay, which now means we are again offering full reception cover within the clinic. Kay has come from a social care background, and is extremely friendly and energetic, she has already made a big impact on us. I know she will want to say hello to you all when you come in.

I would like to take this opportunity to thank our Reception Manager Jane, and our Receptionist Caroline, for their hard work and flexibility throughout the past 18 months. Without their unequivocal support, we would not have been able to cope and adapt to the changes thrown at us as well as we did.

Next I would also like to welcome Ben Trebble, our newest member of our expanding Sports Therapy team. Ben has graduated from The University of



Gloucester this year, with a degree in Sports Therapy. We are excited for him to start with us in September.

Finally, a big welcome back to Jannene Mills, our Massage and Complementary Therapist. After moving to Nottingham during COVID lockdown 1, Jannene has now returned to the area and Spinavita, and she has already enjoyed seeing some new and some old clients.

I would like to thank you all for your continued support.

Best wishes

Anna

We are here if you need us...

[Book an appointment](#)

[Email us](#)

[Visit our website](#)

Call 01452 883232

Award winning clinic



Spinavita welcomes two new faces...



Ben Trebble
Sports Therapist

Ben graduated from the University of Gloucestershire in 2021 as a BSc Sports Therapist. During his time at University, Ben obtained vital clinical experience dealing with a wide range of injuries and sporting backgrounds such as football and trampolining. Ben is also a trampolining coach at a local trampolining club, he also enjoys going to the gym and taking part in a wide range of sports.

We are excited to welcome Ben to the team - he will be starting with us in September 2021.



Kay Whitmore
Receptionist

Kay has worked in the fields of HR and management in health & social care. In her spare time Kay enjoys walks and time with family, and has become a Nan for the first time this year. Kay is also a trustee for the Gloucestershire Bundles, and thoroughly enjoys volunteering with charity. A fun fact about Kay is that wherever she goes, she is always the mother hen!

You will see Kay on the reception desk from 12th August 2021. We're sure she'll give you a warm welcome!

...and welcomes back Janenne!

Many of our regular patients may remember the lovely Jannene, Spinavita massage therapist. We are delighted to announce that Janenne will be back in the clinic from August 17th so make sure you get your appointment booked whilst you can! She'll be offering reflexology, aromatherapy, therapeutic massage and hopi ear candling.





Spinavita Community Noticeboard

Hannah gains Intermediate Trauma Medical Management in Football



Hannah, our Sport Rehabilitator, has recently completed her FA Level 4 Intermediate Trauma Medical Management in Football (ITMMIF). This is an advanced pre-hospital first aid course, run by the FA and endorsed by The Royal College of Surgeons Edinburgh.

It is a 2-day course that focuses on the recognition and management of life and limb threatening injuries that could occur on the field of play. Not only does this provide Hannah with key skills in dealing with football related injuries; such as fractures / dislocations, but also in dealing with Sudden Cardiac Arrest, Head Injuries and other Medical Emergencies.

The Welsh Hot Chilli Steppers raise £5k+ for MIND



Spinavita were delighted to support The Welsh Hot Chilli Steppers on their coastline walk from Swansea to Tenby over three days. They guys did a fantastic job and pushed through the sores and blisters each day and continued to raise awareness of the brilliant charity MIND.

Anna Hawrot, Clinic Director even managed to join The Welsh Hot Chilli Steppers for the last leg of their walk!

At the time of writing this issue, over £5K including gift aid has been raised, but if you still want to donate, you can do so here: <https://www.justgiving.com/fundraising/gareth-rogers6>

Championing Heart Heroes

Spinavita is proud to champion Heart Heroes, a charity based in Gloucester that works with children and their families living with heart conditions.

Find out how you can help:

Facebook: heartheroglos
Instagram: heroes.heart
Tel: 07951 835360
www.heartheroes.co.uk



Sponsoring Severn Vale Athletic Shirts



We were delighted to sponsor Severn Vale School and their athletic shirts back in June. The 50 shirts that we sponsored had their first outing in July when members of the Severn Vale PE department ran the Gloucester 10K. And here is Anna sporting the shirts on a recent bike ride!

"We are really pleased to be able to sponsor Severn Vale School and their athletic shirts. At Spinavita Chiropractic we want to be at the heart of our community, especially supporting children to keep fit and active. We cannot wait to see them competing in their new shirts."

