

# THANKFUL FOR MOVEMENT

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## BREAK THROUGH YOUR PAIN AND LIVE AN ACTIVE LIFE

50 million Americans—[20% of the entire population of the United States](#)—suffer from chronic pain every day. Chronic pain can be a debilitating, limiting daily function and preventing participation in beloved activities. According to the [National Center for Health Statistics of the Centers for Disease Control and Prevention](#), victims of chronic pain miss significantly more work days due to their pain than those without chronic pain (10 days versus less than 3 days). Overall, this equates to an annual loss of \$80 billion worth of wages. To make matters worse, the estimated total value of lost productivity due to chronic pain is [\\$300 billion per year](#).

Aside from financial implications, chronic pain can have an extremely negative impact on comfort and happiness. Chiropractors have significant expertise in pain and the body's reaction to injury or perceived threats. While many turn to potentially dangerous opioids, or expensive surgeries with lengthy recovery times, chiropractic takes a holistic, non-invasive approach to help you remediate and manage your chronic pain. A [2018 study](#) conducted with a patient experiencing chronic pain years after an auto accident saw improvement in pain symptoms after a course of chiropractic care.

### WHAT IS CHRONIC PAIN?

Pain is considered chronic when it lasts more than three months or beyond the anticipated healing time. While we usually associate pain with physical damage, disease, or injury, chronic pain can persist long after healing.

When injury occurs or a disease (such as cancer) develops, various nerves send information from the problematic areas in the body to the brain. The brain then takes this information and determines if action must be taken to prevent further harm. When the pain is constant, the brain and nervous system switch to high alert, making them extremely sensitive. Unfortunately, this sensitivity makes the brain interpret many sensations as threatening, which then makes it send more pain signals to your body even if there's no actual threat. At this point, emotions, stress, or reactions to external life factors can trigger physical pain when no threat or injury is present.

It's important to remember that when you're experiencing this pain, it doesn't necessarily mean that your condition is worsening. Most often, this only means that your nervous system is becoming more sensitive.



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## KEY FEATURE

(CONTINUED FROM PAGE 1)

### COMMON CAUSES OF CHRONIC PAIN

- Degenerative Disc Disease
- Diabetes Mellitus
- Fibromyalgia
- Herniated Disc
- Injury
- Limb amputation
- Low back pain
- Reflex Sympathetic Dystrophy
- Spinal Osteoarthritis
- Spondylolisthesis
- Whiplash



### CHRONIC PAIN CONSEQUENCES

**Fear** It's common to experience a heightened sense of fear when anticipating increased pain. Because of this, many avoid any sort of activity that might trigger their pain, causing them to lose independence or miss out on experiences they previously enjoyed.

**Circulation Issues & Stiffening** Decreased physical activity also restricts circulation, causing chronic fatigue. Lack of movement will contribute to increased stiffness, making you feel as though you're unable to perform many daily activities.

**Mental Health Consequences** Chronic pain has been linked to increased anxiety and depression. This can turn into a vicious cycle, as these emotions can then trigger more pain.

### CHIROPRACTIC CARE: HERE TO HELP

Chiropractors use a variety of techniques to address chronic pain, such as:

**Chiropractic Adjustment** A chiropractor will use a gentle thrusting technique to restore movement to the spine and the restricted joints that may be causing pain. This will realign the vertebrae, stimulate the nervous system, stretch soft tissues, and reduce inflammation, muscle tension, and pain. [Learn more about the chiropractic adjustment and spinal manipulation.](#)

**Trigger Point Therapy** A chiropractor will identify problem areas within the body, such as tight points on a muscle, and will apply direct pressure to those points to relieve tension. [Learn more about trigger point therapy.](#)

**Stretching and Strengthening** Exercise is commonly used to treat chronic pain, is proven to decrease inflammation, increase mobility, and decrease overall pain in many cases. Your chiropractor can prescribe the best exercises to specifically target and mitigate your pain. [Learn more about stretching and strengthening.](#)

**Manual Therapy and Myofascial Release** 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 Graston 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. [Learn more about myofascial release.](#)



**Transcutaneous Electrical Nerve Stimulation (TENS)** This method uses a low-frequency electrical current to stimulate muscles to reduce inflammation, spasms, and pain.

**Pelvic Blocking** This technique is most often used to treat symptoms of herniated discs. Using cushioned wedges, a chiropractor will be able to manually draw spinal discs away from nerves that they may be pressing on, causing the pain.

**Emotional Understanding** Many emotions can trigger chronic pain symptoms. Chiropractors can make recommendations on meditation and relaxation exercises to perform daily that will reduce muscle tension and allow patients to calmly handle stressful situations that may cause a pain flare up.

**Early Detection** Chiropractors can also identify signs of illness or injury before they induce chronic pain. They'll then be able to prescribe methods that can help prevent the onset of these ailments, and prevent pain before it occurs.

### HERE AS YOUR PARTNER IN HEALTH

Chronic pain can be debilitating—but relief is possible. Chiropractors work collaboratively with patients to restore their normal activity levels, diminish their pain, and help them return to life pain-free.

[SCHEDULE AN EVALUATION](#)

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## SEASONAL TIPS

### HAVE A PHONE?

#### 4 WAYS TO STOP THE STRAIN & FIGHT THE PAIN

Right now, you're probably reading this article with less-than-ideal posture. Head tilted downward, shoulders rounded inward, head flexed forward, and eyes fixed on a screen that's positioned too far away. Poor posture, like the one described above, can cause muscles and ligaments to strain, resulting in increased pain over time. In fact, according to [Spine Health](#), "For every inch the head shifts forwards, an extra 10 pounds is added to the muscles in the upper back and neck. A 5-inch forward shift results in 50 extra pounds of force."

#### HOW TO FIX TEXT NECK

Here are four chiropractor approved tips to help you address your neck pain and take on the day comfortably and confidently!

##### 1. Position is Key and Eye Level is Best

This will keep your head in a neutral position and prevent your neck from bending forward. While it's fairly common knowledge that computer screens should be placed at eye level, the same is true for devices. Arm getting tired? Try resting your elbows on a table or counter or propping your arm up with a pillow if you are on the couch.

##### 2. Take a Break

If you are like many people, in the blink of an eye time can fly as you scroll through the headlines or stories of your friends. If you find yourself spending lots of time on your phone, take a break every 30 minutes. Change your posture, move to a different seat, do some shoulder blade squeezes...just do something to give your body a break.

##### 3. Build Strength

Just like the other muscle groups in your body, over time muscle imbalances can contribute to larger physical issues. A well-balanced strengthening program to promote neck strength will target the chest, shoulders, upper back and neck muscles. When combined, this will provide the strength needed to help support your head and minimize neck strain.

##### 4. Experiencing Pain? Seek a Professional

Neck pain can be tricky. Sometimes it manifests as [headaches](#), radiating numbness that travels down your arms and into your fingertips, trigger point tenderness in your neck musculature, or a combination of it all. Pay attention to your body, be aware of the warning signs, and put calling MCR Chiropractic on your to-do list and schedule your evaluation to address your pain and the root cause of the dysfunction.

#### TAKE ACTION TODAY!

Neck pain can significantly impact your life, happiness, and well-being. If you suffer from neck pain—whether due to overuse of your electronic device or as a result of an injury—your chiropractor will design an individualized treatment plan to reduce pain, increase strength and mobility, and get you back to the activities you love. As your partner in health, we're only a phone call away.



Read our Health Blog! Find helpful health tips to help you live a full and active life!

[SCHEDULE AN EVALUATION](#)


**DON'T MISS OUT ON A LIFETIME OF MOTION. SCHEDULE AN EVALUATION TODAY!**

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## EXERCISES OF THE MONTH

### IMPROVE POSTURE WITH STRENGTH

Upper back and neck pain are common complaints of many people regardless of age or activity level. Muscle tension in the neck and shoulders can lead to more significant pain if symptoms are ignored.

Exercises that stretch the neck, shoulders, and upper back are an important component of addressing discomfort, easing symptoms, and improving strength, sleep, and function. The exercises below provide some great exercises to help you ease neck and upper back symptoms through stretching and strengthening exercises.

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



#### CHIN TUCK

*Target Muscles: Deep Neck Flexors*

- Lie on your back with a folded towel under your head
- Lengthen the back of your neck by tucking your chin down towards your chest, drawing the back of your neck upwards slightly; This should be a small movement, and the back of your head shouldn't move off the towel
- Hold for 5 seconds and repeat 5 times
- This exercise can also be done while sitting

#### PRONE ROW

*Target Muscles: Middle Trapezius, Rhomboid Major and Minor*

- Lie face down with your elbows straight
- Slowly raise your arms upward while bending your elbows
- Your elbows should be approximately 90 degrees away from your side
- Perform 3 sets of 12 repetitions on each side



#### PECTORALIS STRETCH

*Target Muscles: Pectoralis Major and Minor*

- Stand in a doorframe close to a wall
- Place your forearm on the doorframe at shoulder height
- While keeping your forearm on the wall, take one step forward with the leg closest to the wall until you feel a stretch across your chest
- Your shoulders should remain upright—try to avoid hunching
- Hold this position for 30 seconds
- Repeat with the other arm and repeat 5 times

(EXERCISES OF THE MONTH CONTINUED ON PAGE 5)

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(EXERCISES OF THE MONTH CONTINUED FROM PAGE 4)



## WALL ANGELS

*Target Muscles: Deep Neck Flexors, Middle and Lower Trapezius, Rhomboid Major and Minor*

- Stand with your back against a wall
- Your shoulders and head should be touching the wall
- Allow your knees to bend gently
- Start with your upper arms at your side with your elbows bent (your wrists and forearms will be touching the wall)
- Reach your arms overhead, sliding along the wall
- Reach as high as you can without your head, shoulders, or forearms coming off the wall
- When you've reached as far as you can, slide your arms back down to the starting position
- Perform 3 sets of 12 repetitions



## THREAD THE NEEDLE

*Target: Thoracic Spine Mobility*

- Start on your hands and knees with your hands under your shoulders, and your knees under your hips
- Take one hand off the floor and reach across your body, reaching between your other arm and your legs
- Allow your body and head to follow your arm, moving your shoulder down towards the floor as you reach through
- Return to the starting position, then reach the arm out to the side and up to the ceiling
- Follow your hand with your head, looking up towards the ceiling
- Repeat the sequence 5 times

Chiropractors are musculoskeletal experts able to assess pain, treat dysfunction, and get to the root cause of your symptoms. Through a combination of manual therapy techniques, ergonomic education, and home exercises, your chiropractor will help you return to an active lifestyle with less pain and improved function.

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

**ACHIEVE YOUR OPTIMAL HEALTH -**  
Contact MCR Chiropractic today to get started!

[REQUEST AN APPOINTMENT](#)

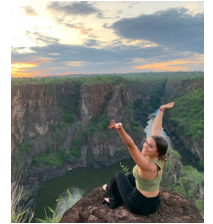
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### PATIENT SPOTLIGHT

### Des B., of MCR Weymouth

"I stepped into Dr. Scott Durdin's office as a new patient of his, unable to sit in a car for an extended period of time and suffering great pain from a herniated disc in my back. Contemplating back surgery, seeking out chiropractic care was my last resort but turned out to be one of my best decisions. Within weeks, Dr. Scott had painlessly gotten me back to being my active self. With each appointment he continues to listen to any and every concern that I have. He has helped me with everything from the migraines' that I have suffered from since being a child, to TMJ issues. He takes the time to explain in simple terms what is occurring and what he can do in the office to help, along with what I can do on my own. I now make it a point to get chiropractic care once a month to help stay ahead of any issues and I leave the office feeling like a new person each time. Seeing as I have referred many family members and friends to Dr. Scott Durdin, I would recommend him to everyone and am so grateful for him along with everyone else at MCR Chiropractic!"



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



### STAFF SPOTLIGHT

## MEET THE MCR WEYMOUTH TEAM

### Sunit Jolly, DC

### Sunit Jolly, DC



"I joined the MCR Weymouth team back in June of this year. I became Managing Partner of MCR Weymouth after spending 10 plus years as Managing Partner of MCR West Roxbury and providing patient care. I feel so grateful to have the opportunity to serve the town in which I reside with my family and support Weymouth's surrounding communities.

I received her Bachelor of Science from the University of Western Ontario and earned my Doctorate of Chiropractic Degree from the National University of Health Sciences. Additionally, I have 3 years post-graduate training in Orthopedics through the National University of Health Sciences and an additional certification in Nutrition through Northeast College of Health Sciences. I enjoy working with athletes ranging from novice to the elite level. I have experience working with runners, triathletes, gymnasts, and dancers. I had the opportunity to work as the Chiropractor for the Urban Nutcracker, which was a great experience! Other areas of interest I have are disc pathologies and other spinal disorders, and working with pre and postnatal musculoskeletal pain patients.

I'm passionate about providing the best clinical care to my patients and staying on top of current research helps me to do so! My husband and I have three children who are active in Weymouth Youth Sports community. You may find me spending lots of time at the [Weymouth Club](#) (where our clinic is located) with our kids, utilizing all of its wonderful programs and services. We're also huge hockey fans, so watching the Boston Bruins is one of our favorite past times."

SCHEDULE AN EVALUATION WITH DR. JOLLY



Learn more about Dr. Jolly by [clicking here!](#)

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## STAFF SPOTLIGHT

### MEET THE MCR WEYMOUTH TEAM

#### Scott Durdin, DC

"I attended the University of Minnesota-Twin Cities and majored in Kinesiology. After graduating, I attended Northwestern Health Sciences University and earned my Doctorate of Chiropractic.

What drove me towards the chiropractic profession was the ability to engage and connect with my patients. I loved the idea of treating patients for many years and becoming part of their journey in health, while also building a relationship with them.

What drew me to MCR was the collaboration with the physical therapists. I enjoy treating my patients alongside them and being a part of the holistic health process. While at MCR I have been able to partner with Weymouth Youth Basketball league where we sponsored a 3rd and 4th grade girls team this past summer. It was an amazing experience to attend some of their games and to see them improve throughout the year. We hope to continue to be an active supporter of youth sports in the Weymouth area!

My goal while working with patients is to provide care that will not only allow them to get out of pain, but allow them to continue living their life how they want to. That could range from exercising, golfing, or just walks around the neighborhood. I find that chiropractic care is helpful for these activities because we focus not only on the muscles utilized during these activities, but also the joint restrictions. The body does a great job compensating for problems and people often don't realize it. This can lead to bigger problems and eventually hinder the activities that patients love. The body was made to move and I love helping patients achieve that.

I truly look forward to treating all of my patients and exchanging stories about fun things to do on the weekends, new restaurants to try, and sometimes showing off pictures of my pet!"

## Scott Durdin, DC



**“ My goal while working with patients is to provide care that will not only allow them to get out of pain, but to allow them to continue living their life how they want to. ”**

**SCHEDULE AN EVALUATION  
WITH DR. DURDIN**



**Learn more about Dr. Durdin by [clicking here!](#)**

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## CLINIC NEWS

### MCR ON THE GO TOWN DAYS

MCR and BSPT Westwood attended Westwood Day. Their team of PTs and Dr. Jace VanSteenburg of [MCR Wrentham](#) and Dr. Julio Cruz of [MCR West Roxbury](#) had a great time talking with community members about their practice. Pictured first is Jace VanSteenburg with PT Matt Kimball and his puppy Cashew. Next is Jace VanSteenburg with PTs Briana Crowley, Savannah Redston, and Bryan Dye. Fun was had by all, including some cornhole right in front of their booth and giveaways!



MCR and BSPT Newton attended Newtonville Village Day. Pictured is Dr. Cami Cleaveland of [MCR Newton](#) with BSPT Newton's clinic manager, Matt Lough. They enjoyed talking with the other local companies and those who attended!



### MASS YOUTH SOCCER EVENTS

MCR Chiropractic is proud to be the Official Chiropractic Partner of [Massachusetts Youth Soccer](#). This season we will be partnering with a few local soccer teams to provide on-field and online education programming for the local member organizations. The local teams we are working with this season are: [Norton Soccer](#), [Norwell Youth Soccer](#), and [Sterling Youth Soccer](#).

MCR Attleboro and BSPT Attleboro and North Attleboro at an event for North Youth Soccer!



MCR and BSPT Norwell on site for one of Norwell Youth Soccer's evening season kick off events!





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## KEEPING YOU SAFE



### BEFORE YOU ARRIVE

- 1 Prescreening phone call prior to appointment
- 2 All patients will receive appointment & safety reminder
- 3 Patients requested to attend session alone

### CHECK -IN

- 1 Patients will wait outside of clinic until appointment time
- 2 All patients wear masks when entering the office & throughout session
- 3 Patients will have temperature checked and asked screening questions
- 4 Contactless payment options offered

### IN -SESSION

- 1 Staff clean surfaces prior to each patient session
- 2 Patients & staff wash hands prior to each session
- 3 Limited number of patients in clinic at one time



### PREPARATION & SAFEGUARDS

All employees trained in COVID health precautions

All employees are screened upon arrival and are prohibited from working if unsafe

All staff wear masks at all times

All staff wash/sanitize hands between client interactions

## 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](mailto:contact@mcrchiro.com) to let us know what you'd like to see in our future newsletters.



# 19 CONVENIENT LOCATIONS NEAR YOU

Attleboro • Brockton • Dorchester • Fall River • Newton • Norwell • Pembroke • Quincy • Raynham • Saugus • Somerset • Sterling • Stoughton • Taunton • *Walpole* • *Westwood* • West Roxbury • Weymouth • *Wrentham*

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