

The Derby Back Botherer

2026 October Newsletter



Still fighting
the good fight....



I Love To Ignore Good Advice

An introduction from the person who apparently still hasn't learned.

Can you remember the last newsletter I wrote? No, me neither - that was a waste of money on a marketing course that I chose to ignore! It was probably pre-covid when I put anything together so there may be a bit of catching up to do.

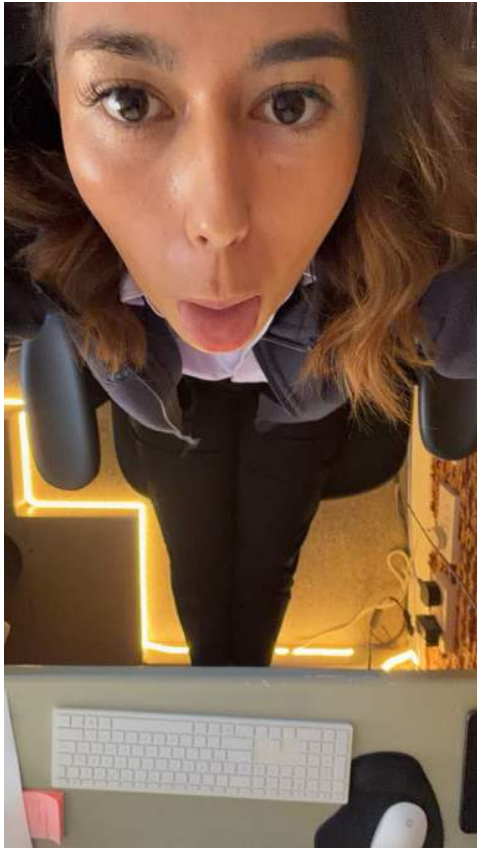
Derby Family Chiropractic has been going since 2007 (more about that later) so that means next year we need to have a celebration or retire. Apparently, retirement isn't an option.

Familiar Faces and New Arrivals

We have had a few new receptionists in this time and I'm grateful for their help. We have also had Megan go from patient to receptionist to Chiropractic Assistant to superstar chiropractor. She graduated in 2022.

Likewise we had Mel join us in 2018 as a chiropractic assistant and she has also just graduated as a chiropractor (2026) and is doing very well!

We also took on 2 new chiropractors - the lovely Natalie and the Tottenham supporter from Watford Divyesh and we lost Matt Robbins, so if you see him please return him ASAP (dad joke but I don't care).



Meet Sham

Shamina has just celebrated her 1st year at Chellaston and also her 21st birthday. Those who have met her already know her kind and efficient manner. Definitely a future leader!



Techniques and Training

We love learning new techniques and seeing the many miracles that chiropractic can achieve with them. We often practice as a group but sometimes something very special crops up.

Who ever it was who twisted my arm to go on the Cranial Facial Release training- I'm glad they did.

The results are off the chart including -

Relief from tinnitus, snoring, breathing improvement, TMJ improvements to name but a few. Here we have Shamina enjoying herself. But what is CRF (the picture says it all)

What is CFR? Cranial Facial Release (CFR) involves placing a small balloon inside the nasal passages and briefly inflating it. Yes, a balloon up your nose—certainly one of the more unusual courses we've attended! Practitioners use it with the aim of improving nasal airflow and movement of the facial structures, although these proposed benefits are not firmly established by high-quality research. Interested?

Speak to Stuart or Megan. We'll explain what it involves, discuss the potential risks and assess whether it's suitable for you.



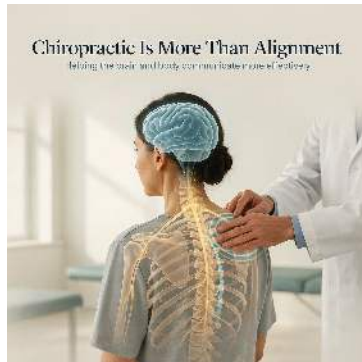
Chiropractic

(slightly technical but worth the read)

A chiropractic newsletter wouldn't be the same without a bit on chiropractic.

So, what is chiropractic?

Traditionally, patients and chiropractors often talked about “alignment” or



putting bones back into place. Modern chiropractic is better understood through the nervous system—particularly the constant conversation between your brain and your body.

Your spine supplies the brain with a stream of sensory information about movement, tension and body position. When joints are not moving well, that information may become less accurate, potentially

affecting how the brain controls movement and responds to discomfort.

A chiropractic adjustment provides a precise mechanical stimulus intended to improve joint motion and change this sensory input. Research led by neurophysiologist and chiropractor Dr Heidi Haavik suggests that spinal manipulation can produce short-term changes in sensorimotor processing—the way the brain receives information from the body and uses it to coordinate movement.

Chiropractic is therefore not simply about making the spine “straighter”; it is about helping the spine, brain and body communicate and function more effectively. This reflects Haavik's proposed sensorimotor model without overstating it.

Her studies report neurophysiological changes after manipulation, although independent systematic review concludes that their clinical significance is not yet established. [Haavik and Murphy's review]

(<https://pubmed.ncbi.nlm.nih.gov/22483612/>) · [Independent systematic review]

(<https://pubmed.ncbi.nlm.nih.gov/31632640/>)

Sponsorship and Charity

We always try to support the local community and I often volunteer Megan to decorate the window at Christmas for the Chester Green charity.....

Recently Hannah ran a 10k for Cancer Research and raised more than her height in cash.



Four health audiobooks to explore

My favourites that I think you should absorb for this year are:-



Move! — Caroline Williams

Explores the links between physical movement, thinking and mood. A particularly good fit for your interest in the brain and body.

Ultra-Processed People — Chris van Tulleken.

A thought-provoking look at ultra-processed food and how the food industry influences what we eat.

May change how you look at your

shopping trolley!

Why We Sleep — Matthew Walker

An engaging introduction to sleep and its relationship with physical and mental wellbeing. Plenty to discuss, although I wouldn't treat every claim as settled science

The Stress Prescription — Elissa Epel

A practical exploration of how we respond to stress, with exercises intended to help us handle everyday pressures.

From Grandad's Garage to Nearly 20 Years!

Derby Family Chiropractic turns 20 next year.

I'm not entirely sure how that happened, especially as I'm still only 32. Please don't check the maths.

It all started in 2007, in my grandad's converted garage on Wolfa Street, Derby. You lot soon outgrew that, so I moved to Brick Street. Then, with a few more ideas and apparently no desire for a quiet life, I moved to Chester Green in 2016. Chellaston followed in 2020. *Excellent timing. Really picked our moment there.*

Over the years, we've welcomed new faces, watched our team grow and had the privilege of getting to know so many of you and your families. Some of you have been with us since the garage days. You deserve a medal for putting up with my jokes for this long.

There have been plenty of changes, but what makes the clinic special is still the people: our team, our patients and everyone who has recommended us to a friend or relative. **Thank you for helping us reach this point.**

Apparently, a 20th anniversary means I should reflect on the past and start planning for the future. I'm not particularly good at either, so I'll put those off for another ten years.

The cake, however, deserves my immediate attention. And given how long it took me to write another newsletter, starting a year early is probably sensible.

Grandad's garage
AKA Derby Family
Chiropractic (2008)



Thank you for helping
us reach this point
and helping so many people

On A Personal Note

It isn't until you start to jot down a few things that you realise how fast time goes, we are most grateful for your support over the lastmany years and look forward to serving you for a few more too.

And if you fancy booking online use this useful button!

[Book online](#)

Oct 2026 Newsletter

