

WEIGHED DOWN BY NECK PAIN? LET US HELP!



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REDUCE NECK PAIN WITH HELP FROM MCR CHIROPRACTIC

It's always nice to hear someone say you've got a good head on your shoulders. But don't forget to thank what's holding up your head – your neck! Unfortunately, [up to 70% of people](#) will experience neck pain severe enough to interfere with daily activities during their lifetime. In fact, neck pain is the [fourth leading cause of disability in the United States](#). So when the structure holding up the most important part of your body (your brain!) starts to ache or sustains an injury, it's crucial to address the pain. That's where we come in.

When treating neck issues, chiropractic is an effective, conservative option that can:

- Reduce pain and stiffness
- Improve range of motion, flexibility, and posture
- Strengthen the neck and surrounding areas
- Improve musculoskeletal alignment
- Help you avoid surgery and opioids

Don't let [neck pain](#) stand in your way. Embracing a holistic approach to your healthcare, chiropractors can create a personalized treatment plan to diminish pain and keep you moving forward.



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MAIN ARTICLE

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COMMON SYMPTOMS

Neck pain can develop suddenly (from trauma or injury) or over time from natural wear and tear. Some common symptoms of neck pain include:

- Difficulty bending or rotating the neck
- [Headaches](#)
- Muscle spasms
- Nerve pain (which may feel like a burning sensation in the neck, shoulder, or arms)
- Numbness or pain in the upper back, shoulders, arms, or hands
- Sharp, localized stabbing or stinging sensations
- Stiffness and soreness
- Weakness in arms or hands

CONSIDER THE CAUSES

Chiropractic commonly treats cervical conditions such as:

- [Disc injuries](#)
- Cervical sprains (from sports and other traumatic injuries)
- Acute and chronic neck pain
- Degenerative joint syndrome
- Facet joint sprain
- Whiplash



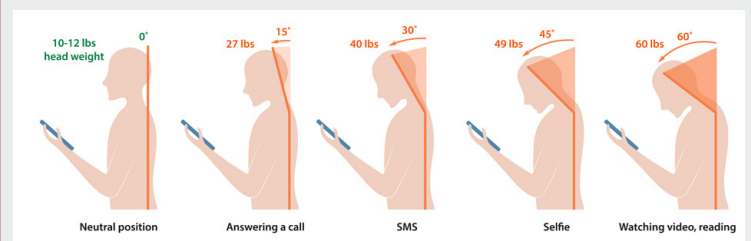
But one of the most common causes of neck pain is simply poor posture – which has run rampant in a world filled with tablets, phones, and computers.



A DIGITAL DILEMMA: TEXT NECK

In this age where technology is king, we often spend long hours slouching over a computer or looking down at our phone. These positions can be detrimental to our spinal alignment and the muscles connecting to our neck.

The pressure placed on the neck doubles with every additional 15-degree neck bend. Your neck is meant to support about 12 pounds (the weight of the average human head). Looking down at your phone increases that weight to nearly 30 pounds, causing significant strain on the muscles and ligaments of the neck. No wonder so many people suffer from neck pain simply due to these poor posture habits!



Additionally, the portability of laptops and phones lead many people to work in less-traditional spaces and positions, such as couches or cushy chairs without desks. While this might seem like a more comfortable option, it can have negative effects in the long run as it contributes to poor posture and can cause significant aches and pains in the neck area.

Ask your chiropractor for some expert [tech-tips](#) to keep you scrolling without straining your neck!

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MAIN ARTICLE

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HOW DOES CHIROPRACTIC HELP NECK PAIN?



Diagnosis

A chiropractor will first conduct an in-depth evaluation of your medical history, current symptoms, and lifestyle to pinpoint what's causing your pain. They may begin by asking questions such as:

- When did you begin to experience the pain? Is the pain localized or does it radiate to other areas of your body such as your shoulders, arms, or hands?
- What is your occupation? Do you spend your days performing manual labor or do you work in front of a computer?
- What are your hobbies? Are they active like gardening and swimming, or are they sedentary like watching movies or reading?

Once they understand the specific reason you're experiencing this pain, they'll tailor your treatment program to address the issue.

Spinal Manipulation

Chiropractors focus heavily on spinal health, using a series of manipulations to restore joint mobility, reduce inflammation, and improve muscle function. [Spinal manipulation](#) consists of manually applying pressure or force to joints and tissues that have become inflamed or restricted. This process restores the spine's natural alignment, which may be contributing to discomfort or irregularity in your ligaments, muscles, and joints.