Anna Hawrot , Clinic Director & Chiropractor

Coco passes UK PRT Programme



Congratulations to Coco who has passed her 'PRT' (post-registration training) programme, via the Royal College of Chiropractors.

Spinavita's Anna Hawrot was Coco's official mentor, and really enjoyed working with Coco throughout the past year.

First Aid Training

We are pleased to report that in July 2021, Jane, Caroline, Coco and Jess all renewed their first aid training in accordance with the Health and Safety (First Aid) Regulations.

Run by ERFA, the course covered:

- CPR & the Unconscious Casualty
- First Aid Priorities
- Wounds and Bleeding
- Managing Incidents
- Burns & Scalds
- Minor Injuries
- Choking
- First Aid Regulations, Reporting and Recording

Park Runs are back...



Great to see many people are back participating in their local Park Runs. Here's Michelle, long-term supporter of Spinavita, taking part in the Chalkwell Beach Park Run. Well done Michelle, great job!

Want to feature on a future Spinavita noticeboards? Send us your story and you could be appearing in the next issue of Connect Magazine!





Sun Safety

As I have incredibly fair skin understanding how to stay safe in the sun has always been an important priority. You'll often find me in the shade, with various different sunscreens for my face and body and I've started to celebrate at the end of the summer if I've avoided getting burnt throughout the sunnier months. Here are a few things I've learnt over the last few years to help you stay safe in the sun.

by Jessica Davy, Spinavita Chiropractor

In the UK, the sun's ultraviolet (UV) rays are at the strongest between 11am and 3pm from the middle of March to October. This means the sun is strong enough to potentially cause damage so extra care needs to be taken to protect your skin.

UV rays is the energy that is released naturally by the sun and there are two main types that can damage our skin and lead to skin cancer. UVA penetrates deeply into the layers of the skin and results in ageing the skin. UVB is responsible for most sunburns. As we can't feel UV rays, you can't tell if you're at risk of burning based on the temperature. A UV index of three or more can still result in a burn, even if it's cloudy

outside, thankfully, most weather apps now update us on the UV index each day.

Too much UV radiation can damage the DNA in our skin cells and if enough damage builds up over time, it can result in the cells starting to grow out of control which can lead to skin cancer. Anyone can develop skin cancer but those of us that burn more easily have an increased risk; this is because the burn is a clear sign of damage and your body response to repair it. Cancer research has found that getting sunburnt just once every two years can triple your risk of melanoma skin cancer, compared to never being burnt!

→

To reduce your chances of a sunburn:

- *Stay in the shade* - I'm a huge fan of shade-bathing as it gives me a breather from the heat as well. Take care when under trees though as in dappled shade you may still be exposed to UV rays.
- *Cover up* - wearing loose fitting and dark clothing blocks the UV from reaching your skin. If you do wear clothing, make sure its close weave - as a guide you can hold the material up to the light to check you can't see through the fabric.
- *Wear a hat* - whip out your wide brimmed statement hat and remember, the bigger the brim the more your ears, neck and shoulders are covered!
- *Wear the right suntan lotion* - look for a sunblock that protects you against UVA and UVB rays (not all of them do!) Aim to wear something with a sun protection factor (SPF) of 15 or more.
- *Apply suntan lotion correctly* - most people do not apply enough lotion. You want to spread an even and thick layer everywhere the sun may hit you. Take extra care when using a spray instead of a cream as it can be harder to know how much you've applied.
- *Reapply that lotion* - learn from my mistakes, one application is never going



to be enough! Clothing and sweating can rub suntan lotion off, so even if we can't all go swimming this summer, you still need to regularly reapply.

- *Check the date* - suntan lotion can go off, I always check the bottles at the beginning of the season to see how long they have left. There should be a number on the back of the bottle with an M next to it, this is the number of months that it can be open for. Make sure its in date as applying out of date sunscreen

will mean you're not as protected as you think you are.

- *Apply even when cloudy* - I have a moisturiser with added SPF to wear on my face everyday as a minimum between March and October. Although I don't spend much time outside, UV rays can still penetrate through the glass when driving which can result in skin ageing prematurely.
- *Check your shadow* - look at your shadow and if it is shorter than your height this means that the sun's UV rays are strong. So that's when you're more likely to burn and need to take care and protect your skin, especially if you get sunburnt easily.

