

# News with AV Chiro

## June, July & August 2025

### SPINAL HEALTH WEEK










## TECHNECK



### What is tech neck and how does it affect you?

In today's digital age, many of us spend hours hunched over phones, tablets, and computers – a habit that's given rise to this condition known as "tech neck." This repetitive strain on the neck and upper spine can lead to stiffness, headaches, and even long-term postural issues. Over time, tech neck can contribute to chronic pain and reduced mobility, affecting your quality of life. Chiropractic care offers an effective way to prevent and manage these symptoms through spinal adjustments, posture correction, and personalised care plans.

### Here are 10 helpful tips to prevent Tech Neck

- **1**  
**SIT WITH COMFORTABLY UPRIGHT POSTURE** with shoulders relaxed and feet flat on the floor.
- **2**  
**STOP BENDING** your neck to look down at a phone or tablet. Hold the device at eye level.
- **3**  
**LIMIT THE TIME** spent using a phone to 2 hours per day, especially during leisure time.
- **4**  
**USE BOTH HANDS** or alternate between left and right when typing on a smart phone.
- **5**  
**DON'T WALK LOOKING DOWN** at a phone. Hold your head up straight and engage with the world.
- **6**  
**TAKE REGULAR MOVEMENT BREAKS** every 10 minutes if using mobile devices and every 30 minutes if using computers.
- **7**  
**ENSURE COMPUTERS** are ergonomically set up correctly so the monitor is at eye level.
- **8**  
**USE AN ADJUSTABLE** ergonomic office chair so the knees are slightly lower than the hips.
- **9**  
**EXERCISE REGULARLY** to maintain a healthy spine and overall health and wellbeing.
- **10**  
**CONSULT A CHIRO**

Info retrieved from Australian  
Chiropractic Association

Level 3, 141 Queen Street  
BRISBANE, 4000

Phone: (07) 3221 1346  
Scan our QR code to find our website



# Slow Cooker Pulled Pork Tacos

The perfect meal to put on in the morning and come home to some yummy pulled pork

## Ingredients:

- 2kg pork shoulder
- 2 1/2 tsp salt
- 1 tsp black pepper
- 1 onion (chopped)
- 1 jalapeno (de-seeded and chopped)
- 4 cloves of garlic (minced)
- 3/4 cup of fresh orange juice
- 1 tbsp dried oregano
- 2 tsp ground cumin
- 1 tbsp olive oil
- Taco tortillas
- Your favourite taco toppings

## Methods:

1. Rinse and dry the pork. Rub all over with dried herbs, salt, pepper, and olive oil.
2. Place the pork in the slow cooker. Top with onion, jalapeno, garlic, and squeeze over the juice of the oranges.
3. Slow cook on low for 10 hours or high for 6 hours. Pork should be tender enough to shred.
4. Remove from slow cooker and let it cool slightly, then shred using two forks.
5. Once pork is shredded, serve with your favourite taco ingredients!



## STAFF NEWS

### Farewell Kara

It's with the heaviest of hearts we report that the clinic has suffered one of its greatest losses in the past 12+ years... Kara has left us.

With her now large, beautiful family, she has taken a new job which allows her more flexibility. How she has managed over the years managing the clinic, travelling to the city and back, all the admin tasks as well as covering staff shortages, plus being the wonderful mum she is, has always left us amazed, but deeply and forever grateful for her enduring support, efficiency and commitment to providing quality care and attention to everyone within the AVC orbit.

We can't wait to see you on your chiro check-ups!

Love Andrew and Louise



### Andrew & Louise

welcomed their first granddaughter, Valerie Elizabeth Vincent on June 26<sup>th</sup>. Mum and bub are going well!

### Kathryn

is happy to be celebrating another birthday!

### Antonia

is excited go camping for her birthday!

### Calliope

is excited to be working at AV Chiro!