



PATIENT APPRECIATION WEEK: WE HAVE YOUR BACK!



The year 2020 has been like no other and we have worked hard to help you through it, whether it be with in-clinic or through our telehealth services, to help address your current aches and pains and to prevent new ones from getting in your way too. Many of us are spending much more time at home, using less than ideal workstations, as we work from home or fill the role of homeschool teacher for our children or grandchildren. Even our kids are impacted as they are glued to their devices for hours at a time and sitting at desks that may not be designed for day-long remote learning. They are spending less time moving around, as they don't get to play at recess with their friends or walk to different classrooms throughout their day. While we all do what we can to make the best of a less than ideal situation, we wanted to do our part to make it a little easier and safer for all involved.

If you are like most people the stresses of working from home, caring for children and their online schooling, or just living a more sedentary lifestyle are causing nagging body pains. A recent New York Times article cited the challenges and pains that arise from working at home, "According to an April Facebook survey from the American Chiropractic Association, 92 percent of chiropractors (out of 213 respondents) said that patients report more neck pain, back pain or other musculoskeletal issues since the stay-at-home guidance began." *Wilser, J (2020, Sept 4). The Pandemic of Work From Home Injuries. The New York Times.*

INSIDE



01 KEY FEATURE:
PREVENTING INJURIES AND
CELEBRATING YOU



03 PATIENT SPOTLIGHT



05 STAFF SPOTLIGHTS



07 SEASONAL TIP: WORK
FROM HOME TIPS



10 EXERCISES OF THE MONTH:
POSTURE AND SPINE
SUPPORT



**12 CELEBRATING OUR 30TH
ANNIVERSARY**



**13 SAME GREAT CARE,
NEW LOOK AND FEEL**



**14 NEW CLINIC
ANNOUNCEMENTS**

SCHEDULE YOUR FREE SCREENING

[REQUEST AN APPOINTMENT](#)

**(KEY FEATURE
CONTINUED ON PAGE 2)**

SCHEDULE YOUR FREE QUARANTINE CHECK-IN SCREENING


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KEY FEATURE

Preventing Injuries and Celebrating You with Patient Appreciation

(KEY FEATURE CONTINUED FROM PAGE 1)

Our own observation of our clinic trends shows a higher rate of patients coming in for at least one of these posture and ergonomic related areas:

4 ERGONOMIC PAIN POINTS:



"SHUT-IN SHOULDERS"

– Upper back and shoulder pain due to slouching and forward shoulders, sometimes radiating nerve pain (radiculopathy) in the neck and arms.



"ZOOM NECK"

– Neck pain and headaches related to poor posture when doing computer work.



"QUARANTINE LOW BACK"

– Low back pain from excessive sitting, core weakness, and decreased exercise.



"STUCK AT HOME SCIATICA"

– Irritation of the sciatic nerve, stemming from a lack of movement, hip and gluteal tightness, and impaired spinal posture.

As we approach October, which is National Chiropractic Month, we are also proud to be celebrating our 30th year

of business serving the communities of New England. To thank all of you for continuing to choose MCR Chiropractic as your chiropractic physician of choice, we wanted to do something special for our communities.

We are pleased to announce our **"Patient Appreciation Week" from October 19th to October 23rd** and offer you a **FREE 20-minute Quarantine Check-In Screening** for your work from home or remote learning aches and pains. For kids, we will also be offering a **FREE Scoliosis Screening**. If you think a friend or family member would benefit, we encourage you to have them sign up for a free screening as well.

During this week, we will also be celebrating our 30th anniversary and National Chiropractic Month, and providing complimentary masks (while supplies last), featuring our new logo, for each patient that comes in for chiropractic care or a screening.

With the fall season here and school back in session, now is the time to put the focus on your health and wellness! Schedule your free screening **today**, so you can begin to work more comfortably from home, resolve your aches and pains, and be ready for a pain-free, movement-filled end of the year!



WHAT IS A "QUARANTINE CHECK-IN SCREENING?"

At your screening, our Chiropractor will ask you a few questions about your at home set-up for remote work or learning. They will then perform a complete posture assessment of your neck, back, hips, knees, feet and shoulders. Then, guide you through a correct sitting or standing ergonomic set-up and assess any pain complaints that you may have.