Your chiropractor will apply gentle force to specific segments of your cervical spine (neck) to restore its natural position. Returning your spine to its correct alignment can reduce the strain on your neck muscles, ease the neurological symptoms that could be contributing to your pain, and improve your overall movement.

Manual Therapy and Myofascial Release

This treatment identifies and releases tight points in the muscle, thereby relieving painful tension and reducing strain. Soft tissue therapy is a form of manual therapy that is commonly used among chiropractors. One form of instrument-assisted soft tissue therapy is the Gaston Technique, a [myofascial release](#) technique, which

uses instruments to mobilize the affected tissue to reduce pain and increase function. This technique works by breaking down scar tissue and restricted fascia, and stretching the connective tissue to foster an optimized healing environment for the damaged tissue.

Interferential Electrical Stimulation (E-Stim)

This method uses a low-frequency electrical current to stimulate muscles to reduce inflammation, spasms, and pain.

Stretching and Strength Training

Based on your specific lifestyle, level of ability, and injury, your chiropractor will provide tailored [stretches](#) and exercises to improve the strength of your muscles in and around your neck and shoulder region. Improving flexibility and strength in the neck will decrease pain and allow you to maintain better posture, which will reduce stress on the cervical spine. They will recommend exercises that also focus on improving strength in your core and back, which is essential to supporting your body as a whole. This additional support will improve posture to help decrease pain.



Education

Understanding your pain is a crucial component in your recovery plan. The neck and spine are extremely sensitive areas, and the mechanics of the prescribed exercises can be difficult to conduct properly without expert oversight. Your chiropractor will ensure you're correctly participating in the exercises to avoid strain and injury, and will be able to quickly adjust techniques if any are causing additional pain.

Contact your [local MCR office](#) to kickstart your healing and get back to doing what you love, pain-free.

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SEASONAL TIPS

MODERN CARE FOR CONCUSSIONS

A concussion is a “traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth,” (Centers for Disease Control [CDC]). Concussions may cause short and long-term physical, cognitive, and behavioral symptoms. Every concussion is considered a serious injury by healthcare providers and should be evaluated by a trained medical professional.

WHAT ACTUALLY HAPPENS DURING A CONCUSSION?

A concussion can occur when the brain is shaken, either from an incident where the head is directly hit or during rapid movement such as whiplash. This can cause unpredictable impact on the brain and result in changes to the brain’s function. Each concussion and the resulting symptoms are unique, so it’s crucial to undergo a comprehensive medical exam to determine a tailored treatment plan.

The CDC estimates that 1.6 to 3.8 million Americans experience concussions during sports and recreational activities each year. However, these numbers may be underestimated, as many cases are likely never reported.

WHO CAN GET A CONCUSSION?

When many people hear the term “concussion,” their thoughts turn to athletes involved in high-impact sports. But concussions don’t only occur among athletes. In fact, older adults are prone to concussions, often as the result of a head impact from a fall or loss of balance.

Concussions are frequently undiagnosed among older adults, so caregivers and family members must be aware of their signs and symptoms. Many times, older adults don’t mention falls to their medical providers or family, so being aware of outward symptoms is vital. This will allow loved ones to get the treatment they need for any injuries suffered and receive education to prevent future falls.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

Unlike a broken bone or joint replacement surgery, concussions can’t be “seen,” so being aware of the symptoms is important for everyone.

Physical symptoms:

- Difficulty sleeping or increased sleepiness
- Difficulty with balance and coordination
- Dizziness or blurred vision
- Fatigue
- Headache
- Nausea
- Sensitivity to light and sound

Cognitive symptoms:

- Confusion or fogginess
- Delayed or slowed thought processing
- Difficulty concentrating
- Difficulty with short- or long-term memory

Emotional symptoms:

- Feelings of anxiety or depression
- Irritability or aggression
- Lethargy
- Mood swings



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SEASONAL TIPS

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Symptoms may be present immediately after the initial incident or hours to weeks later. Some concussion symptoms may be worsened by physical activity or increased mental activity. Neck injuries occurring at the same time as concussions can also increase headaches or dizziness. A team of healthcare providers including a chiropractor can address many of these symptoms.

TREATMENT OF CONCUSSIONS WITH CHIROPRACTIC CARE

Chiropractors understand the physical, mental, and emotional complexities of concussions. They're specially trained to identify the extent of symptoms and any accompanying musculoskeletal pain present. They'll then create a treatment plan tailored to the patient's needs.