Getting sunburnt once doesn't mean you will definitely get skin cancer, but reduce your risk by being sun savvy and following the tips above.

If you've got any helpful tips that I haven't mentioned, share them with us by email or on our socials; I'm always open to new ways to protect myself.

Happy shade-bathing!



Don't let back pain get between you

AND YOUR SUMMER STAYCATION

by The British Chiropractic Association

Summer holidays are one of the highlights of the year and even though restrictions are lifting, many of us are choosing to stay closer to home and enjoy some time away in the UK. Travelling long distances in the car, taking on new outdoor activities or sleeping in a new bed can all cause unwanted pain in your neck or back, so chiropractor and member of the British Chiropractic Association, Marc Sanders gives his top tips on avoiding discomfort in your back so you can enjoy a comfortable staycation.

1. Packing

It's easier said than done but only bring the essentials. Make life easier by lightening the load and leaving behind that 7th pair of shoes that you won't wear! The recommended maximum weight of a backpack is 10-15% of your body weight, so no need to pack for three weeks when you are only going away for one.

Also be sure to lift any suitcases into the car by bending through the knees and hips to use your leg muscles and try to keep your back straight – this is often a cause of strain and getting into pain before your staycation has even started is less than ideal!

2. First-class comfort

It's likely that you'll be spending time in a car on the way to your destination, but long hours spent in a vehicle can cause aches and pains.

If you're driving, try to keep your thighs as parallel to the floor as your seat will allow and adjust the head restraint so you can feel the centre of the support touch the middle of the back of your head. Bring your seat all the way up so it's straight and then take it back until you are comfortable whilst maintaining a 110 degree angle between your back and thighs. You should be able to push the pedals to the floor with a bend in your knees.

If you are a passenger and find it uncomfortable when sat in the car, try placing a small rolled-up pillow, blanket or towel between your lower back and the seat for a bit of extra support. Also, bring a travel neck pillow to give yourself better support when sleeping in a seated position.

It's also important to take regular stops so you can get up and stretch as well as going for a short walk. This will help to keep muscles and joints loose and avoid tightness.

3. Hitting the hills

With beautiful scenery on our doorstep, hiking is often commonplace in British holidays. To prevent back ache from getting between you and your next outdoor adventure, wear flat, supportive and flexible footwear and a bag that can be carried on both shoulders and has adjustable straps to distribute the weight evenly. Improve your balance by keeping your hands out of your pockets and off your straps to avoid any slips or falls.

→



4. Pedalling into the sunset

Cycling is another activity many of us enjoy whilst away, but if you aren't used to hitting the pedals regularly it can cause discomfort. Avoid straining your back, neck, shoulders or wrists when on your bike by ensuring you are set up in a safe and comfortable position. You should be able to reach the handlebars with no more than a 60-degree angle of your back relative to the floor. Try positioning your seat so you're flat or sloping slightly forwards to minimise strain on your lower back and adjusting your seat to the right height to allow maximum pedalling efficiency; when the pedal is at the bottom, you should

be able to sit on the seat with your leg almost straight with only a slight bend at the knee.

5. Sleeping

You may find yourself sleeping in a different bed or even on an air mattress or camp bed during your travels. To get a better night's sleep wherever you are, make sure you adopt a good sleeping position. Your head shouldn't be too high, so try sleeping with one pillow if you usually sleep with two, this allows for a neutral or near neutral neck position. You'll naturally change positions whilst you sleep, but when you first get into bed the best position is on your side, so your neck isn't twisted.

Make sure you stay off tech before sleeping too! Not only does using technology make it harder for you to settle down to sleep due to the way it stimulates the brain, it can also cause back or neck pain due to your neck not being properly supported while you're looking down at your screen especially if you haven't moved your neck much after a long journey to your destination during the day.

6. Lounging in the sun

If you're lucky enough to enjoy some British sunshine on your holiday, it may be tempting to lie on a sun lounger or on the beach floor all day. However, one in ten people point to inactivity as a common trigger of back pain, so make sure you move around regularly. Break up those Vitamin D top up sessions with a dip in the sea or walk on the beach.



