

# CONNECT

NOVEMBER 2021 | [SPINAVITA.CO.UK/CONNECT](https://spinavita.co.uk/connect)

## Stocking Fillers

'TIS THE SEASON TO HIT THE SHOPS, BUT IF YOU'RE STILL LOOKING FOR INSPIRATION, TAKE A LOOK AT OUR HEALTH-LED STOCKING FILLER IDEAS

## Ski Safely

THE BCA PROVIDES TIPS TO SKI SAFELY AND TOM JOHNSON OFFERS HIS EXERCISE EXPERTISE TO HELP GET YOU SKI READY.

## Laser Therapy

WHAT IS LASER THERAPY, WHAT DOES IT TREAT? BEN TREBBLE ANSWERS THESE QUESTIONS AND MORE

### Another new face joins the team!

Meet our new Sports Therapist plus we are looking forward to welcoming back Melissa Folly.

### Healing in the form of Reiki

Janenne sheds light on what this ancient form of healing is, and how it could benefit you.

### Read the Spinavita Noticeboard

Find out the latest news from the team at Spinavita.

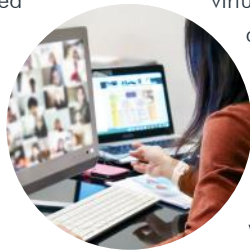
# Welcome

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

I am writing this on the last day of November, and I cannot believe we are entering the final month of 2021. What a year it has been!

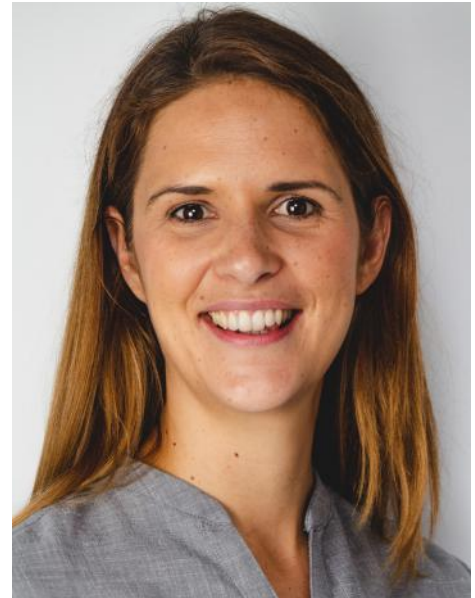
Personally, I have had lots of ups and downs; highlights include my sister getting engaged and celebrating my youngest daughter Rhiannon's first birthday. We have had a few challenges as well, my mother in law recently fell over and fractured her skull and suffered a brain haemorrhage. Thankfully she is making a remarkable recovery at home, but it really did make us all count our blessings.

Talking to my colleagues and our patients, I know this has been the case for so many families too. It really has been an eventful year and as we go into the third year of this pandemic, I think the feeling of uncertainty remains with us all.



Here at Spinavita, we have had another really busy quarter. As well as being busy in the clinic, myself and our other clinicians spend this time of year continuing our professional development by attending courses, seminars and conferences. Myself and Jess took part in the three day World Federation of Chiropractic biannual conference. Being a virtual event this time, it wasn't quite the same as attending in person, however, we still gained a wealth of information from multiple international speakers.

We are constantly striving to improve our standards of care and service to our Spinavita Community, and are currently planning for next year. We want to continue the hard work and momentum of this year, so watch this space, 2022 is going to be a great year!



We hope that you enjoy this addition of our Connect Magazine and would love any feedback to help us improve the next.

Wishing everyone a very Merry Christmas and a Happy New Year.

With health and happiness,

From Anna Hawrot

Anna

## We are here if you need us...

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Call 01452 883232

## Award winning clinic



# Spinavita welcomes...



**Tom Johnson**  
**Sports Therapist**

Tom graduated in 2020 as a Sport Rehabilitator from the BSc University of Salford, he then progressed his knowledge further by achieving an MSc in Strength and Conditioning from Loughborough University. Tom has a range of experience working in both clinical and elite sport settings such as Athletics and Rugby, as well as previously treating Argentina & South Africa rugby. Tom has grown up playing rugby and still plays when time allows, he also enjoys going to the gym and partaking in a variety of sports.