You will walk away with a better understanding of best posture and workstation set-up to prevent strain and overuse injuries. You will also learn why you may be having pain, what you can do about it right now at home, and what chiropractic care can do to help.

HOW CAN I SCHEDULE MY FREE SCREENING APPOINTMENT?

We will be offering these free screenings at all [MCR Chiropractic locations](#). You can schedule your screening and your child's screening [here](#) or call your closest clinic to set up your appointment.

Your health and safety is our number one priority, so we encourage you to [schedule your free quarantine check-in screening](#) to optimize your comfort and safety in your work from home set-up, and to prevent more significant issues in the future.

SCHEDULE YOUR FREE QUARANTINE CHECK-IN SCREENING

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PATIENT SPOTLIGHT

Amy K *Patient of MCR Quincy*

Amy began treatment at MCR Quincy in 2018 for pain that was lingering for some time. "I was having real tightness in my neck area and some pain going down my right arm; it was becoming increasingly uncomfortable to work," she states. "My mother had been a patient of Dr. Steve Windwer years ago, so I was very happy with MCR. When I was looking for a place, I immediately came here."

Amy is an active working mom. As she initiated treatment with us, improvement began immediately, and she was on the path of becoming a wellness patient. As her symptoms improved, the patient was pleased with the clinician's willingness to try different chiropractic techniques in order to find what worked best for the patient's specific case and with how friendly the office was. She learned how to keep herself healthy and moving in her day to day life. She implements all stretching and exercises that Dr. Franca has given her on a regular basis.

Amy is now a wellness patient and comes in once a month for care. Amy states that she feels good during the time in between appointments, however when she returns, "I'm not in severe pain, but I know when it is time to get an adjustment, and honestly I am very relaxed when I am here because I know I am trying to concentrate on myself and I am trying to maintain my health. I leave noticing a difference from when I came in."

During the pandemic, Amy continued to come into the office for care. "The first few weeks I postponed my appointment because there was so much in the news, I wasn't sure what was going on. Though once everything settled down and I read about the protocols MCR had in place, I felt comfortable coming in."



(PATIENT SPOTLIGHT CONTINUED ON PAGE 4)

SCHEDULE YOUR FREE QUARANTINE CHECK-IN SCREENING

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(PATIENT SPOTLIGHT CONTINUED FROM PAGE 3)

At our Quincy office, we have both chiropractic and physical therapy. Amy has sent her daughter here for physical therapy in the past and states “When people on social media say they are looking for a chiropractor or physical therapist, I put down this place.”

Amy’s chiropractor, Dr. Jennyfer Franca, states, “Amy is a delight to work with. How she has progressed through care is a prime example of what chiropractic can contribute to your life. Though the initial goal is always to get a patient out of pain, we were able to achieve so much more in improving function and helping her keep up with her workouts, job, and trips with the family.”

“ I am very relaxed when I am here because I know I am trying to concentrate on myself and I am trying to maintain my health. I leave noticing a difference from when I came in... When people on social media say they are looking for a chiropractor or physical therapist, I put down this place.”

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STAFF SPOTLIGHTS

WITH THE CELEBRATION OF OUR 30TH ANNIVERSARY, *hear what a few of our Managing Partners have to say about their time with MCR Chiropractic over the years and caring for patients...*



Joshua Harpel, DC, MS, CEAS

Managing Partner of Taunton, Stoughton, and (soon to be) Fall River

"I started with MCR in September of 2013 as my second job after graduating from Chiropractic school. I had not been happy at my current position, and when I received a call from Dr. Steven Windwer saying there was an opening for an associate chiropractor at the Taunton office I jumped at the chance. Almost immediately the difference in company culture was apparent and I knew I had made the right decision. Since that date I was offered a partnership in Taunton in 2015, opened my second location MCR Stoughton in 2019, and have my third location MCR Fall River opening in November 2020. What makes MCR unique is its ability to retain is 'family run business' feeling. Each office, although part of a

larger system, is just a community chiropractic office, owned and operated by the clinicians that live there. Each of us care about the patients like they were family, care about towns and cities where our offices are located, and care about providing patients with the best possible chiropractic services available."