Stay Hydrated

→ It's really easy to become dehydrated in hot weather or whilst you're more active. Make sure you're drinking plenty of fluids to avoid the dangers of dehydration such as cramp and heat exhaustion.



The BCA's top tips for more comfortable camping

According to a recent report by coolcamping.com, camping holidays are expected to replace many people's international holidays this year, and it's easy to understand why. Not only is camping in the UK great fun, it's also an all-weather activity – whether 30-degree heat or 12 degrees, wet and miserable!

Sleeping away from your normal mattress and on harder surfaces can cause problems for your back, however, and so to prevent any aches and pains from getting between you and your next camping holiday, President of the BCA, Catherine Quinn, has shared her top tips for more comfortable camping.

1. **Prep your sleeping area first** – Before you put up your tent, make sure you remove large stones or sticks that could dig into your back.
2. **Protect your back** – Ensure your back is protected against a hard and potentially damp surface by sleeping on a quality approved camping mat or air mattress. Try these out in the shop before buying to find the right base for you – most good stores will have samples available.
3. **Keep hydrated** – If it's hot, then you can get very warm 'under canvas'. Make sure you drink plenty and have a bottle of water available during the night to stay hydrated.
4. **Lift and carry with care** – Take care when loading and unloading your camping gear. It's a good idea to pack your gear into multiple lighter bags, so you can distribute the weight more evenly and reduce strain on your back. If you're going group camping, divide and conquer the load between you to avoid overloading yourself.
5. **Sleep sensibly** – Try to sleep in a position where your spine is in a straight line as this helps to avoid neck and back pain.

Exercise as a family with the Animal Relay

The aim of the game is the same as any other relay race, to get your team from start to finish in the fastest time possible. However, this game has a twist! How good are your animal impressions?

Equipment:

Stopwatch / timer

Cones (jumper / teddies / shoes can be used to replace these)

Baton (an item to be passed along to each player)

Rules:

First of all set out your course, this could be a circular lap of the nearest park or back and forth in your garden. Whatever you decide to do, clearly outline your track using cones or the replacement items you have chosen.

Next, pick your animals! Each leg of the race must be completed doing a different animal impression. For the player with the best impression 1 second can be taken off the final time your team completes the race.

Now, pick your teams! This can be done with as few as 1v1 or get the whole family involved!

To make things harder, you can choose to pass an object between each player as they complete their section of the race. 1 second added to your team's final time every time this item is dropped or forgotten.

Time how long it takes for each team to complete the circuit. Don't forget to add on or take away any seconds for best impressions or items dropped.

Whichever team has the fastest time at the end is the winner!

Animals:

Bear / Crab / Elephant / Giraffe / Snake / Gorilla / Or pick your own!

Benefits:

This game is a great way to keep your family entertained throughout the summer holidays or at a kids summer party!

It also has the added benefit of teaching your children key movement patterns and skills that aid in their overall development.



The Bear



The Frog



The Bunny Hop



The Giraffe

Disclaimer

→ As with all exercise programmes, when using our exercise videos, you need to use common sense. Before starting any exercise regime, to reduce and avoid injury, you should consider consulting a qualified fitness or sports adviser to ensure the regime is suitable for you and your own doctor if you have a medical condition or taking medication or have related concerns.

By performing any fitness exercises, you are performing them at your own risk. Spinavita Chiropractic will not be responsible or liable for any injury or harm you sustain as a result of our exercise videos.

Thank you for your understanding.

CONNECT WITH US

There are many ways you can connect with us - and we'd love to hear from you! Drop us a message on social media or contact us using one of the methods below

We look forward to seeing you soon.

[Book an appointment](#)

Call 01452 883232

[Email us](#)

[Visit spinavita.co.uk](http://www.spinavita.co.uk)



[Spinavita.Chiropractic](https://www.facebook.com/Spinavita.Chiropractic)



[spinavita.chiropractic](https://www.instagram.com/spinavita.chiropractic)



[uk.linkedin.com/in/annahawrot](https://www.linkedin.com/in/annahawrot)

Spinavita Chiropractic, 62 Westbourne Drive, Hardwicke, Gloucester, GL2 4RU



Wellness care to transform
you and your family

