

# Lincoln Chiropractic Clinic

On Wednesday 30th January 2013, Anita and Andrew Compton attended the College of Chiropractors Annual General Meeting, held at the Royal College of Gynaecologists and Obstetricians in Regent's Park, London. Lincoln Chiropractic Clinic received Patient Partnership Quality Mark for 2013 to 2015. The PPQM is awarded to clinics that demonstrate excellence in meeting patient expectations, and more than 120 clinics now hold the award. We are thrilled to receive this recognition for the high standard of patient-centered care we strive to achieve at Lincoln Chiropractic Clinic



## Chiropractic Awareness Week

This year's Chiropractic Awareness week is running between the 15<sup>th</sup> and 19<sup>th</sup> April with the theme **Perils of Parenting** focusing on the back and posture problems parents can experience both before and after their children arrive. Check the website or come in to see us during the week for further information and advice on this topic.

## Chiropractic and Pregnancy

Charlotte has recently been on a Birth Trauma course in Gatwick and learnt more about treating during pregnancy and the treatment of babies.

Chiropractic can help people of all ages at all stages of life so don't forget we are here to help.

## Patient Satisfaction

We have recently started conducting questionnaires to enable us to gather and analyse clinical information and patient satisfaction.

Over the past 3 months it has been found that 92.3% of patients report being very satisfied with the way they have been treated at Lincoln Chiropractic Clinic.

We are always looking at ways to improve patient care and satisfaction at Lincoln Chiropractic Clinic. Please pass on any suggestions as to how we could improve your experience at the clinic to any of our chiropractors or receptionists.

## 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

Don't forget to check our website [www.lincolnchiropractic.co.uk](http://www.lincolnchiropractic.co.uk) for up-to-date information and advice.

We are also on Facebook, so please like and share our page.