Alexandra Sibert, DC

Managing Partner of Norwell

"Hi! I am Dr. Alexandra Sibert. I first was introduced to chiropractic care by Dr. Stephanie Perry-Monteagudo of MCR Weymouth. I was at the University of Connecticut completing my undergraduate degree and did not know what direction in the health care field I wanted to go. I shadowed Dr. Perry- Monteagudo and fell in love with patient satisfaction during their chiropractic visit. In my last trimester of chiropractic school, I interned with Dr. Perry- Monteagudo at the Weymouth location and knew I wanted to be a part of the BSPT and MCR team. I started to work at the MCR Weymouth location and MCR Norwell location and currently am Managing Partner of Norwell location. I am honored to have the opportunity to work along such a great staff in Norwell that feel like family.

I have the pleasure of working with amazing physical therapists in our clinic. We all share a common goal, to help our patients improve their quality of life which is what makes being part of the team so special. With being part of the BSPT and MCR team, I have many met life-long friends along the way. Ryan Myers, PT, DPT, OMT, FAAOMPT is the managing partner of Bay State PT Norwell and I cannot think of a better partner to work alongside. Patients are amazed of the care they receive here with physical therapy and chiropractic. Here it is like a family, where patients are satisfied and return to care with physical therapy and chiropractic. I am excited and honored to be a part of this amazing community and continue to serve the highest quality care to my patients."

(STAFF SPOTLIGHTS CONTINUED ON PAGE 6)

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(STAFF SPOTLIGHTS CONTINUED FROM PAGE 5)



Pictured here are **Dr. Jolly** with **Boston Mayor Marty Walsh** back in June 2018 when Bay State PT and Milton Chiropractic of West Roxbury were recognized as an **Age and Dementia-Friendly Business!**

Sunit Jolly, DC

Managing Partner of West Roxbury

"I joined the MCR and BSPT family in 2005 as an Associate Chiropractor in Quincy working under Dr. David Smith and Dr. Steve Windwer. I was fortunate at this time, to have both Steve and Dave as mentors. I have fond memories of sitting with Steve in his office, discussing different business and management ideas. My growth with the company came in many ways. I got certified as a coach and worked with Clinic Managers and Managing Partners to help them achieve their full potential and make their practices successful; it was a lot of fun! While doing that, I got to buy into other locations: Somerset, Taunton and Roslindale and continue to grow. In 2010, I moved out of the Quincy office and took on Roslindale, with the goal of taking it to new heights. Roslindale got so busy that we needed to expand, and that office became what is now the West Roxbury division. I am very proud of what West Roxbury has become and I still see patients in our West Roxbury clinic. What I love about the company is hard to summarize, but here is a list of a few aspects that make being part of this team so great: You receive great support and mentorship at all different levels, we have a team approach in regards to care and community, you constantly are getting opportunities to grow and expand your skill set, our clinic offices have

a small local family feel (with the benefits that come from a large company), and most importantly the collaboration between chiropractors and physical therapists that allow us to focus on giving patients the best care possible!



Pictured here from left to right: **Dr. David Smith**, VP of Operations for MCR and **Dr. Joshua Doty**.

Joshua Doty, DC

Managing Partner of Pembroke

"I started at Milton Chiropractic in October of 2016 after working six years in a solo practice. I was unsure as to what to expect working in a larger organization with multiple doctors. The decision turned out to be the best one I have ever made. Dr. Windwer and Dr. Smith were extremely supportive from the start and continue to be today. Having the leadership in the company be chiropractors gives them great perspective on the day to day operations of being a practitioner. While working as an associate in the Quincy office, I had an excellent education from Dr. Smith who provided me with all the tools in knowledge to eventually become the manager of that location. As of today, we have 3 full time chiropractors in the Quincy office and I have had the opportunity to become a Managing Partner in the new Pembroke office, that will open on September 28th, 2020. The idea of having multiple growth opportunities for chiropractors within the company is unique in our field. Most chiropractic

offices are individually owned and operated with an associate brought on to treat patients or to buy out a retiring chiropractor. Having a path of growth within Milton Chiropractic makes this company a lifelong career and not just a stop along the way. The continued drive from leadership and constant support is unmatched and I have extreme gratitude for the opportunities that they have afforded me.

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SEASONAL TIP

Work From Home Tips

As a chiropractic physician, it is upsetting to see the effects of the COVID-19 pandemic on our patients, friends, and family. Instead of commuting to work, going to the gym, and venturing out on summer vacations, a lot more time is spent cooped at home, with much less variety in our activities. Sadly, the repetitive nature of day-in, day-out working or attending school from home can be surprisingly harmful to the body. The combination of a lack of varied movement, stress, and improper desk set-ups can no doubt lead to numerous aches and pains.

Ergonomics is the study of the efficiency of working environments, and surely applies to the “new normal” of working from home. Even as people transition back into their workplaces or attend a hybrid version of school, posture and positioning injuries are still common. Often work areas and desk situations are not ideally fit to each worker and require adjustable furniture. Using what furniture and space is available at home likely strays even farther from the ideal, leading to injury and discomfort.

Fortunately, there are simple ways to improve your posture and set yourself up for success. Whether continuing with working from home, or a hybrid version of the office or school, here are some solutions to some physical quarantine traps.



SHUT-IN SHOULDERS:

What is it?

- Upper back and shoulder pain due to slouching and forward shoulders, sometimes radiating nerve pain (radiculopathy) in the neck and arms.
- It might be tempting to work from your couch, but this is a slouching danger zone! Patients might report pain between the shoulder blades and spine, in the upper trap muscles, and occasionally tightness in the chest.

How to Avoid Shut-In Shoulders:

- Use a chair with adequate back support to keep your shoulders back and avoid hiking the shoulders up.
- Work on ways to open the chest muscles with a pectoralis stretch in a doorway, holding for 30 seconds on each side, a few times a day.



(SEASONAL TIP CONTINUED ON PAGE 8)

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(SEASONAL TIP CONTINUED FROM PAGE 7)



ZOOM NECK:

What is it?

- Neck pain and headaches related to poor posture when doing computer work. This often happens from slouching in front of a computer screen. This creates tightness in the back of the skull, overstretching of the muscles in the front of the neck, and potential for eye strain and headaches.
- The Mayo Clinic also explains that an average 12-pound head causes about 50 pounds of force when bending the neck down 45 degrees.

How to Avoid Zoom Neck:

- Focus on keeping your head back so that your ears align with your shoulders.
- According to Mayo Clinic, the top of the monitor should be at eye level
- Try to tilt the screen back so you can still gaze downwards while keeping the spine in proper alignment.
- Use a heating pad on the back of the neck or self-massage to relieve some of the tension.



QUARANTINE LOW BACK:

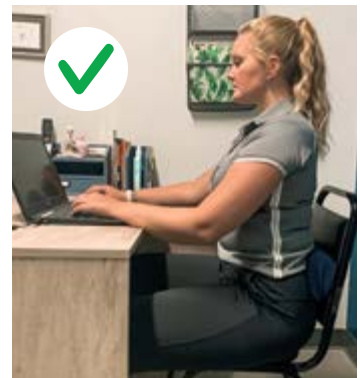
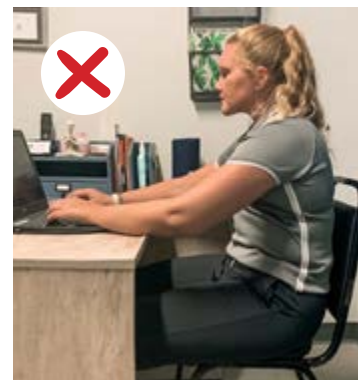
What is it?

- Low back pain from excessive sitting, core weakness, and decreased movement.
- With increased pressure from sitting, the lumbar spine can curve away from a normal lordosis and result in pain, disc compression, and tight back muscles.
- Asymmetrical sitting, with one foot tucked under the buttock, will create imbalanced pressure through the lumbar spine and the sacroiliac (SI) joint. Uneven forces here can cause pain near the base of the spine and tailbone region.



Low Back:

- Focus on sitting up straight with back supported against a chair.
- Sit on a cushioned seat that also provides you with a flat surface.
- Stay balanced in the chair by avoiding sitting on feet or leaning to one side.



How to Avoid Quarantine

(SEASONAL TIP CONTINUED ON PAGE 9)

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(SEASONAL TIP CONTINUED FROM PAGE 8)



STUCK AT HOME SCIATICA:

What is it?

