

# CONNECT

MAY 2021 / [SPINAVITA.CO.UK/CONNECT](https://SPINAVITA.CO.UK/CONNECT)

**WIN!**

**FREE TREATMENT  
OF YOUR CHOICE**

SEE PAGE 12  
FOR DETAILS

Read the  
Spinavita  
Noticeboard

Learn how to  
complete burpees  
with the best form!

Why should we exercise?

LEARN ABOUT THE BENEFITS OF  
EXERCISE...NO MATTER WHAT  
EXERCISE YOU CHOOSE

Exercise during and post  
pregnancy

MEL AND ANNA SHARE THEIR  
EXPERIENCES OF EXERCISE BOTH DURING  
AND AFTER PREGNANCY

## Find out about our new exercise App

Learn about the latest App that we have adopted to help prescribe, track and adapt your treatment.

## Advice for every day living: Pregnancy Posture

The British Chiropractic Association offer posture advice to help decrease pregnancy discomfort.

## Book Recommendation

How one man embarked on an epic 5,000 mile ride around the entire British coastline...

# Welcome

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

**W**elcome to our 3rd edition of Connect Magazine. This edition we have explored the importance of daily exercise. In a world that came to a halt for many, our bodies stopped moving too. We have also discussed the importance of keeping mobile during and after pregnancy. We want to get our community moving again and we really hope that the information in this magazine might inspire you on the path to a healthy and more mobile lifestyle.

After a very difficult 14 months, due to covid restrictions, there does seem to be a really big light at the end of the tunnel.

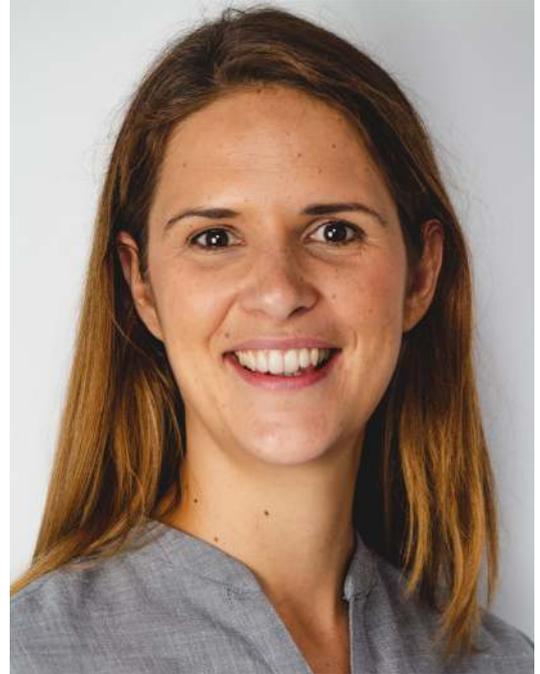
We are now well on the way out of lockdown. I'm sure most of us are already enjoying life's simple freedoms, like meeting a friend outside for a coffee, and finally getting our hair cut. If we remain on the government plan, the coming weeks will open up restrictions even further, and although we will still need to be careful, life should feel closer to what we knew as normality.



The vaccination rollout has been an overall national success, giving hope, freedom and confidence to so many. All of our Spinavita team (that were eligible) received their first dose throughout February and March, and have started receiving their second doses. We will be all fully vaccinated by the end of May.

As always we have been working really hard to keep improving our services at Spinavita. Last month we launched our new exercise resource PhysiApp, which is really exciting and you can learn more about this later in this issue of CONNECT.

Finally, my exciting news is that I returned to the clinic on May 3rd, after having 6 months off on maternity leave. To begin with I will be working Tuesdays, every other Wednesday morning and occasional Saturdays. I will also be



covering holidays for colleagues. With time, and as my daughters allow, I will be rebuilding my diary! I really look forward to seeing you all soon.

Anna

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

[Book an appointment](#)

[Email us](#)

[Visit our website](#)

Call 01452 883232

## Award winning clinic



# Spinavita Noticeboard



## Mel departs for her maternity leave

We wish her well and the safe arrival of her new baby! Mel plans to return to work in January 2022 but in the meantime, Anna, Jess and CocoMehendo will be covering Mel's patients.



## Congratulations Caroline!

Well done to Caroline who recently did the Walk All Over Cancer fundraising walk raising money for Cancer Research UK. She raised lots of money for a wonderful cause!

## Cheltenham Town Football Club Links



We are excited to announce that Hannah Hughes is supporting her work at Spinavita Chiropractic as a Sport Rehabilitator for Cheltenham Town Football Club.

Hannah is providing pitchside first aid and injury rehabilitation to the young footballers (ages U8-U18) within their academy set up.

## Fundraising Update

You may remember a little while back, Spinavita did some fundraising to help purchase an onsite defibrillator. Due to the pandemic, we never had the opportunity to inform our Spinavita community that in March 2020, as a result of our fundraising efforts and your support, we successfully purchased an onsite defibrillator. Thank you to everyone who supported us!

# Why should we exercise?

by Jessica Davy, Chiropractor

**L**ockdown has forced many of us to adapt our exercise routines but by the 17th May hopefully all activities will be open. While some returned to the gym with enthusiasm, others like myself, have opted to stick with our living room workouts and online classes. No matter the location or the type of exercise you enjoy participating in there are a plethora of health benefits.

## The Guidelines

It is estimated that one in five adults do not meet acceptable levels of physical activity with this number set to be higher due to the pandemic. UK guidelines for adults over the age of 18 recommend a weekly target of 150 minutes of moderate intensity aerobic exercise or 75 minutes of vigorous aerobic exercise and two strength sessions.

These guidelines are relative to your current physical status.

**Moderate intensity exercise** - should increase your breathing rate but you are still able to talk and hold a conversation. Examples include walking, cycling or shopping.

**Vigorous intensity exercise** - should increase your breathing rate and make it hard to talk. Examples include swimming, playing football or dancing.

**Strength training** - examples include yoga, lifting weights, carrying shopping bags or body weight exercises like press ups.

The guidelines are different for children and pregnant and postpartum women, for more information please → head to the NHS website <https://www.nhs.uk/live-well/exercise/>.



Moderate intensity exercise



Strength training exercise



Vigorous intensity exercise

## The Benefits

Most of us are aware of some of the health advantages of regular and consistent exercise, however some benefits are not as well reported or known and need further research.

How many of the following list were you aware of?

- Management and prevention of medical conditions such as Diabetes and cardiovascular events.
- Improves balance and reduces likelihood of falls.
- Reduces isolation and brings people from diverse backgrounds together.
- Maintenance of strength and motor skills.
- Maintains weight and aids with weight loss.
- Improves mental wellbeing and self-esteem.
- Reduces anxiety, stress and depression.
- Impacts our individual development by affecting employment opportunities and developing soft skills such as communication, listening, teamwork and problem solving.
- Improves sleep quality.
- Increases energy levels.
- Is a source of enjoyment and happiness.

Given its whole body, health promoting nature exercise needs to be integrated into all of our lives. Due to the restrictions over the last year impacting our ability to partake in many different forms of exercise, it's even more important to plan in everyday ways to be more active and reduce the time spent being sedentary.

It's never too late to challenge our bodies with different movements and increase our activity. No form of exercise is more superior, start with small amounts and increase the duration, frequency and intensity over time. Remember, the best form of exercise is the one you can stick to!



## Did you know?

According to the World Health Organisation, global estimates show that one in four adults and 81% of adolescents do not do enough physical activity.

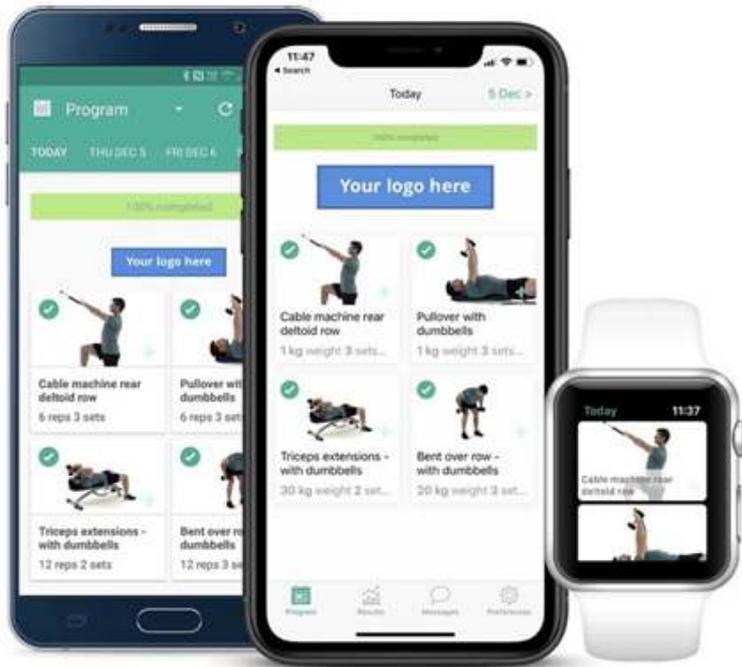


## Did you know?

The World Health Organisation reports that physical inactivity increases the risk of cancer, heart disease, strokes and diabetes by 20-30%. It is estimated that four to five million deaths per year could be averted if the global population was more active.

***"Exercise is medicine. Literally. Just like a pill, it reliably changes brain function by altering the activity of key brain chemicals and hormones."***

*Stephen S Hardy*



# PhysiApp: Remote Activity Management

*Spinavita would like to introduce you to PhysiApp! A new piece of software that allows us to prescribe, track and adapt your treatment to suit your individual needs.*

## What is it?

PhysiApp is a FREE app that allows us to send personalized exercise prescriptions straight to your phone. It provides you with a detailed plan including; a detailed description of each exercise, a professionally narrated video demonstrating the movement, as well as the recommended sets and reps you need to complete. You can then track this, recording; what you achieved, if you experienced any pain and even send us a message or feedback.

## How does it work?

First of all, we will set you up with an account, this can be done by the click of a button using the email you have already provided us with. Hannah will

then create an exercise plan specifically tailored to you.

Once this has been assigned, you will then receive an email with a link to download the app or access the correct webpage. This email will also contain an 'access code', you will be taken to this page (see below) where you will be asked to input your access code along with your date of birth, in order to see your new plan.

Then simply follow the exercises provided. After each exercise you may be asked how many sets and reps you achieved and if you experienced any pain, this allows us to see how you're getting on and if any changes need to be made.

**Activation code**

Enter your activation code as you received it from your practitioner.

Year of birth

Access your progress

*PhysiApp - healthcare engagement at your fingertips. Complete your exercises anytime, anywhere.*

## Will it work on my device?

The app can be downloaded for free on IOS or Android, it can also be accessed through your web browser. Not sure about using all this technology? A PDF copy of the programme can be emailed or printed off for you.

## How will it help?

This enables us to track your progress and identify any areas you may be struggling with. It also makes it easier for you to ensure you are using the correct technique and get the most out of your treatment.

## Hidden gems!

When creating the plan Hannah can add her own descriptions, videos or comments so she can make it as specific to you as possible. Maybe there's a common error you need a specific cue to correct? This can be added so you can't forget a thing!

You can also set at what time of day you would like to receive a reminder to complete your programme and track your progress to help motivate yourself to achieve your goals.

*If you would like more information, ask Hannah Hughes at your next Sports Therapy appointment.*

# Exercise at home: The Burpee

The burpee is a full body exercise that is often used as a warm-up, prior to exercise, or within an exercise circuit. The great thing about this exercise is that it requires absolutely no equipment, so can be done anywhere at any time.

Hannah Hughes, Sports Rehabilitator at Spinavita Chiropractic demonstrates...

## The Basics

For the basic burpee begin by standing with your feet shoulder width apart and lower yourself into the squat position. Continue to lower yourself until you are able to place both hands on the floor. Next, step your feet backwards into a plank position. Once you have reached the plank position, step back into the tucked position and raise yourself back up to standing. You can then repeat the movement ensuring to perform a squat before lowering yourself back to the plank position again. Simple!

## Too Easy?

There are a number of ways to increase the challenge. For instance, instead of stepping back into the plank position, try jumping both of your feet back together. You can also add a jump to the end of the movement, by jumping up from the floor instead of standing. Adding a press up, when in the plank position, is a great way to include your upper body in this exercise. This can be made harder still, by removing your hands from the floor at the bottom of the press up, before pushing yourself back up to complete the repetition.

## Benefits

Burpees are a full body exercise that help to work most of your major muscle groups. If used effectively they can help to improve your cardiovascular endurance, strength and coordination. They can be easily adapted or added to any circuit routine, to help you achieve your fitness goals.

Just like any other exercise, care should be taken to ensure that you don't cause injury, placing emphasis on correct form. Start with the simpler version of the exercise, as this can be easily progressed as your ability increases. As you gain confidence in the movement, try adding extra repetitions and set yourself personal goals to beat.

## Disclaimer

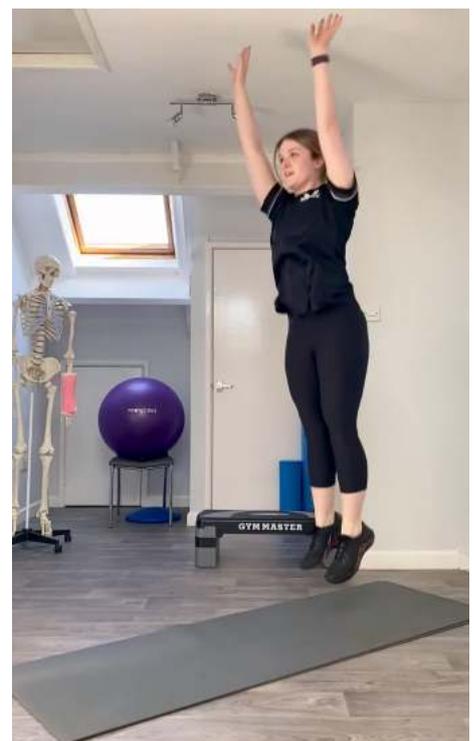
→ As with all exercise programmes, when using our exercise videos, you need to use common sense. Before starting any exercise regime, to reduce and avoid injury, you should consider consulting a qualified fitness or sports adviser to ensure the regime is suitable for you and your own doctor if you have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



Basic Burpee Exercises



Advanced Burpee Exercises

# Exercise During Pregnancy

We all know that keeping active is important for good general health but during pregnancy it can have a whole range of benefits. Melissa Folly, Spinavita Chiropractor explores the role exercise plays in pregnancy.

**A**ccording to the Royal College of Obstetricians and Gynecologists, exercising during pregnancy can lead to a lower incidence of:

- preterm birth
- cesarean birth
- excessive weight gain
- gestational diabetes or hypertensive disorders such as preeclampsia
- lower birth weight

It's also an excellent way to:

- reduce low back pain
- manage symptoms of depression and anxiety
- reduce stress
- improve postpartum recovery

## Safety

There will be a lot of activities that you will need to remove from your regime but still a lot you can do.

Here are some general safety tips to consider when exercising during pregnancy.

- Get clearance from your doctor if you're new to exercise or you have any health conditions that may contraindicate exercise.
- Drink plenty of water before, during, and after exercise.
- Wear supportive clothing such as a supportive sports bra and suitable shoes
- Don't become overheated.

- Avoid lying flat on your back for too long, especially during the third trimester.
- Avoid contact sports and hot yoga.

Different exercises are beneficial in each trimester to support the body through its physical changes while preparing for an easier return to exercise postpartum.

## First Trimester Weeks 1 - 13

As long as you're not considered a high-risk pregnancy and you feel well enough, you can generally continue with a regular exercise routine in the first trimester.

Consider a range of moderate cardiovascular and weight exercises. You should also focus on posture and



*Melissa practicing yoga stretches to help increase strength and flexibility.*



core exercises that help make pregnancy easier and prepare you for labor and childbirth.

Here are my favorite first trimester exercises:

- Brisk or hill walking with some interval jogging

- Yoga or Pilates– always great if you can get to along to a local class especially if you’re new to this
- Kneeling push-ups
- Biceps Curls + Triceps Dips
- Squats + Lunges

### Second Trimester Weeks 13-27

You’ll now be starting to showing a bump and will need to start to vary the intensity and type of exercises. I recommend patients to remove any high impact exercise that involves jumping, running, or exhaustion. You also want to avoid any exercise that has you lying on your back for extended periods of time.

Second trimester top recommendations:

- Walking at a pace and duration you’re comfortable with
- Pregnancy Yoga or Pilates – now specific to pregnancy these will begin to focus on the changes taking place to your body.
- Swimming – or just walking and being in the water
- Incline Push ups
- Side laying leg lifts
- Upper body weights

### Third Trimester Weeks 28 - 40+

Now you are likely to begin to notice a slowdown as your body begins to prepare for labour and childbirth. This is a great time to really let your body rest and focus on light cardiovascular

activities whilst keeping up your mobility and strength with activity that feels good for you.

My third trimester recommendations are:

- Regular but shorter walking
- Swimming and spending time in the water
- Prenatal Yoga + Pilates
- Pelvic floor exercises
- Low- weight exercise especially for the upper body whilst sitting to avoid balance issues
- Meditation for mindfulness

### Summary

Staying physically active during pregnancy has great benefits for both mother and baby.

Including some form of exercise most days of the week can help keep your core strong, your muscles fit, and your cardiovascular system in good shape. Plus, it can do wonders for your mental health.

Always make sure to listen to your body and stop if you feel any discomfort or pain. Talk with your Midwife, Doctor or Chiropractor if you have any questions or concerns about how your body is responding to an exercise programme.



### Sunshine Yoga

*Interested in pregnancy yoga classes? Or what about some mum and baby yoga classes? Sunshine Yoga is a Gloucester based yoga studio, which can help. Check them out at:*

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

**W**omen experience an increase in lumbar curving during pregnancy due to the increased weight being carried out in front. This puts more pressure on some of the joints of the spine, causing discomfort and, for some women, pain.

Essentially, the centre of gravity has been moved and, even after giving birth, problems caused as a result of irritated joints and nerves can take a while to resolve.

- Sleeping with a pillow between the legs may help.
- Talk to your healthcare professional to discuss stretches and exercises that are suitable for you.

As breasts grow larger, women may experience upper back aches and pain as there is more pressure being put on the upper back.

- Getting measured for bras regularly throughout your pregnancy will help make sure you are wearing the right size and, therefore, getting the maximum support possible.
- Also, do some stretches, such as bringing arms in a circle across the front of you and then push back against your hands.
- Neck stretches are also useful and can be achieved by bringing the head forward and to the side in order to stretch down the upper back.

As pregnancy progresses into the final stages, relaxin is released in order to prepare for birth and does exactly what it says; 'softening' the muscles, ligaments and tendons! At this time, the body is more unforgiving and it is easy to

overstretch or lift something and cause more of a problem than normal. Knee and ankle pain is less common during pregnancy, but can occur at this time due to the relaxation of muscle support and the increase in weight in the final trimester.

- Try to keep stretching leg muscles to make sure unnecessary extra pressure is not put on the knees.
- Elevate legs whenever possible to offset any weight pressure and reduce any swelling - ankle circles will also help.
- If suffering with back, neck or joint pain, chores such as vacuuming should be avoided, as well as walking long distances and carrying bags.

### General Posture Advice

The fitter you are and the more muscle tone you have before pregnancy, the more likely you are to be able to cope with the body's postural changes.

Core exercises are very useful and you can talk to a chiropractor, GP, midwife or other healthcare professional for advice on this.

## Parents & Posture: Pregnancy

Advice from The British Chiropractic Association

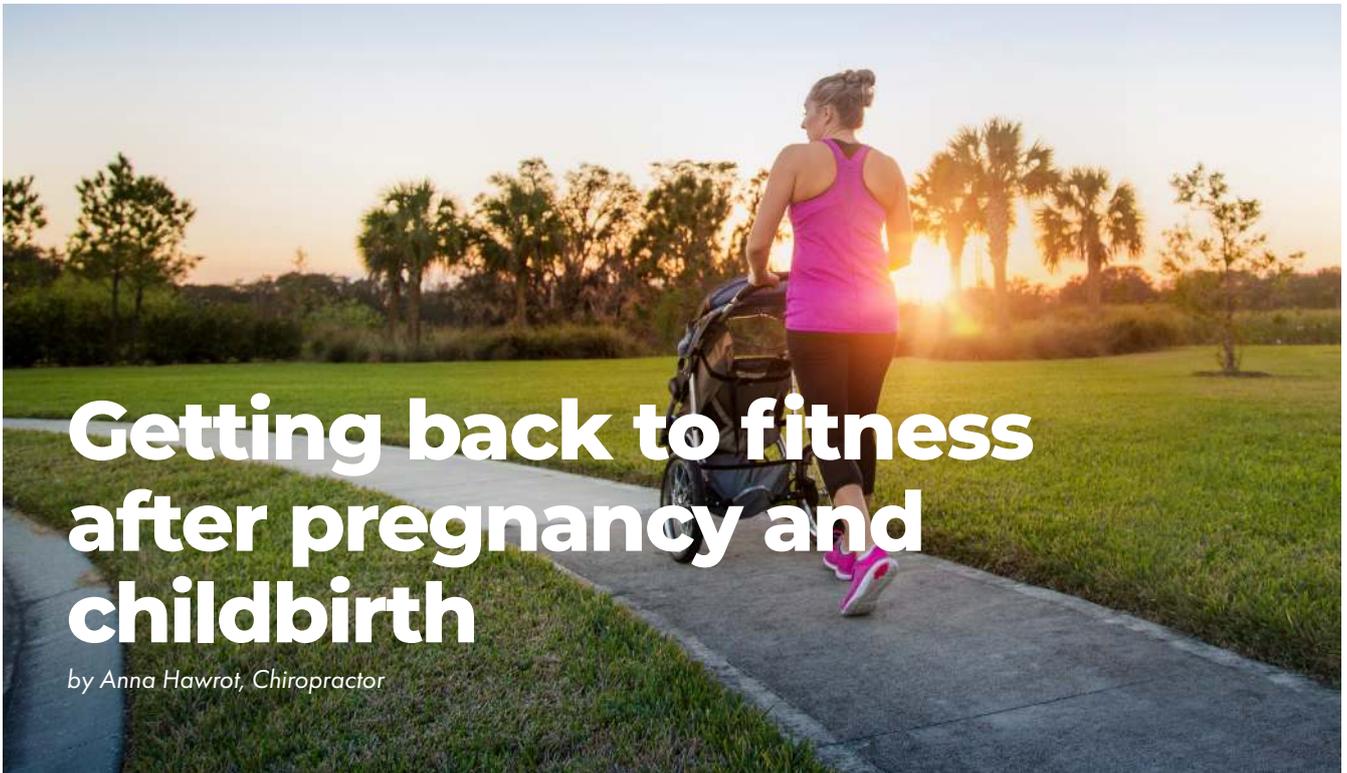


During pregnancy specialist yoga classes, taken from 12 weeks onwards, can be very beneficial. Swimming and aqua natal classes are also of benefit, as being in the water takes the pressure off strained joints whilst providing good exercise and relaxation.

Avoid high heels and wear comfortable, supportive shoes.

If you have children already, it can be difficult as they will need lifting and carrying. Always lift with your spine straight and bend knees to avoid leaning, stretching or bending.

Do not sit for prolonged periods, take a regular break and, when sitting, let the seat take your weight and, if possible, keep as much of your body in contact with the chair so that your whole body is supported. Knees should be lower than your hips.



# Getting back to fitness after pregnancy and childbirth

by Anna Hawrot, Chiropractor

**L**ike many new mums, after having my second child I wondered if my body would ever feel the same again. However, staying fit and healthy throughout my pregnancies and a bit of luck meant I had uncomplicated natural water births with both my girls. Even still, my body felt weak and deconditioned and therefore I really wanted to work hard to be strong and healthy to be able to cope with the physicality of being a new mum, as well as wanting to get back to doing what I love, being a chiropractor.

My road back to fitness, started on about day 4 or 5 postpartum, where I literally started with a 10 minute walk around the block. I did this everyday for about a week and then slowly built up to 30 minutes, 45 minutes and then by about 4 weeks postpartum I was able to walk a full hour (about 3 miles).

I also integrated breathing and pelvic floor exercises. I followed the Wim Hof method of breathing, as well as hypopressives.

<https://www.ukhypopressives.com/>. I found resetting my breathing patterns strengthened my diaphragm and helped to heal my pelvic floor muscles.

At week 4 I started 10 - 15 minutes of daily yoga and slowly built this up to 30 minute sessions. At week 12 I felt ready to start cardiovascular training where I began jogging and HIIT sessions. Everyone is unique and many new mums will be more commonly ready to start these sessions at around 24 weeks post-natal.

Now I am back at work, I feel stronger than ever and am in awe of my body that has been through so much and has recovered so well. Everyone's journey to fitness after childbirth is different, especially due to cesarean sections and birth complications, therefore it is best to discuss your road to recovery with your midwife, pelvic floor physiotherapist or specialist.

→ I received chiropractic care throughout my pregnancy, which combined with staying fit and mobile, I relate to having an uncomplicated birth and quick recovery. I continued my chiropractic care at about 3 weeks after birth, receiving a short intensive course to begin with and I am now back to my monthly maintenance sessions. Thanks to my fantastic Spinavita team of chiropractors, all of whom have treated me throughout my pregnancy and postnatal journey.

→ It is important to realise that every new mums journey is different and recovery can vary depending on so many factors. My biggest advice would be to start slow, be consistent and don't be hard on yourself. Be grateful for what our amazing bodies have achieved, and thank them with regular movement to keep them healthy.

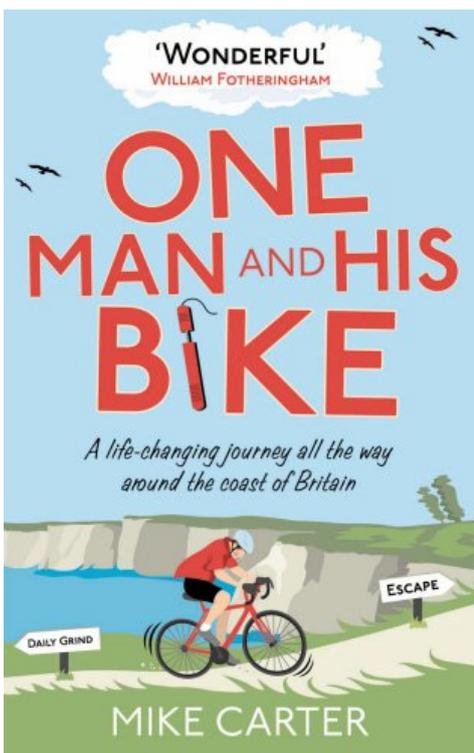
## Competition Time

Enter our competition for a chance to win a free treatment of your choice!

We are excited to again offer this great prize of a free treatment of your choice. All you need to do is solve the anagram below and send your answer to [enquiries@spinavita.co.uk](mailto:enquiries@spinavita.co.uk). All correct entries will be entered into a prize draw and the winning name will be selected at random on **Monday 7th June**. The winner will be announced on Facebook page so keep your eyes peeled!

CITY UNDOERS

## Book Recommendation



What would happen if you were cycling to the office and just kept on pedalling?

Needing a change, Mike Carter did just that. Following the Thames to the sea he embarked on an epic 5,000 mile ride around the entire British coastline - the equivalent of London to Calcutta.

He encountered drunken priests, drag queens and gnome sanctuaries. He met fellow travellers and people building for a different type of future. He also found a spirit of unbelievable kindness and generosity that convinced him that Britain is anything but broken. This is the inspiring and very funny tale of the five months Mike spent cycling the byways of the nation.

"I really enjoyed this book; the author has a laid-back way of describing his adventures of cycling around the coastline of this beautiful country. He describes the coastline with such passion and really makes you appreciate where we live and gives you the desire to go out and visit the different locations, especially the Highlands in Scotland! This book is perfect for a Sunday afternoon read, soak up one man's journey on a bike around Britain's coastline and enjoy the funny encounters he experiences on his travels." - Gareth Rogers, Head of PE, Severnvalle School

Got any book recommendations that you would like to share with the Spinavita community? Send your recommendation - including why you enjoyed the book, to [enquiries@spinavita.co.uk](mailto:enquiries@spinavita.co.uk) and you could see it in the next issue!

# Spinavita supports 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](http://www.heartheroes.co.uk)



HEART  
HEROES

# 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.*

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Wellness care to transform  
you and your family

