

RECLAIM YOUR POWER!



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YOU HAVE POWER OVER YOUR PAIN

The freedom to move, be active and maintain independence is crucial to health and quality of life. But for the [50 million Americans](#) who suffer from chronic pain every day, movement can be challenging and might even seem impossible at times. That means less morning walks with the dog, more difficulty playing with your kids, less rounds of golf or games of tennis, and more time sitting on the sidelines.

Did you know that pain becomes chronic because we let it? That might seem scary—but flip it to the positive. You can let pain become chronic or you can take control of your pain before it begins to control you. How?

Through spinal adjustments and innovative techniques, movements, stretches, and exercises, chiropractic care gives you the tools and care you need to fight your pain before it becomes chronic. Remember: when it comes to pain, you're in control—and you can take proactive steps to stop it in its tracks.

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**MAIN ARTICLE**

(CONTINUED FROM PAGE 1)

**WHAT CAUSES CHRONIC PAIN?**

Pain can become chronic when the cause of the initial pain isn't recognized or treated as a problem. For example, you might start training for an upcoming local bike race—or just dust off the gears to enjoy the nice weather! However, you begin to experience low-back pain during your rides and throughout the day.

You don't listen to your body and don't take the necessary steps to alleviate the pain. Instead, you carry on as usual, thinking the pain will go away on its own. It doesn't, and pretty soon you become accustomed to the constant ache and have to sit out on beloved activities—even the race you trained so hard for!

How Does Ignoring Pain Make It Chronic?

Ignoring pain often prolongs pain. When injury occurs, various nerves send information from the problem areas in the body to the brain. The brain 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.

Basically, prolonged pain can cause a disconnect between the brain and body—which means your body might accidentally trick your brain into thinking it's hurt all the time. The result? Chronic pain.

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SCHEDULE AN
EVALUATION**YOUR PARTNER IN HEALTH
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MAIN ARTICLE

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DON'T SETTLE FOR SITTING OUT

Chiropractors can help you manage and diminish your pain before it becomes chronic.

Injury Prevention

Chiropractors can identify any misalignments in your body that could potentially cause injury or hinder performance. For instance, poor posture while riding your bike or a misalignment in your spine might be the cause of your low-back pain. Your chiropractor would identify these issues and perform manual manipulations on the spine to realign it and help prevent injuries in the first place. They could also educate you on proper posture to use while riding your bike, and give you tailored exercises to strengthen the muscles needed to support that posture so you can protect your spine to also further prevent injury.

Early Detection

But sometimes, injuries happen. That's life! The most important way to stop injury pain before it becomes chronic is to detect, recognize, and treat it early. So at the first sign of injury or pain, call your chiropractor. They'll identify the root cause of your pain and determine the appropriate steps for treatment which could include:

- Spinal Manipulations & Adjustments
- Trigger Point Therapy
- Stretching and Strengthening
- Manual Therapy and Myofascial Release
- Transcutaneous Electrical Nerve Stimulation (TENS)

These techniques can also relieve your pain without the need for prescription opioids—which can have dangerous side effects! In fact, [one study](#) found that people with chronic back and neck pain who receive chiropractic care were 64% less likely to use opioids than those who didn't, and there was a 55% decrease in the likelihood of refilling an opioid prescription if the patient engaged with chiropractic care.

DON'T PROLONG PAIN. PREVENT IT!

Taking action against your pain now can have major benefits later. Chronic pain can be debilitating. But relief—and more importantly, prevention—is possible. Tired of sitting on the sidelines due to pain? Take the first step toward healing and call your local MCR Chiropractic office to schedule an appointment.



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SEASONAL TIPS

HIT THE GREEN WITH THESE GOLF TIPS

Summer is the season when many of us hit the golf course and discover that our golf clubs aren't the only thing that worked better last year. For all its leisurely hype, golf is still a very athletic activity. It doesn't take much more than a bucket of golf balls to cause a sharp twinge of pain in our backs. It also quickly reminds us of the forgotten off-season conditioning program we promised to begin when the last golf season ended.

Whether you're an avid golfer or someone who'd be better served to stick to putt-putt, optimal health and mobility can improve your performance and limit the likelihood of injury. You may be surprised to learn that a chiropractor can help you strike the ball at your best!



HOW WE CAN HELP

We work with golfers of all ages and abilities. With our expertise in the musculoskeletal system, we understand the unique stresses on the body and the mechanics needed for a successful swing. As experts in injury prevention, we can assess each golfer's mobility to help them perform at a high level while avoiding injuries and pain.



Here are some tips to lower your risk of injury this golf season:

Warm-Up: Golf requires a rotational swing that generates club-head speed. The muscle contractions that create this swing culminate in the ideal ball strike and trajectory off the club. Limitations in joint mobility can negatively impact swing mechanics, shot distance, and accuracy. Lack of flexibility can also lead to muscle injury. Always take at least 10 to 15 minutes to prepare your body for golf with minor exercises such as jogging, ab exercises, or light stretching. Not sure where to start? Check out our Exercises of the Month!

Address Your Aches & Pains: According to [research](#), nearly 7 in 10 amateur golfers and 9 in 10 professional golfers will suffer a golf-related injury at least once in their lifetime. That means you should prioritize your health and address those nagging pains quickly. The longer you wait, the longer the recovery can last. If you're experiencing any aches or pains, seek treatment from your chiropractor.

Walk the Golf Course: Walking the golf course offers many health benefits. It allows you to stay warmed up and the physical demands of walking can help you build and maintain strength and endurance, which benefits your heart health. Fun fact: The distance walked for 18 holes is usually five to seven miles!

Footwear Matters: You invest in your clubs and have your favorite brand of ball, but what about those golf shoes? You won't find a professional golfer wearing ill-fitting, slippery shoes, so why would you? Your feet are the foundation of your swing, so choose a quality golf shoe that provides grip, traction, alignment, and stability. Since we've already talked about the benefits of walking, be sure they're comfortable and offer good arch support too!

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SEASONAL TIPS

(CONTINUED FROM PAGE 4)

Equipment is Key: Improperly fitted equipment can lead to poor performance, posture, and mechanics. Whether you're thinking of playing golf for the first time or are a seasoned professional, choosing the right clubs is key to performance and safety. Based on your height, body type, and physical strength, a professional fitting might be right for you.

Don't Have a Pull Cart? Carry Your Bag Properly: The average golf bag loaded with golf balls, clubs, and rain gear weighs approximately 30 pounds. So, if you're carrying that bag for 18 holes, take the time and effort to carry it correctly by following these tips:

- Keep the straps tight so the bag sits on your mid-back. The bag shouldn't be resting on or below your hips.
- Try to keep the bag as parallel to the ground as possible so you can have an even distribution between both shoulders. Try to feel as if the weight is evenly placed on both shoulders.



ASK A PRO

Golf requires a lot of time, effort, skill, and physical endurance. The explosive nature of the swing can put a tremendous amount of stress on your muscles and joints. You don't have to be a professional to experience some of the most common injuries in golf. With help from your chiropractor, many of these injuries can be prevented.

Getting started is a click away. [Contact your nearest MCR Chiropractic office](#) to schedule your evaluation!

Want to Learn More?

Visit our website to view more great editions of our newsletter!

[READ OUR NEWSLETTER](#)

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EXERCISES OF THE MONTH

TAKE A BALANCED APPROACH TO STRENGTH

Summer is a time of balance between relaxation and activity. But whether you're having fun at the pool, going for a run along the sand, or getting ready for that family beach volleyball game, your body needs to be prepared. Try these exercises at home to get ready for whatever summer throws at you!

Please keep in mind, 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.



STANDING BALANCE

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

- Stand near a stable surface and gently pick 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

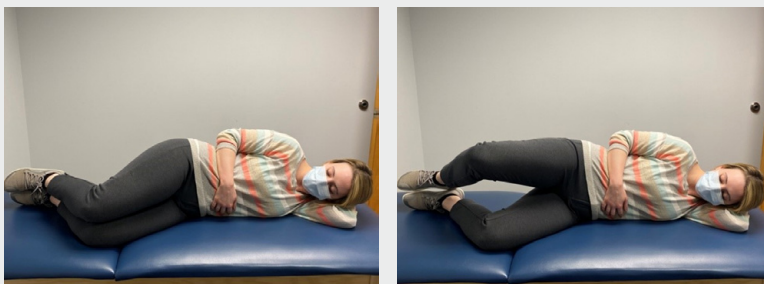
Too easy? *Try standing on an unstable surface (such as a pillow) or try closing your eyes.*



DOUBLE LEG HEEL RAISES

- Stand with your feet shoulder-width apart
- Lift your heels to rise onto your toes
- Slowly lower back down to the floor
- Repeat 10 times for 2-3 sets

Too easy? *Try standing on one leg at a time.*



CLAMSHELLS

- Lie on your side with your legs stacked on top of one another and your knees bent at 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 10 times for 2-3 sets

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

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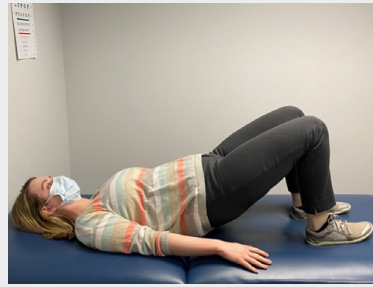
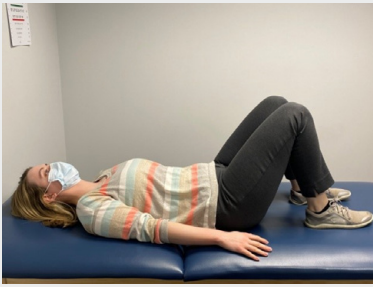
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EXERCISES OF THE MONTH

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**BRIDGES**

- Lie down on your back and bend both knees up with your feet flat on the floor
- Tighten your core muscles (remember to breathe!) and lift your hips off the floor
- Hold for 2-3 seconds at the top 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 the lower back)
- Hold this position for about 30 seconds
- Repeat 2-3 times
- Over a few weeks, slowly increase the time you hold this position by 10 seconds
- The goal is to work towards 60-second holds

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 a straight line)
- Place your elbow on the ground, in line with your shoulders
- Lift the side of your body off the floor, keeping your knees on the floor
- Hold this position for about 30 seconds
- Repeat 2-3 times
- Over a few weeks, slowly increase the time you hold this position by 10 seconds
- The goal is to work towards 60-second holds

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.

Your chiropractor is your partner in health. If pain or physical limitation makes being as active as you would like a challenge, [call your nearest MCR Chiropractic office](#) to schedule an evaluation.

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STAFF SPOTLIGHT



RACHEL MEILUN, DC CHIROPRACTOR AT MCR TAUNTON

Dr. Meilun has joined the MCR Taunton team and will work alongside Managing Partner, Dr. Josh Harpel. Dr Meilun grew up in North Kingstown, Rhode Island and attended Ithaca College, before graduating from Northeast College of Health Sciences in April 2022 earning her Chiropractic degree. At Ithaca College, she studied Exercise Science which sparked her interest in biomechanics where she completed research. Studying the kinetics of the human body led her to pursue chiropractic. After 8 years in the Finger Lakes, Dr. Meilun is excited to return to New England to begin her career.

Dr. Meilun first experienced chiropractic care after a car accident her first week of chiropractic school. She had never been adjusted and was in pain, but quickly knew she had chosen the right profession as her doctors provided her with comfort, information, and personalized care.

While completing her Chiropractic degree, she received certifications in Custom Stabilizing Orthotics and Sports Injury Management. During her clinical year, she utilized the [Webster Technique](#) and Activator Method for the care of [pregnant](#) and [pediatric](#) patients. Dr. Meilun enjoys treating patients at every stage of life and wishes to provide individualized care to various types of injuries. She uses a variety of techniques such as Diversified Adjusting, Manual Mobilization, Manual and Instrument Assisted Soft Tissue Techniques, Flexion Distraction, Drop Table Technique, and Pelvic Blocking.

Dr. Meilun enjoys spending time at the beach, making lattes, and exploring Providence, RI. She enjoys going to the gym as well as long walks around the city.

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



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PMC TEAM SPOTLIGHT

MCR Chiropractic is proud to support sister company, Bay State Physical Therapy, in their partnership with the Pan-Mass Challenge. As the Bay State PT riding team prepares for their ride in August, we look forward to helping their riders gear up for the big weekend. Meet their Team members below!



Support our
Bay State
Physical Therapy
PMC Riding Team

DONATE



SUMMER IN NEW ENGLAND MEANS IT'S PMC SEASON

It seems like summer has just started, but already we find ourselves at the crest of vacation season. As the Official Physical Therapy Partner of the Pan Mass Challenge, that means our team is getting ready to help 6800+ riders pedal toward a cure for cancer. It also means our Bay State Physical Therapy PMC Riding Team is gearing up for their big ride!

In 2021, our Bay State Physical Therapy PMC Riding team completed a hybrid ride, consisting of a 75-mile reimagined ride on Saturday August 7th, and participating in the PMC Wellesley century ride on Sunday August 8th, totaling 175 miles for the weekend and raising \$58,434, just shy of our \$60,000 goal. This year our team has committed to ride PMC's 50-mile Wellesley route and has set our sights on that same [fundraising goal of \\$60,000!](#)

This year we have special motivation for our ride and fundraising with the match of our PMC Pedal Partner. [The Pedal Partner Program](#) offers an inspiring opportunity for pediatric oncologist patients at Dana-Farber to connect with PMC riders cycling and raising funds for cancer research and treatment in their honor. This year our Pedal Partner is Celia Jan, a very sweet and active 4-year-old who was diagnosed with Acute Lymphoblastic Leukemia in October 2020. Celia is very special to our team as she is currently receiving physical therapy treatment in our Braintree office by our team's very own Lexi Windwer, PT, DPT. Learn more about Celia by reading our Patient Spotlight on page 12!

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PMC TEAM SPOTLIGHT

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MEET OUR BAY STATE PHYSICAL THERAPY PMC RIDING TEAM!



ERIN DOHERTY, MARKETING MANAGER AT BAY STATE PHYSICAL THERAPY'S CORPORATE RESOURCE CENTER:

"I joined our BSPT Riding Team and chose to participate in PMC because I wanted to contribute to something bigger than myself. I wanted to raise money to help fund cancer research and show my support for all of those fighting the battle against cancer, as well as those who have lost their battles. This year I am so excited to be paired with our Pedal Partner, Celia Jan, to have an even bigger 'WHY' to ride."

CARA GAZIANO, PT, DPT, PHYSICAL THERAPIST AT BAY STATE PHYSICAL THERAPY-WEYMOUTH:

"This will be my second official year riding the PMC. I ride for my sister Andrea, who lost her battle with Leukemia in 2006. My family and I have been very involved with the PMC since I can remember. My dad rode the PMC for years with his two brothers. My mom, my brother, and I volunteered for 10 years as well at the Family Finish in Provincetown. Every dollar I raise goes to the Andrea Gaziano Memorial Fund. This is a fund my parents set up in memory of my sister and the money goes directly to childhood cancer research to hopefully one day find a cure!"



JENN MCBRIDE, PT, DPT, OCS, CSCS, PHYSICAL THERAPIST AT BAY STATE PT-FOXBORO:

"This will be my third-year riding in the PMC. I initially got involved as a volunteer in my last year of college and never thought I'd be the one riding a road bike, but it's been an incredible experience and I'm looking forward to the energy and camaraderie PMC weekend brings every year. I'm riding in memory of my grandfather, Jack Shea, as well as one of my favorite PT professors, Dr. Mary Hickey who passed away last year after a courageous battle with breast cancer. I'm also riding in support of the countless family members, friends, and patients who I know whose lives have also been touched by cancer."

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PMC TEAM SPOTLIGHT

(CONTINUED FROM PAGE 10)



Official Physical Therapy Sponsor



**THANK YOU
TO OUR 2022 PAN-MASS CHALLENGE
CORPORATE SPONSOR**

CALERA CAPITAL

BAY STATE PHYSICAL THERAPY Official Physical Therapy Partner PAN-MASS CHALLENGE

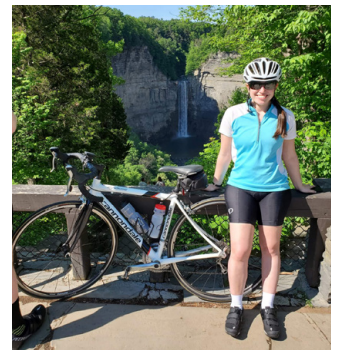


SARA PESCI, PHYSICIAN LIAISON AT MVPT PHYSICAL THERAPY:

"The PMC is such a great cause, with 100% of all rider-raised funds going towards cancer research and treatment at Dana-Farber. Like many others, I have family members and friends who have been impacted by cancer. Some, unfortunately, lost their battle, and others are survivors. I'm riding for all of them—those who have lost their battles, those who are survivors, and those who are currently in the fight for their lives!"

JILL SIMON, PT, DPT, PHYSICAL THERAPIST AT BAY STATE PT-CHELMSFORD:

"I am so excited to participate in my first PMC with the Bay State Physical Therapy Team! I ride in honor of family, friends, and former and current patients who have fought or are currently fighting cancer. Cancer never stops, so I am very proud to support a cause that goes directly to cancer research and finding a cure!"



LEXI WINDWER, PT, DPT, MANAGING PARTNER AT BAY STATE PHYSICAL THERAPY-BRAINTREE:

"This will be my third PMC ride. Last year our team rode a total of 175 miles over 2 days allowing us to participate in both a reimagined ride and a PMC-organized event. During that weekend we were supported by friends, family, coworkers, riders, and volunteers along the route! I'm excited to see what this year brings. I ride for the individuals we've lost to cancer and those who are still fighting. This year we have partnered with a pedal partner, Celia Jan, who is actively receiving treatment through the Jimmy Fund. What keeps me riding is thinking about how the money I'm raising could be what funds the research that finds the cure!"

Join the fight for cancer and support our Bay State Physical Therapy PMC Riding Team's fundraising efforts **by donating** if you are able.

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PMC PATIENT SPOTLIGHT

MCR Chiropractic is proud to support sister company, Bay State Physical Therapy, in their partnership with the Pan-Mass Challenge. Bay State PT is proud to introduce you their incredible PMC Pedal Partner, Celia.



INTRODUCING OUR INCREDIBLE PMC PEDAL PARTNER!

It's hard to imagine how much strength is needed to endure and overcome cancer. It can be even harder to imagine how all that strength can fit into one small body! But our Pan-Mass Challenge Pedal Partner, Celia, makes it look easy.

Celia is four years old (but will be turning five very soon!) and currently a patient of our Bay State Physical Therapy Braintree clinic, treating with Lexi Windwer PT, DPT, who is also a member of our Bay State Physical Therapy PMC Riding Team. Celia was just three years old when she was diagnosed with High-Risk B Cell Acute Lymphoblastic Leukemia, back in October 2020.

Celia was diagnosed in Pakistan, and her treatment had quite a rocky start. During her induction phase, she received only 75% of the chemotherapy she needed because her doctors neglected to follow treatment protocol. Because of this, she came very close to relapsing—but was soon transferred to Dana Farber Cancer Institute where she immediately began treatment and was put on a high-risk protocol to reduce her risk of long-term relapse.

She's now in her maintenance phase of treatments where she continues to receive chemotherapy, steroids, and lumbar procedures. Her treatment is set to be complete in March 2023!

Until then, she spends her time during longer-term hospital visits playing with her favorite toys, playing iPad games, and watching videos! To keep kicking cancer's butt, she draws strength from her hero—her "Papa"—and embodies the tenacity of her favorite superhero—Gamora from Guardians of the Galaxy. We're honored to have Celia as our Pedal Partner and look forward to cheering her on through the rest of her journey!

Pedal Partners are pediatric patients at the Jimmy Fund paired with PMC riders and teams. This program offers an incredible opportunity for those directly affected by cancer to connect with the riders raising funds for cancer research in their honor. It also provides unmatched inspiration to remind teams exactly what they're pedaling for.

MEET OUR PEDAL PARTNER



Age: 4 years old

Favorite Animal: Fox

Favorite Superhero: Gamora

Favorite Meal: Chicken Quesadilla

Favorite Sport: Horseback Riding

Dream Career: Ballerina Astronaut



"Celia is such a sweet, energetic, and resilient young girl. She is motivated to get stronger and learn what her body can do, and has inspired me in more ways than one. