

Lincoln Chiropractic Clinic SPRING 26



On Wednesday 4th February 2026, Anita Compton, Natallie Cull and Charlotte Reeks attended the Royal College of Chiropractors Annual General Meeting where Lincoln Chiropractic Clinic was presented with the Patient Partnership Quality Mark for 2026 to 2028. The PPQM is awarded to clinics that demonstrate excellence in meeting patient expectations, we are thrilled to, once again, receive this recognition for the high standard of patient-centred care we strive to achieve at Lincoln Chiropractic Clinic

Samantha Wharton joined our team in December 2025, Samantha is a registered member of the British Chiropractic Association (BCA) and the General Chiropractic Council (GCC) with a Master's in Chiropractic (MChiro) from the Anglo-European College of chiropractic. Her journey into healthcare was fuelled by a background in elite sport, having competed in gymnastics at a regional level and rugby at the premiership level. These experiences gave her firsthand insight into the importance of musculoskeletal health. With a caring nature, Samantha is passionate about treating patients of all ages and backgrounds. Outside the practice, she enjoys exploring the outdoors and travelling with her partner, George.



DIY

With several bank holidays approaching we all start thinking about DIY projects here are some useful tips:

- When painting a ceiling, think about how to get the largest amount of paint on the ceiling in the shortest space of time, use a large paint pad or a roller with an extended handle (hold it at chest height.)
- Keep your head in as neutral position as possible and keep facing forward; don't over stretch your neck.
- If you need to use a ladder, make sure you are always facing it and move the ladder regularly, rather than leaning to reach your goal.
- Always keep your shoulders, hips and knees pointing in the same direction.
- Vary your activity and try to spend no more than 20-30 minutes on any one thing.
- Take breaks to avoid being in the same position for too long.
- Don't lift with your arms straight out, keep the elbows bent and to your side to minimise the stress

Call **01522 530645**, our reception team will be happy to book your appointment.

Don't forget to check our website www.lincolnchiropractic.co.uk for up-to-date information, offers and advice. We are also on [Facebook](#), so please like and share our page.