

# A HOLISTIC APPROACH TO HEALTHCARE



## Chiropractic Care: Improving Your Health and Wellness Naturally

The incredible advancements in modern medicine have improved the lives of millions of people around the world. However, some of these techniques (such as surgery or opioids) can come with significant side effects, financial burdens, and extensive recovery periods. In many cases, these negative effects can be avoided with the introduction of chiropractic care.

Chiropractic care is a natural, conservative approach to healthcare that can be used to reduce pain, improve wellness, and heal injuries without the need for surgery. For instance, many people suffer from lower back pain and choose to undergo surgery to remediate the situation. However, based on the positive results seen in patients undergoing chiropractic care, [the Journal of the American Medical Association \(JAMA\)](#) has suggested that patients seek chiropractic and other conservative treatments to manage their back pain before seeking invasive treatments such as surgery.

The medical professionals involved in this suggestion recognize that back pain can be caused by issues in the bones, muscles, nerves, ligaments, or tendons that make up the back. Chiropractors are neuro-musculoskeletal experts, but they also take a holistic view of a patient's unique needs, lifestyle, activities, and abilities. Combining these strengths, chiropractors are able to comprehensively assess a patient's specific ailment, pinpoint the cause of the issue, and address the pain with a tailored healing program.

[One study](#) even showed that seeing a chiropractor before seeking surgical procedures reduced the odds of having spinal surgery from 42.7% to 1.5%. Many surgical specialists have recognized that a majority of inquiring patients aren't surgical candidates and haven't pursued adequate courses of conservative care before inquiring about surgery. Also, many health plans (such as the University of Pittsburgh Medical School) now mandate a course of manipulation (such as chiropractic) for back pain before authorizing surgical intervention.

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# 16 CONVENIENT LOCATIONS NEAR YOU

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## KEY FEATURE

# Chiropractic Care: Improving Your Health and Wellness Naturally

(KEY FEATURE CONTINUED FROM PAGE 1)



## COST-EFFECTIVE

Chiropractic care can also be an extremely cost-effective method for managing pain. Surgery can be expensive, and the recovery after surgery can last much longer than if a patient chose chiropractic first. The extended length of the recovery services after surgery can cost the patient a significant amount of money over time. Choosing chiropractic before surgery can save money and accelerate recovery.

## AVOID MEDICATION

Based on clinically proven medical advancements and holistic methods, chiropractic's manipulation can ease pain without the need for potentially dangerous opioids. Chiropractic care can help lower reliance on prescription medication, which could lower the chance of addiction. The use of opioids has also been shown to only be a short-term pain remediation strategy. [One study conducted by The BMJ](#) found that patients who saw a chiropractor for low back pain before seeking other treatments were 90% less likely to use opioids initially or for long-term use.

## WHEN YOU NEED SURGERY

In many cases, chiropractic care should be sought prior to seeking surgery. However, if these conservative treatments fail and pain persists for an extended period of time, through their extensive training your chiropractor will know when to refer you for surgery.

## OTHER WAYS TO PRACTICE CONSERVATIVE HEALTHCARE

### HOLISTIC DIET

Eating foods that are considered "inflammatory" (such as sugary and heavily processed foods) can be attributing to your pain. Research has shown that concentrating on an

anti-inflammatory diet has decreased pain in patients who have pursued that option.

## RESTORATIVE YOGA POSES

By activating the parasympathetic or relaxation response, yoga helps balance the whole nervous system and sets the body up for deep healing, repair, and growth.

A few examples of Restorative Yoga poses are:

- Restorative Child's Pose
- Restorative Heart Bench
- Psoas Release

To view our examples of Restorative Yoga Poses, [check out our previous December 2020](#).

## MEDITATION & MINDFULNESS

Exercise isn't the only way to deal manage pain. Boost your mood with simple daily meditation techniques to center yourself, relax, and relieve stress. Practicing mindfulness has been attributed to stress reduction, enhanced focus, and reduced anxiety.

## CONCLUSION

Surgery is a major undertaking, and pursuing more conservative methods of treatment such as chiropractic care can help you avoid the extensive recovery time, pain, and financial burdens of an operation.

**DON'T DELAY YOUR CARE-**  
contact MCR Chiropractic today to get started!

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## STAFF SPOTLIGHT



### Don Jewell, DC

#### *Chiropractor of MCR Saugus*

"I graduated from Northwestern Health Sciences University in August of 2008 with my Doctorate of Chiropractic (DC). My career in healthcare began as a Physical Therapy Assistant (PTA) back in 1996. I spent five years at the University of Pittsburgh, starting as a PTA and working my way up to being accepted into their elite Athletic Training Program. After I obtained my Athletic Training/Exercise Science (ATC) Degree, I worked for two years as a PTA and spent the remaining three in the ATC program. During that time, I worked with athletes at all levels in the preventive and rehabilitation portion of their care. During my last year there, I was preparing a therapeutic plan for one of my patients and I thought that something was missing. I had never been to a chiropractor before, but I knew I was missing pieces to the health care puzzle. I began to do research, and I soon began chiropractic care as the next step in my journey.

Chiropractic has been more rewarding than I ever imagined. I get to coach my patients through their healing phases and then teach them how to maintain their health. I refer to my patients as 'owning' their health rather than 'renting' their health. I like conveying the concept of hope. Patients need to know there's a light at the end of the tunnel. I treat my patients holistically and don't focus on solely their symptoms. My methods encourage the body to help heal itself.

Pharmaceuticals and surgery have their place, but chiropractic care can be a great conservative option before pursuing invasive procedures. In my chiropractic education, one of the first concepts, we were taught was when to adjust a patient and when not to.

**“ I refer to my patients as ‘owning’ their health rather than ‘renting’ their health. ”**

Coming from an allopathic background, I can quickly identify what role chiropractic plays in a patient's healthcare plan, and where appropriate referral is required.

In addition to treating patients who have chronic and acute pain, I work a lot with athletes and weekend warriors. As we begin our springtime activities, weekend warriors will be starting their routines back up. Weekend warriors are my Monday morning panic call, who spend their week operating at a set percentage of function and then expect their bodies to perform at 100%. Most times, this is a recipe for pain and injury. I work to educate my weekend warriors that preventive care is more important than restorative care.

However, restoration of function is also important to athletes. I use true cold laser therapy, which is a RED 635nm laser, not a LED light, to induce 'restoration and upregulation' in my patients. Tom Brady, Aaron Rogers, and Tiger Woods are just a few famous athletes who use protocols like mine to stay at the top of their game. As I always say, 'nothing is more powerful than an appropriate chiropractic adjustment.' Also, scar tissue release, ART technique, and the new 'Flexology' (which is releasing tightened and shortened musculature), are all crucial for athletes looking to perform and recover from competition and injury.

I'm also an athlete! I was an amateur cyclist after high school. I still enjoy riding road and mountain bike. I lived in Minnesota for so long because of my love for the outdoors, and I still enjoy going up north to camp, hike, and stargaze. I also enjoy High Intensity Interval Training (HIIT). Most Olympic athletes use this kind of exercise because it also stimulates the sympathetic portion of the brain to induce higher performance. I also love to walk, as this type of exercise stimulates the parasympathetic portion of the brain and allows the body to 'calm down' and heal."

**If you'd like to schedule an evaluation with Dr. Jewell in MCR Saugus, [click here!](#)**



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### PATIENT SPOTLIGHT

## Stephen F.,

### Patient of MCR Kingston

"I am an avid powerlifter who lifts weights 6-7 times a week. In November of 2020, I hurt my low back moving a heavy object and had been unable to go to the gym. The pain was very intense in my low back on the left side and was radiating into my left leg. I sought out chiropractic care at MCR Kingston upon the recommendation of my physical therapist at Bay State Physical Therapy in Marshfield. One of my friends had also received treatment with MCR, which also compelled me to try it out since I wasn't having as much success with my injury from physical therapy as I had hoped.

I started chiropractic care with Dr. Harmon in December of 2020. Working with Dr. Harmon over the last few months has helped me tremendously in not only being able to hit the gym and put my work in, but my performance has had a huge boost as a direct result. My pain was so intense that it had been preventing me from working and being able to go to the gym. Now, I am back in the gym 6 days a week! I am not only hitting new personal records, but have been able to implement exercises and stretches that I have learned while in treatment.

What I enjoy most is how down to earth and easy to get along with Dr. Harmon is. Every time I go in for treatment, I can tell how passionate he is about what he does, and it makes a world of difference especially for someone like me who had no previous chiropractic experiences. I fully intend to utilize chiropractic care as a preventive measure to not only prevent more injuries, but ensure that I am able to stay mobile while in the gym.



“ Seeking chiropractic treatment with Dr. Harmon at MCR Kingston was one of the best decisions to not only improve my lifting quality and strength, but to improve my overall day to day quality of life and I could not be more thankful! ”

I 100% see Dr. Harmon as a member of my healthcare team and with the high frequency of my physical daily routines, I consider him a crucial part of it. I still have adjustments once a week and already have recommended Dr. Harmon to friends, family, and other people who attend my gym who would benefit from seeking help. Seeking chiropractic treatment with Dr. Harmon at MCR Kingston was once of the best decisions to not only improve lifting quality and strength, but to improve my overall day to day quality of life and I could not be more thankful!"

- Stephen F.

To schedule your own evaluation with Dr. Harmon, [click here!](#)

## Spring Into Wellness with MCR Postural Screenings and Scoliosis Screenings!

Are you anxious to return to your weekend jogs through the park? Excited to get back to your gym fitness classes as restrictions are lifted? With warm weather around the corner, we all can't wait to get outside and start exercising and performing our favorite outdoor activities. But, it's important to make sure our body and muscles are prepared for these activities! After a prolonged season of being stuck inside and not moving your body as often as usual, and not moving your body as often as usual, it's important to stay ahead of any pain that could potentially creep in as you return to these outdoor activities.

Throughout the entire month of April, all MCR locations are holding FREE postural screenings! These 15-minute screenings will involve our unique screening tool that assesses your movement and function to evaluate how your body is holding its posture. Depending on the results of your screening, our chiropractors can assess next steps for care and help prepare your body for spring!

As always, we will be offering FREE scoliosis screenings for kids!

Call 866-749-0199 or [click here](#) to request your postural screening!  
Or, [click here](#) to set-up a scoliosis screening for your child!



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### SEASONAL TIPS

## Ready, Set, Stride to Better Health

Based on the unprecedented events of 2020, many people have pushed off their fitness goals to 2021. Many of us are struggling to get out of the sedentary rut we've become accustomed to, despite our best efforts. However, with the calendar's flip from March to April, it's the perfect time to commit to getting off the couch and away from your desk. It's often said that starting is the hardest part—so, let MCR help you make a plan to walk, jog, bike, or run more to improve your health and be ready for summer.

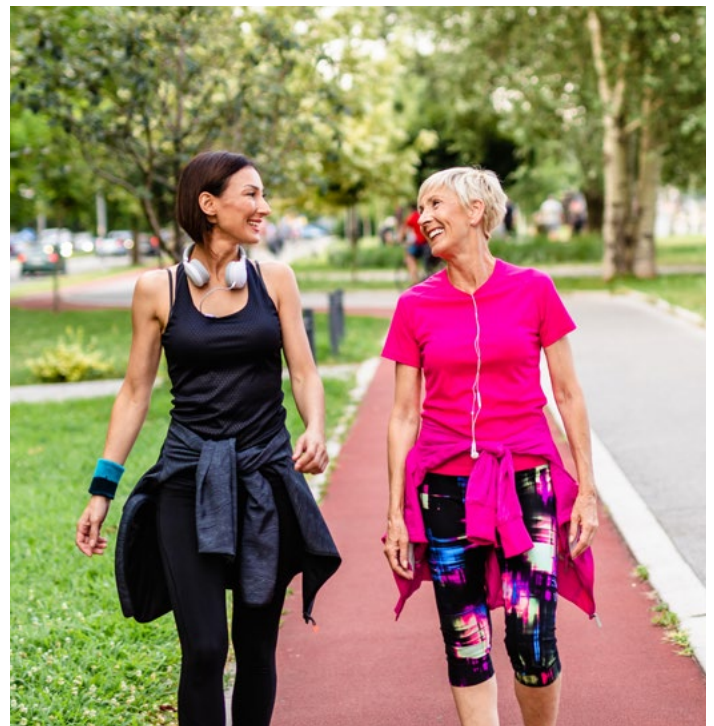
### PICK AN ACTIVITY YOU LIKE!