We are excited to welcome Tom to the team - you can book appointments with Tom online or with our reception staff.

## ...and welcomes back Melissa!

Spinavita are really looking forward to welcoming Mel back from maternity leave. Some of you may have seen her in the lead up to Christmas, as she has helped out with covering some holiday leave. Mel will officially return the first week of January and will be working Tuesday and Thursday mornings to begin with. It is great to have the full Chiropractic Team back together!





## LGBTQ Update

It has always been our aim at Spinavita to provide a safe and welcoming environment for all of our patients. You may have noticed that our online forms now ask you for your chosen pronouns; this is the noun by which we use to describe ourselves and identify with. We would never want to assume someones gender and we will be adding our pronouns to the website as we are all allies of the trans and gender non-confirming community. We are always striving to be an inclusive clinic and the team are learning to adapt to the world around us.



## Goodbye Hannah

We said goodbye to the fantastic Hannah Hughes. Although we were sad to see her go, we wish her all the best with in her new role working in an elite sport environment. But don't worry... you are in safe hands with our new members of the team, Ben Trebble and Tom Johnson!

## Christmas community events for your diary

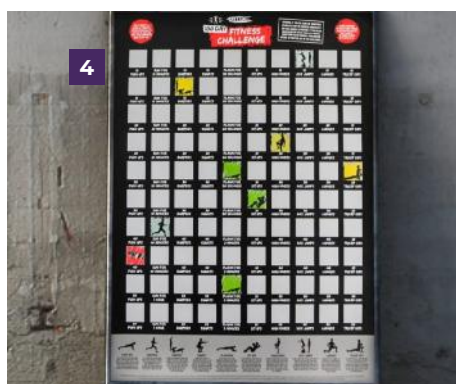
- Gloucester Santa Fun Run**  
Saturday 11th December @10:00-11:30
- Festive Dog Walk - Pittville Park**  
Saturday 18th December  
10:30am to 12:30pm
- Cheltenham Ice Rink**  
Imperial Gardens, Cheltenham  
Thursday 18th November to Sunday 2nd January 2022
- Gloucester Ice Rink**  
Gloucester Docks, Gloucester  
Thursday 25th November to Monday 3rd January 2022
- Spectacle of Light**  
Sudely Castle, Winchcombe  
Friday 26th November to Thursday 30th December



# Stocking filler shopping

It's back! Our community welcomed our stocking filler ideas last year, so check out this year's suggestions! As always, each gift has an emphasis on keeping our mental and physical health up. Happy Shopping!

NB. Spinavita has no affiliation to the products or websites recommended.



## Fitness Dice Game

**1** Seven wooden dice represent a different area of focus e.g. core or cardio. It's a fun way to get a full-body workout at home or on the go.

Price £16.99  
oliverbonas.com

## Gel Ball Hand Exerciser

**5** Gel balls provide resistance exercises for the hands, fingers and forearms. They are pleasant to touch and return to their original shape after each squeeze.

Price £5  
Ask in clinic

## Fitness Reaction Ball

**2** Reaction balls are designed to bounce in an erratic and unpredictable fashion. Used to help improve agility, hand-eye coordination and reaction time.

Price £5.49  
amazon.co.uk

## Dream Team

**6** A calming night-time duo to help aid relaxation and send you into a peaceful slumber. Includes a deep sleep pillow spray and a stress check roll-on.

Price £10.00  
www.marksandspencer.com

## Kinesiology RockTape

**3** It can be used to treat sports and non-sports injuries. It microscopically lifts the skin away from the muscle and fascia below, creating a decompressive effect.

Price £18  
Ask in clinic

## Reusable Hot/Cold Ice Pack

**7** This versatile pack comes with a protective sleeve and can be used from the freezer or microwave. It stays flexible whatever the temperature.

Price £8.50  
Ask in clinic

## Fitness Challenge Poster

**4** With this 100 Day Fitness Challenge Scratch Off Poster, you can slowly build up your strength until you are smashing every single fitness goal!