While some research in the past called for a "rest in a dark room" approach, recent research has indicated this may result in a significantly slower return to normal function. Current concussion care models emphasize a multi-disciplinary approach. Chiropractors can work alongside your physician team to help manage your unique symptoms and identify what kinds of activity (and how much) can safely aid recovery.

Chiropractors look beyond the head as well. When there's trauma to the head, there's often trauma to the neck (the cervical spine). The nerves and muscles in the cervical spine provide a tremendous amount of proprioceptive input to the brain. This proprioceptive input is needed for proper brain function. If the cervical spine is injured and untreated, it may slow the recovery of a concussion. Chiropractors are experts in diagnosis and treatment of cervical spine injuries.



Some of the treatment options may be focused on:

- Addressing dizziness and improving balance
- Myofascial or muscle treatments
- Reducing headaches
- Rest and recovery
- Restoring strength and endurance
- Spinal adjustments

WE'RE HERE TO HELP

Chiropractors are movement experts that can work in tandem with your physician to assess symptoms of a concussion. They'll provide a safe and personalized recovery program to help you resume your normal activities. Chiropractors work alongside your physician to improve quality of life through hands-on care, patient education, and prescribed exercises.

To learn more about concussions or to schedule an evaluation, contact your [nearest](#) MCR Chiropractic location.

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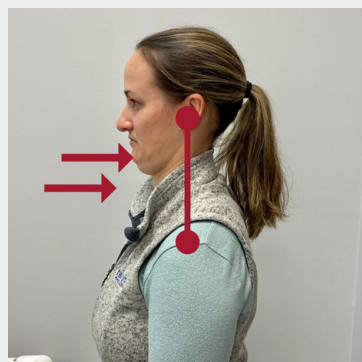


EXERCISES OF THE MONTH

HEAD'S UP STRENGTHENING & STRETCHING

Whether you are a young athlete looking to get stronger to prevent injuries, a desk-bound worker with a desire to improve posture to reduce neck strain, or an older adult wanting to stay safe on the go, a strong cervical spine is important. Check out these exercises to help you strengthen your neck and reduce pain!

We recommend doing these exercises in a safe and comfortable setting. Check with your chiropractor if you have any questions or concerns when performing these exercises.



CHIN TUCKS

- Sit or stand with your back straight
- While looking straight ahead, slowly draw your head backward using the muscles in the front of your neck to initiate the movement
- Continue this movement until your ears are aligned over your shoulders, always keeping your head level with the floor
- Avoid tilting your head upward or downward while pulling backward
- Hold for 5 seconds
- Repeat for 2-3 sets of 10 repetitions

SCAPULAR RETRACTION

- Sit in a chair with your back straight and your arms resting at your side
- Slowly draw your shoulder blades together and downward (imagine you're holding a pencil between your shoulder blades)
- Hold for 5 seconds, then return to the starting position
- Repeat for 2-3 sets of 10 repetitions



CERVICAL ISOMETRICS (SIDE BEND)

- Gently place your hand on one side of your head near your temples
- Keeping your head in a neutral position and looking forward, apply gentle pressure through your palm using your arm muscles
- You're attempting to push your head to the opposite side – resist this motion using your neck muscles while keeping your head in a stable position
- Hold for 5 seconds, then repeat in opposite direction
- Repeat for 2-3 sets of 10 repetitions

(EXERCISES OF THE MONTH CONTINUED ON PAGE 7)

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(EXERCISES OF THE MONTH CONTINUED FROM PAGE 6)

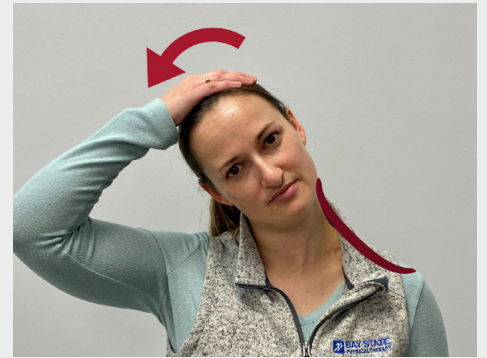


CERVICAL ISOMETRICS (EXTENSION)

- Gently place your hand on the back of your head
- Keeping your head in a neutral position and looking forward, apply gentle pressure through your palm using your arm muscles
- You're attempting to push your head backward – resist this motion using your neck muscles, while keeping your head in a stable position
- Hold for 5 seconds
- Repeat for 2-3 sets of 10 repetitions

UPPER TRAPEZIUS STRETCH

- Stand with your head in a neutral, relaxed position
- Gently place your right hand on top of your head
- Allow your right ear to move toward your right shoulder, feeling a gentle stretch on the left side of your neck
- Allow the weight of your hand to aid in the stretch, but don't force it beyond a comfortable, light stretch
- Keep your shoulders level while you stretch
- Hold for 30 seconds then slowly return to a starting position
- Repeat 3 times before switching to stretch opposite side



If you need help performing these stretches and exercises, please reach out to your local MCR clinic. If you're experiencing any aches and pains, don't put off a visit to your local MCR chiropractor—now's the time to schedule an appointment.

To schedule an appointment, [contact your nearest MCR Chiropractic office](#) or [submit an appointment request form](#).

**Prepare.
Play hard.
Maintain.**

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CHIROPRACTIC



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STAFF SPOTLIGHT



DANA PEMBERTON, DC OF MCR ATTLEBORO

WHO IS DR. PEMBERTON?

Dr. Pemberton grew up in Cumberland, Rhode Island and attended Quinnipiac University before graduating from Palmer College of Chiropractic in 2012. At Quinnipiac University she studied Biology with a pre-chiropractic focus, as she knew at a young age that she wanted to go onto chiropractic school.

Dr. Pemberton knew she wanted to be a chiropractor following research that she had done on allopathic medicine in middle school. There was an immediate draw to not only be the person that could make people feel better, but to be the person that could help them progress in any chosen activity. Her approach to care is driven by patient goals involving a variety of techniques to not only get them out of pain, but to correct the root issue in order to provide lasting results.

Dr. Pemberton enjoys taking care of all types of patients. She has a variety of techniques, such as Cox Flexion and Distraction, the “Palmer Package” (which means the Diversified, Thompson, and Gonstead Techniques), and tool-assisted low force adjustments. Through the [American Chiropractic Association](#), Dr. Pemberton has been certified in the [Graston Technique](#) and certified as a [Chiropractic Sports Physician](#) (CCSP). Learn more about the CCSP below. Out of the office, Dr. Pemberton is an avid sports fan and participates in many obstacle course races.

WHAT IS A CERTIFIED CHIROPRACTIC SPORTS PHYSICIAN (CCSP)?

The CCSP is an after-graduate level program that increases a chiropractor’s knowledge of sports-based injuries and prevention. This involves extra education including more focus on:

- Basic emergency procedures and protocols
- Concussion prevention and follow-up protocols
- Extremity injuries and adjusting/treatment techniques
- Taping (both kinesiology and hard support)

The goal is to give athletes the best possible outcome from an injury. This can be done through utilizing CCSP training and working together with other medical providers including orthopedics, physical therapy, and athletic trainers.

HOW DOES DR. PEMBERTON USE HER TRAINING AS A CCSP TO HELP PATIENTS?

A CCSP can utilize their skills and knowledge for any patient, not just active players on the field. Dr. Pemberton’s training as a CCSP has changed the way she practices and provides care to patients on a day-to-day basis. In-depth knowledge of injuries allows her to educate her patients and their loved ones on the injury so they can be an active participant in their own recovery. Through MCR Chiropractic’s partnership with [Massachusetts Youth Soccer](#), Dr. Pemberton is able to provide her services and knowledge as a CCSP to local youth soccer players, such as [Norton Youth Soccer](#)!

As a CCSP, some of the techniques she uses include:

- At-home protocols
- Chiropractic adjustments
- Manual therapies
- Taping procedures

Used together, these techniques provide a holistic approach to help the patient return to their activity quickly and stronger than before.

To schedule an appointment with Dr. Pemberton, [click here](#).

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CLINIC NEWS

NEW PARTNERSHIP

MCR CHIROPRACTIC PARTNERS WITH CANCRO CHIROPRACTIC

MCR Chiropractic, a leading provider of Musculoskeletal Care in New England, is pleased to announce it has partnered with Cancro Chiropractic in Newton, MA.

Cancro Chiropractic has a 25+ year history of providing high quality chiropractic care to the Newton community. The team at Cancro Chiropractic are renowned for their patient-centric approach to care and their dedication to their patients' well-being. This partnership aligns MCR Chiropractic and Cancro Chiropractic and positions the organization for continued growth in New England.

To learn more about our new clinic, [click here](#).

NEW PARTNERSHIP!



 CANCRO CHIROPRACTIC	Now Part of	 MCR CHIROPRACTIC
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We'd Love to Hear from You!

Have something you'd like to learn more about in an upcoming newsletter?

Do you have chiropractic topic you'd like to learn more about? Email us at contact@mcrchiro.com to let us know what you'd like to see in our future newsletters.



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