Have you ever said the words “I hate exercise”? Many of us feel that way, mostly because we've decided the best way to get started is doing what works for other people. Think of exercise as a hobby, and choose what you enjoy doing! Do you hate riding a stationary bike? Then spinning probably isn't for you. So, how about walking instead? Start with a goal of walking for 30 minutes during your lunch break or immediately after work. From there, build up the speed, intensity, or duration. By starting slow, you're giving yourself the mental break of movement while also preparing your body for the increased activity ahead.

### GET STARTED—BUT DO IT SAFELY!

Are you looking to challenge yourself and train for a 5K or 10K run, or even a full or half marathon? Congratulations! Setting your goal is an important first step, but then what? Seeking guidance on how to reach your short- and long-term goals is an important action item that you shouldn't skip.

If it's April in Massachusetts, you know it's Boston Marathon season! Well, sort of. While there may not be a marathon on Patriot's Day this year, if you start your training plan now, you'll have a good shot at being in top shape by October 11 (this year's date for the official Boston Marathon!) The [Boston Athletic Association](#) has a great website with various training programs based on your current activity level. Even if you don't run in the marathon, it's a safe bet you'll have a whole new appreciation for those that do!



### DRESS FOR SUCCESS AND START WITH YOUR FEET!

As a future exercise enthusiast, the most important piece of equipment you have is your body—so take care of it, love it, and treat it right. While your shorts, leggings, and tank tops will likely be changing with each run or walk, one constant article of clothing during each trek will be your footwear. Choose it carefully! Your chiropractor is a great resource for questions about what type of footwear might be best for your foot-type and your activity.

**(SEASONAL TIPS CONTINUED ON PAGE 6)**

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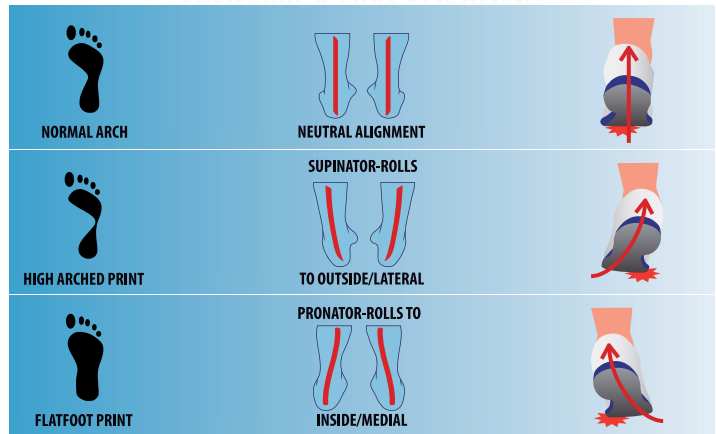
(SEASONAL TIPS CONTINUED FROM PAGE 5)

### | DRESS FOR SUCCESS AND START WITH YOUR FEET!

Some tips you might consider before purchasing your next pair of sneakers include:

- Know your arch type and foot alignment (neutral, pronator, supinator) and choose your footwear with this in mind.
- Always measure your foot at the store (feet can change over time). Better yet, treat yourself by shopping for your sneakers at a store that understands proper fit and foot types. (Ask your physical therapist if you need a suggestion on where to shop!)
- Shop for your running shoes toward the end of the day (feet swell at the end of the day like when exercising). It will really make a difference!
- Bring the same socks you'll be exercising in.
- Change your footwear every 300 hours of exercise to avoid injury (roughly every 6-9 months).