Price £8.99  
findmeagift.co.uk

## Spinavita Gift Vouchers

**8** Still not sure what to gift to your loved ones? Spinavita gift vouchers are the perfect solution! Available in any dominations and for any treatment.

Price £various  
Ask in clinic



# Ski Safely

*The ski season is upon us once again and with many skiers desperate to hit the slopes, we are keeping our eyes firmly on the travel news in the hope that the majority of ski holidays will be able to go ahead, despite the increase in Covid-19 cases. In anticipation of good news, the British Chiropractic Association offers advice on how to ski safely, and our very own Sports Therapist, Tom Johnson provides an exercise plan to strengthen up for the ski season.*

**D**espite common assumptions that a ski injury is most likely to occur on the first day, Matthew Bennett, BCA Chiropractor and the first to work with the British Alpine Ski team, comments: *“After three days of skiing using unaccustomed muscles, skiers become confident but are physically tired, and their capability isn’t necessarily matched to their confidence”*.

If you are skiing this season, the BCA has some tips to ensure you can stay safe on the slopes:

## **Pre-Ski fitness tips:**

- **Don't just sit there** - Exercising through squats, sit ups and cycling is also good to tease the right muscles.
- **It's a balancing act** - Balance is the single most important factor in skiing. Use a wobble board to improve balance and build up ankle muscles. For a thorough ankle work-out, rocking heel to toe is good for snowboarders and left to right is best for skiers.
- **Jump around** - Use a mini trampoline to work all those 'skiing' muscles.
- **Roll with it** - Roller blading is perfect practice and will help you develop a good ski posture, so you look like a pro on the slopes.
- **Check it out** - Most skiers find turning one way easier than the other. Poor technique might not be the problem, so talk to a chiropractor for advice. →



Pre-ski fitness is important to ensure that your body is prepared for your skiing holiday - you want strong muscles, not aching muscles!

### Out on the slopes:

- **Hot and Cold** - Warm up before strenuous skiing. Start off gently rather than heading first for the black runs and round the day off with a stretch.
- **Take plenty of breaks** - Overexertion will ruin your holiday – moderate the length of skiing time and listen to your body. Pain is a warning sign, don't ignore it.
- **Liquid lunch** - Drink plenty of water and isotonic drinks to avoid dehydration and stay clear of alcohol, tea and coffee.
- **Wrap up** - Make sure clothing is warm and adequate for the cold weather and don't forget hat and gloves.
- **Put the boot in** - No matter how many lessons, skiers won't improve without the right boots and this is where most skiers put their first foot wrong. Skiers often choose on comfort alone – don't make this mistake. Get a moulded footbed from the ski shop first as this improves fit, comfort and ski control. Opt for a shop with a wide range of boots so you are spoilt for choice.
- **What a bind** – If you are prone to going 'knock-kneed' when you ski, look out for lateral alignment. Wedges expertly placed under the binding can make a huge difference.

- **Carry on** - Always be careful when carrying skis/boards. Leave them standing upright so you don't have to bend to pick them up. Carry them over your shoulder, swapping shoulders regularly.
- **Ice is nice** - With an acute injury, use ice rather than heat.
- **Tread carefully** – A great deal of people are injured by slipping on ice at the ski resort, not just on the slopes. Wear shoes with a deep treaded sole and use strap-on studs for ski boots to help keep you upright.

It still holds true that it is always better to take preventive measures in order to reduce the risks of injuries. Take note of these guidelines to ensure you keep on the ski safe side this ski season.

Matthew adds: "Prevention is still better than cure and these tips can help you avoid injuries because just one joint or muscle out of line can be a disaster when you are travelling at 40 miles per hour on two skis".

### Beware of Day Three!

→ Clear your lungs and give yourself more energy and mental focus by taking regular walks outside.

Check out the next page for exercises from Spinavita Sports Therapist, Tom Johnson, to help prepare your body for skiing. →

# Prepare your body for skiing

The aim of these exercises is to improve your strength and balance to reduce the risk of injury whilst skiing.

## Level 1 - Strengthening

### Incline Squats

2 sets of 8 repetitions

#### Instructions:

- Place heels over a book or small ledge mimicking the position of the video.
- Move arms out in front of you for balance.
- Slowly squat down to a 90 degree position and push back up the standing.