- Irritation of the sciatic nerve, stemming from a lack of movement, hip and gluteal tightness, and impaired spinal posture.
- Symptoms include sensations down one leg often described as “radiating,” “burning,” or “shooting” pain.
- In at-home work environments, makeshift office spaces can put abnormal forces on the body. Hard kitchen chairs or stools can make pressure points on the glutes or back of the thigh - directly compressing the nerve. Adequate cushioning on the seat is important to combat this. Increased sitting also can cause tightness and weakness of the glute muscles.

How to Avoid Stuck at Home Sciatica:

- Adequate cushioning on the seat.
- Avoid crossing legs when sitting or sitting “side swept” on the couch.
- Ergonomists at “The Back School” recommend getting up at least every 30 minutes to avoid stagnant postures.
- To stretch glute muscles, cross one leg over the other knee in a “Figure-4” position and pull the knees in towards the chest.
- A seated glute stretch is achieved by pulling on leg up and over across the chest and drawing the thigh close to the chest. Hold for 30 seconds in each position and repeat up to 4 times daily.



SCHEDULE YOUR FREE 20-MINUTE QUARANTINE CHECK-IN SCREENING

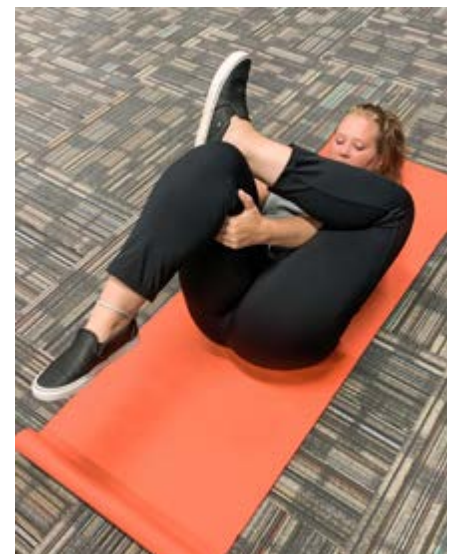
with your local MCR Chiropractic clinic by clicking here.

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1. *Sitting at your desk doesn't have to be a pain in the neck.* Mayoclinic.org. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sitting-at-your-desk-doesnt-have-to-be-a-pain-in-the-neck/art-20269947>. Published May17, 2018. Accessed August 30, 2020.
2. Slater D, Korakakis V, O'Sullivan P, Nolan D, O'Sullivan K. “sit up straight”: Time to re-evaluate. *J Orthop Sports Phys Ther*. 2019;49(8):562-564.
3. *The Back School. Ask the experts: When the Office Comes to You.* Thebackschool.net. <https://blog.thebackschool.net/ergonomics/office-ergonomics/ask-the-expertswhen-the-office-comes-to-you/>. Accessed August 30, 2020.

- Strengthening the glutes can be achieved with 30 simple glute squeeze exercises when standing or laying down, a basic glute bridge exercise, or 10 squats at lunch and teatime, if they are tolerable.



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EXERCISES OF THE MONTH: POSTURE AND SPINE SUPPORT

As vacation and beach season are coming to a close, the season of sitting is around the corner. Increased time at your desk for school or work leads to being

seated for hours at a time, which can cause aches and pains throughout your body. However, there are many things you can do to offset the strain caused by a shift toward more sedentary days. In addition to improving your desk ergonomics and scheduling regular movement breaks throughout your day, we've provided you with some easy to follow exercises to strengthen your body.

At MCR Chiropractic, we work with people of all ages and abilities, and empower our patients to be an active part of their recovery. As a member of your medical team, your chiropractor is specially qualified to provide hands-on care, educate you on your condition, and prescribe exercises to help you build strength and stamina in a way that ensures you do so safely to reduce the likelihood of injury.

Here are 6 exercises that require little to no equipment and can be performed by people of all ages.

Please keep in mind, we recommend you do these exercises in a safe and comfortable setting. Check with your physical therapist if you have any questions or concerns when performing these exercises.