#### ARCH TYPE & FOOT ALIGNMENT

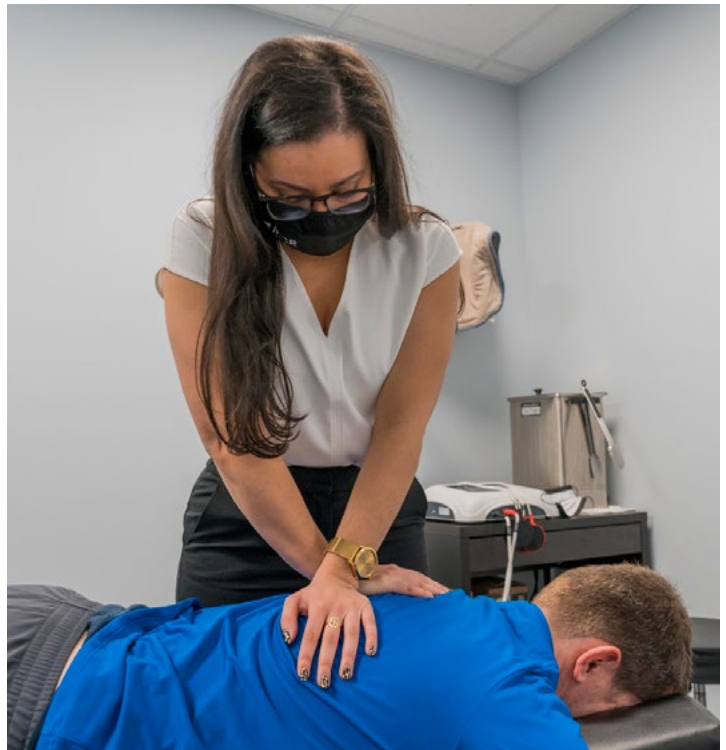


### | DON'T IGNORE PAIN!

Pain is our body's internal alarm system telling us there's a problem. Don't listen to anyone that tells you "no pain, no gain." It's just not true! While mild discomfort is normal, particularly when starting a new exercise program, this discomfort should subside within 1-2 days and will lessen with a light warm up followed by gentle stretching. If your pain persists or doesn't ease with light activity, call your chiropractor! We can help decrease the pain you're experiencing and provide guidance on the best stretches to perform based on your needs and new exercise routine.

### | NOW GET MOVING!

Now that you've picked your exercise, are fully motivated, and have invested in the right gear, keep in mind that as a member of your medical team, we're here for you! Have fun and give yourself some high-fives on your mission to better health!





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## EXERCISES OF THE MONTH

### Prepare Your Body for Action

April is a time of year when we dust off the cobwebs and set new priorities that take us outside the confines of our homes. Whether you're preparing your body for surgery this spring, setting your sights on your first community 5K, or adding another marathon to your list, it all starts with striking the right balance of preparation and action. Allison Lamb, PT, DPT of sister company, Bay State Physical Therapy in Needham, MA is here to get you ready, set, and striding towards your next big adventure.



#### STANDING BALANCE

\*For safety, please perform near a tall, stable surface such as a counter or kitchen table to decrease fall risk.

- Start by standing near a stable surface and gently picking up one of your legs so you're standing on one foot
- Hover your hands above the table or counter as needed to avoid falls
- Hold for 30 seconds and repeat 2-3 times on each leg

**Too easy?** You can try standing on an unstable surface such as a pillow or try closing your eyes, both make the exercise even harder!