## Level 1 - Strengthening

### Lateral Lunges

2 sets of 4 repetitions each leg

#### Instructions:

- Stand with your feet hip-width apart.
- Take a big step to the side with your left leg, then bend your left knee, push hips back and lower until your left knee is bent 90 degrees. This should take around two seconds.
- Push back to start.



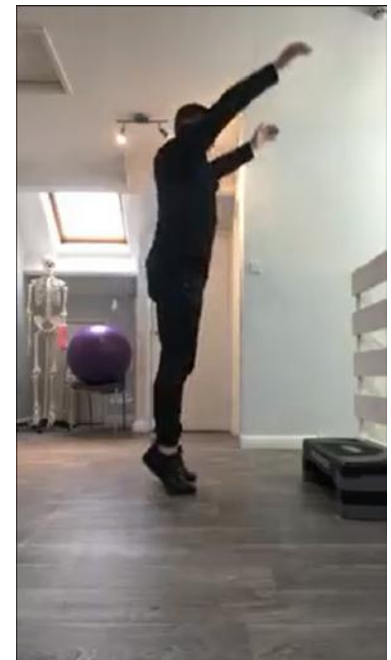
## Level 2 - Landing

### Drop Squats

2 sets of 5 repetitions

#### Instructions:

- Stand up straight with your legs just wider than hips width apart, up onto your toes.
- Drop into the squat position, ensuring your knees travel directly forward over your toes.





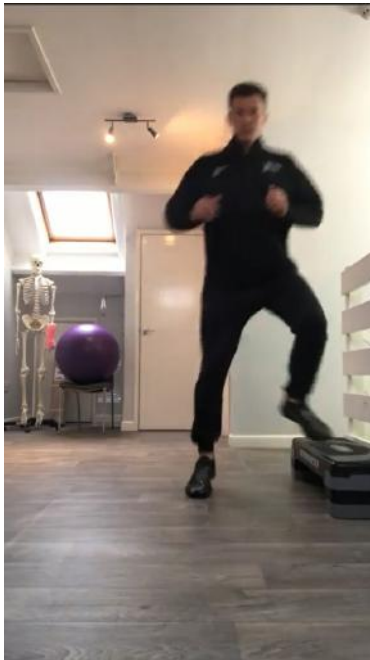
## Level 2 - Landing

### Lateral Land Off Step

2 sets of 4 repetitions each leg

#### Instructions:

- Stand up straight on a step hovering one foot off the side.
- Drop off step landing onto the outside foot softly with a slight knee bend.
- Regain balance then repeat on the other side.



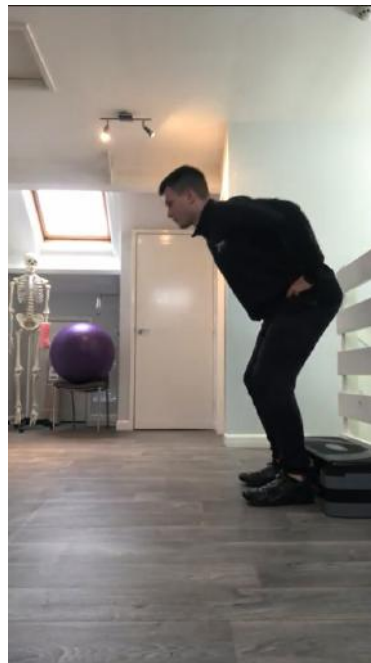
## Level 3 - Jumping

### Horizontal Jump & Stick

2 sets of 5 repetitions

#### Instructions:

- Stand tall with your arms bent at 90 degrees and your forearms pointed upwards.
- Drive your elbows back and drop into a squat by pushing your hips back and bending your knees.
- Immediately push up off the floor, jumping up and out as far as you can.
- Land softly in a squat position and reset and continue on.



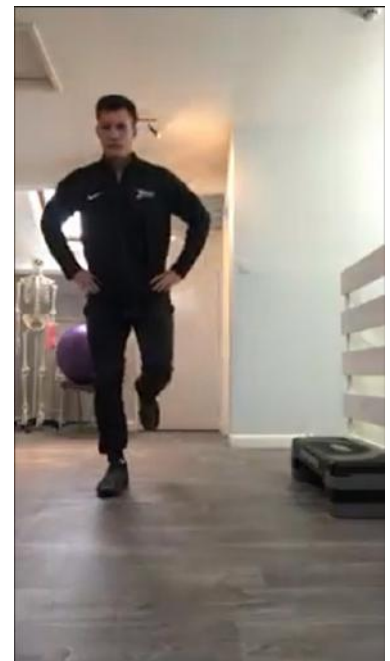
## Level 3 - Jumping

### Lateral Hop & Stick

2 sets of 4 repetitions each leg

#### Instructions:

- Stand up straight and transfer your weight onto one foot and lift the other from the floor.
- Hop sideways landing lightly on your other foot as you regain your balance.
- Next, hop sideways over the other line onto your other foot, and regain your balance.



## 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.



## Reiki Healing

*Many of the Spinavita community will know Janenne Mills as our massage therapist, but recently she has also been practicing Reiki, so here she tells us some more about this ancient complementary therapy relating to energy healing.*

**R**eiki is a Japanese form of energy healing to encourage emotional or physical healing. Reiki originated in the early 20th century and was developed by Mikao Usui. In Japanese, *rei* roughly translates to "spiritual" and *ki* is commonly translated as "vital energy". Treatment involves the practitioner gently placing their hands near or on the body to encourage a healthy flow of energy.

The aim of Reiki is to harmonise, therefore restoring and stimulating the body's own natural healing and relaxation. Reiki is especially beneficial for:

- Relieving stress
- Reducing worry and anxiety
- Dealing with grief
- Promoting harmony and balance
- Releasing tension from the body
- Clearing the mind
- Helping you sleep better

During treatment no clothing is removed, just shoes and watches. This is normally done on a couch but can be done seated on a chair. There are no known contraindications for Reiki, which makes it safe to use alongside orthodox medical treatment.

If you are interested in a Reiki treatment, book with Janenne, Spinavita's massage therapist.

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

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# Laser therapy uncovered

*Sports Therapist, Ben Trebble gives us the facts on Laser Therapy, what it's used for and how it can benefit you.*

Deep tissues laser therapy treatments are used by our professionals to help reduce pain levels, inflammation, discomfort and increase the overall healing times of musculoskeletal injuries. Our laser therapy treatments are a non-pharmacological intervention that avoids using medication to reduce pain levels. The laser's light energy helps quicken the body's healing response at a cellular level.

Laser treatments are used for musculoskeletal injuries such as tendinopathy. Though, more recent research has shown that the benefits of laser can help with relieving fatigue. This has enhanced our laser treatments, not only to help with reducing healing time frames but managing fatigue and enhancing performance.

## Who is suitable for our laser treatments?

Laser treatments are suitable for anyone suffering from acute or chronic pain. Our results over the past few years have shown the levels of effectiveness our laser treatments have provide our clients. These treatments can cover a wide range of injuries and conditions from sport to non-sport related injuries and conditions.

Laser treatments have proven to be effective for conditions such as tennis elbow, achilles tendinopathy, muscle strains, arthritis and much more.



## How long does each treatment last?

Our sessions last anywhere between 8-15 minutes depending on the severity of the injury or condition. As part of the treatment, our therapists and chiropractors often use other treatments alongside laser such as taping, deep and soft tissue massage, depending on your condition.

Normally we advise to receive 4-6 treatments over a 2-3 week period for the full benefits of the treatment.

## Are our laser treatments painful or uncomfortable?

Not at all, our sessions are completely pain free. During the session you may feel some heat and pressure when the laser head is applied to the body part. This treatment should feel relaxing and smooth. Throughout the treatment, the laser does not burn, it targets the muscles, ligaments and tendons through light waves and this helps the healing process.



## Laser Therapy Training

→ Here the Spinavita team are receiving some great Laser Therapy training from Lightforce Medical. We were so impressed by our trial of the FXi laser, that we have purchased it. It is now in use within the clinic, therefore if you would like to benefit from it, book an appointment online or speak to our reception staff.

# 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

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Wellness care to transform  
you and your family