CHIN TUCK WITH LIFT

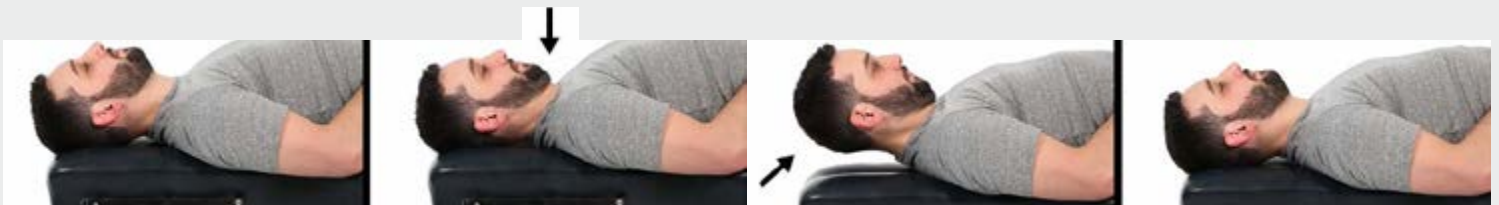
Starting Position: Begin lying on your back with your head on a flat surface.

Movement: Slowly move your head and neck downward by pushing the back of your head into the floor and pulling your chin in. Be sure that

you continue to look directly upward. Once stable, lift your head about a half inch off the floor. Hold momentarily and return to starting position.

Tip: Do not lose your chin tuck when lifting your head.

Repeat to complete 2 sets of 10 repetitions.



ISOMETRIC CERVICAL SIDE BENDING

Starting Position: Place 2 fingers of one hand on the side of your forehead near your temples.

Movement: Keeping your head in a neutral position and looking forward, apply pressure through your fingers using your arm muscles. You are 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 momentarily and return to starting position, repeat with movement to opposite side.

Tip: Do not hold your breath but do maintain core stability and proper posture.

Repeat to complete 2 sets of 10 repetitions per side.



BENT OVER ROW

Starting Position: Begin by leaning against the side of a table, keeping your shoulders parallel to the floor and pointing the arm you wish to exercise downwards.

Movement: Bring the arm up to your side and allow the elbow to bend. While lifting the arm, squeeze both shoulder blades together. Slowly lower the arm back to the starting position and relax the muscles between your shoulder blades.

Tip: Do not lock the knee, keep your spine flat, and maintain core stability. Repeat to complete 3 sets of 10 repetitions per side.



(EXERCISES OF THE MONTH CONTINUED ON PAGE 11)

SCHEDULE YOUR FREE QUARANTINE CHECK-IN SCREENING

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(EXERCISES OF THE MONTH CONTINUED FROM PAGE 10)

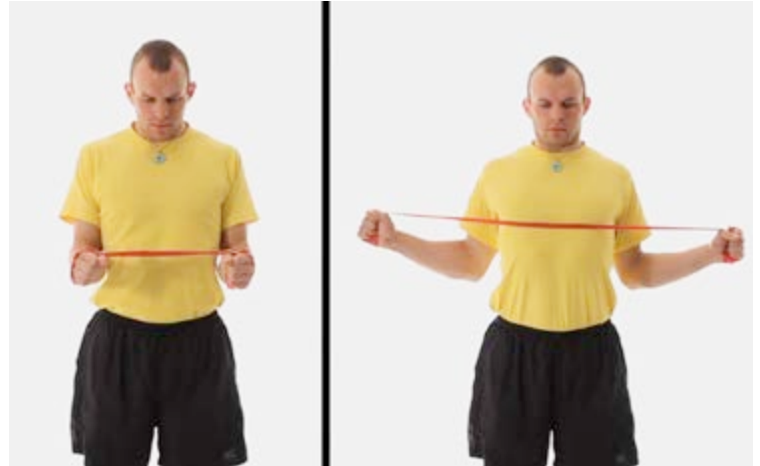
“W” EXERCISE (SCAPULAR RETRACTION & SHOULDER EXTERNAL ROTATION) - with or without band

Starting Position: Begin by sitting or standing with your back straight, arms at your side and elbows bent 90 degrees.

Movement: Slowly pinch your shoulder blades down and together (imagine holding a pencil between your shoulder blades) as you rotate your arms out away from your sides while keeping elbows against your body. Return to starting position.

Tip: Do not raise your shoulders as you perform the movement.

Repeat to complete 3 sets of 10 repetitions.



BIRD DOG

Starting Position: Begin on your hands and knees with your hands below your shoulders and your knees below your hips. Maintain neutral spine with abdominals drawn upward.

Movement: While maintaining a neutral spine, lift your right arm and left leg to full extension, creating a straight line from your right fingertips all the way to your left heel. Pause momentarily and return to your starting position. Repeat with to raise your left arm and right leg to full extension. Pause momentarily and return to the starting position.

Tip: Slow movements will allow more control, and a better quality of exercise.

Repeat to complete 3 sets of 10 repetitions per side.



BRIDGES

Starting Position: Begin by lying with knees bent and both feet placed on the floor with arms at your sides.

Movement: Raise your hips off the surface by squeezing your gluteal muscles. Attempt to bring the hips up to create a straight line from your knees, through your hips, all the way to your shoulders that are in contact with the floor.

Tip: Maintain a normal breathing pattern and stable core, being sure not to overextend your hips upward.

Repeat to complete 3 sets of 10 repetitions.



If you are feeling aches and pains from working from home over the last few months, [click here](#) to schedule your Free Quarantine Check-In Screening with your closest [MCR Chiropractic location](#).

SCHEDULE YOUR FREE QUARANTINE CHECK-IN SCREENING


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Celebrating Our 30th Anniversary



“When I opened the first Milton Chiropactic clinic in Quincy, MA in 1990,

I felt extremely proud to have the ability to serve my local community and provide them with the highest quality, one on one, and personalized physical therapy care. As both a Chiropractor and Physical Therapist, I was excited to promote health and wellness in my community through MCR Chiropactic, formerly known as Milton Chiropactic & Rehabilitation, and Bay State Physical Therapy. I dreamed of one day having the ability to provide this care-model to even more communities in Massachusetts. Today, we serve over 60 communities in New England, providing the same high-quality chiropractic and physical therapy services that I dreamed of 30 years ago, for which I could not be prouder!

As we celebrate the 30th anniversary of Milton Chiropactic, there are some big changes that have been made to the brand. We recently announced our new logo and new nickname as, MCR Chiropactic. In celebrating 30 years of the business, I

have so much to be thankful for! None of which would be possible without the steadfast support of my family, friends, colleagues, and the dedication of our entire corporate and clinic team members. Our MCR Chiropactic staff is comprised of quality individuals who embody our core values: growth oriented, service excellence, health and wellness, teamwork, character, and compassion. Our clinical care team is made up of managing partners and chiropractors who exemplify these core values, have a passion for their profession, and strive every day to provide you with the care you deserve.

I also want to thank you, our valued patients, for entrusting MCR Chiropactic with your care over the years. We are extremely grateful, and it brings us so much joy as providers when you also recommend our care to your family, friends, colleagues, and teammates. Your continued support and kind words throughout the years mean so much to us! Each of your victories and all of the success you achieve with chiropractic care exemplify the reasons we come to work each and every day. I look forward to sharing with you what we have in store for the rest of this year and the many years to come. Thank you for making MCR Chiropactic your chiropractor provider, and as we have been for the past 30 years, we are happy to be here for you whenever you need us!”

- Steve Windwer, DC, PT

Celebrating

30
YEARS



MCR
CHIROPRACTIC

**SCHEDULE YOUR FREE QUARANTINE
CHECK-IN SCREENING**



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Same Great Care, New Look and Feel

After many years in your local communities, we are really taking the time to think about who we are and who we want to be. As we celebrate our 30th year of service, and with our desire to grow, we are pleased to introduce our refreshed logo and updated brand identity. We are excited about our new look and feel, and we hope you will be too.



As we look to our immediate future, our next goal is to expand the MCR brand to new regions of Massachusetts and beyond.

As a chiropractor owned company, we seek to welcome like-minded chiropractors into our MCR family. With the support of our staff and patients, we are enabling our offices to deliver patient-focused care that produces outstanding clinical outcomes and happy patients.

In the upcoming weeks, you will begin to see this new logo in various places, as we are rolling the change out in different phases. You will begin to see the change immediately in our digital content (website, social media, email campaigns, etc). You will also see the new branding in new clinics that we will be opening.

With these exciting changes, please visit our [website](#), which provides valuable content and reflects our passion for our patients and communities.

Thank you for your support of MCR over the years. The reason many of us chose chiropractic as our profession is because of our desire to help people live full and active lives. The MCR team truly has a passion for helping you and we are grateful that you continue to share your positive experiences at MCR with your family and friends. We look forward to celebrating the patients we serve during Patient Appreciation Week, October 19th to October 23rd.

SCHEDULE YOUR FREE QUARANTINE CHECK-IN SCREENING

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New Clinic Announcements

New MCR Chiropractic Clinic in Pembroke, MA

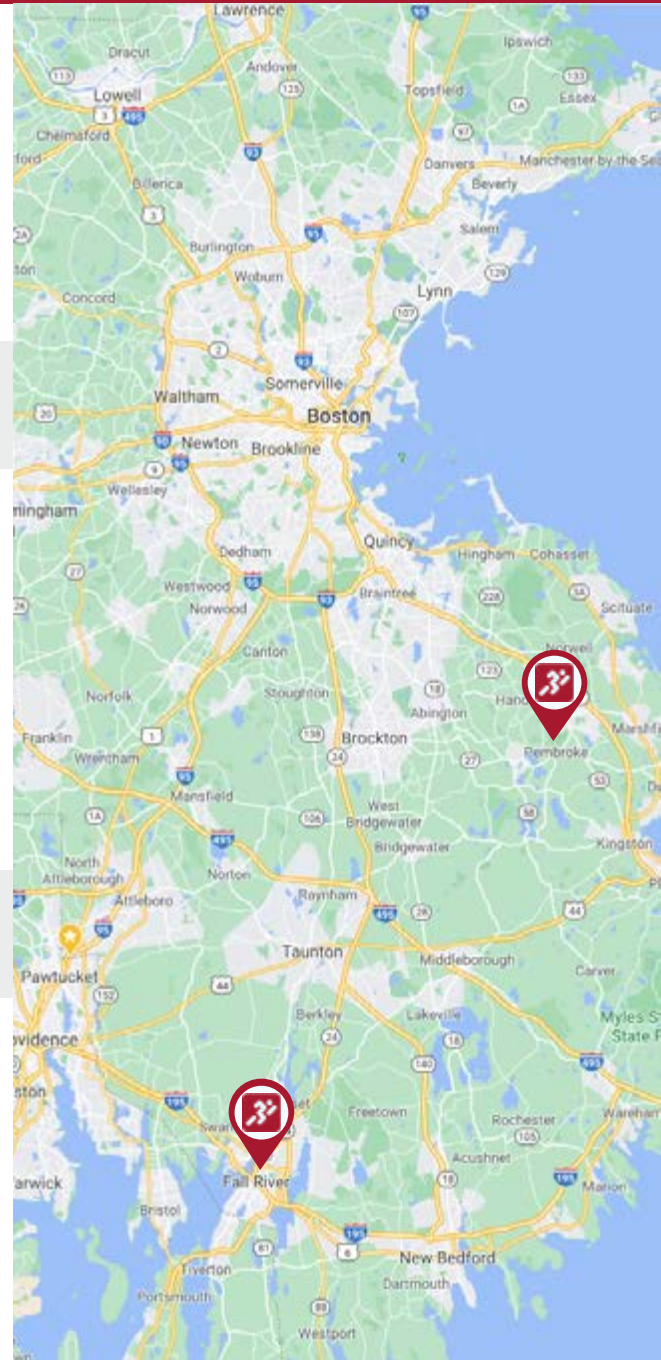
We are thrilled to announce our new MCR Chiropractic clinic opening September 28th in **Pembroke, MA**! This clinic will be located inside of Bay State PT Pembroke. [Click here](#) to schedule your Free Quarantine Check-In Screening with our Pembroke office.

220 Center St Unit 16, Pembroke, MA 02359 • 774-510-4520

New Dual MCR Chiropractic and BSPT Clinic in Fall River, MA

In November, we are proud to be opening a dual clinic in Fall River, MA! We will be offering both chiropractic and physical therapy services at this location. Keep an eye out on our social media accounts to read more about our updates and announcements surrounding our Fall River office.

To stay up-to-date on our new clinic openings, be sure to follow us on our [Facebook](#) and [Instagram](#) pages!





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 wear wash/sanitize hands between client interactions

14 CONVENIENT LOCATIONS NEAR YOU

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