#### DOUBLE LEG HEEL RAISES

- Start by standing with your feet shoulder-width apart
- Lift your heels to rise up on your toes
- Slowly lower back down to the floor
- Repeat exercise 10 times for 2-3 sets

**Too easy?** Try doing this single leg by standing on one leg at a time and following the above directions.



#### CLAMSHELLS

- Start by lying on your side and placing your legs stacked on top of one another and your knees bent at about a 45-degree angle
- Rotate your top knee up to the ceiling, keeping your ankles relatively close together
- Avoid rotating your pelvis, as your hip bone should remain up toward the ceiling
- Return to starting position
- Perform exercise 10 times for 2-3 sets

**Too easy?** Add a resistance band above your knees!

(EXERCISES OF THE MONTH CONTINUED ON PAGE 8)

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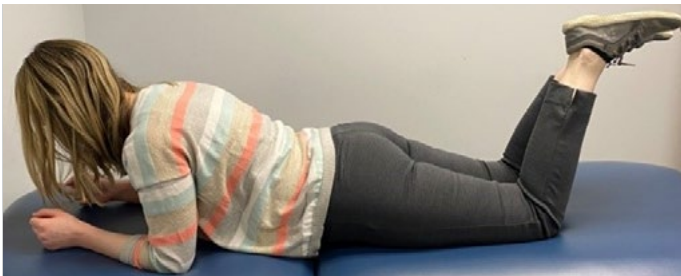
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## (EXERCISES OF THE MONTH CONTINUED FROM PAGE 7)

### BRIDGES

- Lie down on your back and bend both knees up with your feet flat on the floor
- Tighten core muscles (remember to breathe!) and lift your hips off the floor
- Hold for 2-3 seconds at the top of the motion and slowly lower back down
- Repeat 10 times for 2-3 sets

**Too easy?** Add a resistance band above your knees or perform one leg at a time!



### FRONT PLANK (KNEELING)

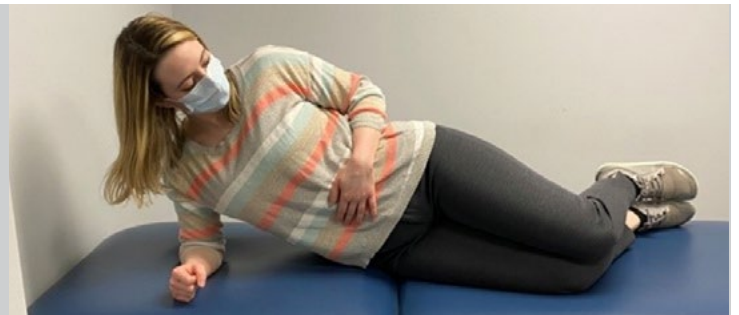
- Begin on your stomach, placing your elbows directly below your shoulders and your knees under your hips
- Lift your stomach off the ground, engaging your core muscles and keeping your back flat (no sagging should be seen in lower back)
- Hold this position for about 30 seconds to start, repeating 2-3 times
- The goal is to work towards 60 seconds, in about 10 second intervals over the course of a few weeks

**Too easy?** Transition to a full plank, up on your toes with the same positions as above or try with your arms straight!

### SIDE PLANK (KNEELING)

- Begin on your side, with your knees bent at about a 15-20 degree angle from your hips (ideally your body should be in one straight line)
- Place your elbow on the ground, in line with your shoulders
- Lift the side of your body up off the floor, keeping your knees on the floor
- Hold this position for about 30 seconds to start, repeating 2-3 times
- The goal is to work towards 60-second holds with progressions of about 10 seconds over the course of a few weeks

**Too easy?** Perform a full side plank, with your hips and ankles in line with one another and ankles stacked on top. Keep the same position for your elbow and lift your body off the ground with the same parameters as above.





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## Clinic News

### MCR Saugus is Now Open!

MCR is now offering both physical therapy and chiropractic services in Saugus, MA! Learn more about our chiropractor of this office, Dr. Don Jewell, in our staff spotlight.



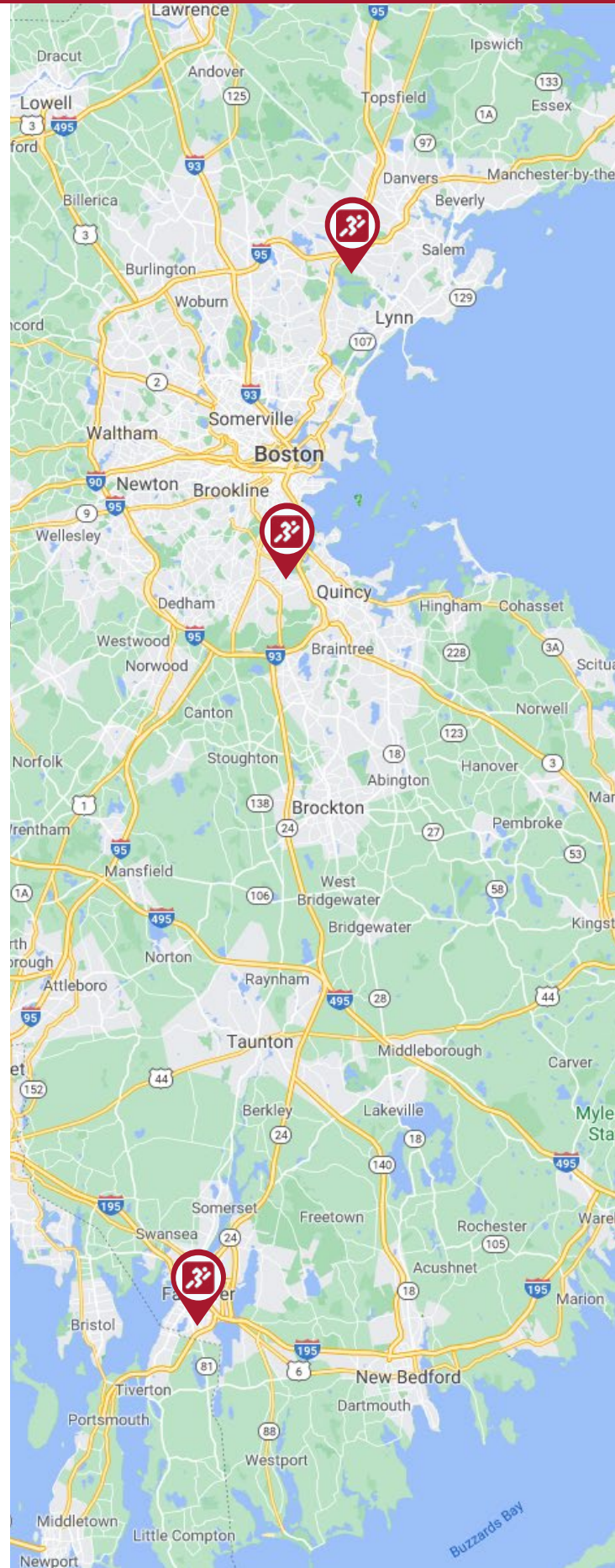
### Meet Dr. B Of Our Dorchester Clinic!

Dr. Buraimoh has a passion for the alternative approach to healthcare through chiropractic without the use of medication for a holistic treatment approach. Born and raised in Hyde Park, MA, he's excited to serve the Boston community. Watch for our May newsletter to learn more about Dr. B!



### Don't forget about our new Fall River clinic!

Looking for a few stretches and exercises to do at home? Check out this video from Dr. John Olson of our MCR Fall River clinic for different stretches to relieve tension and stress in your back.



# 16 CONVENIENT LOCATIONS NEAR YOU

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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!

### Would you like to be featured in one of our patient spotlights?

If you're interested, send a write-up of your experience to [contact@mcrchiro.com](mailto:contact@mcrchiro.com). One of our favorite things to do here at MCR Chiropractic is read about your personal experiences and successes. Even if you're not interested in being featured in one of our newsletters, we'd still love to hear from you! Your triumphs in chiropractic care are the reason we come to work every day.

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

Please email [contact@mcrchiro.com](mailto:contact@mcrchiro.com) to share!

Email Us!



# 16 CONVENIENT LOCATIONS NEAR YOU

Attleboro • Brockton • Dorchester • Fall River • Kingston • North Dartmouth • Norwell • Pembroke • Quincy • Raynham • Saugus • Somerset • Stoughton • Taunton • West Roxbury • Weymouth

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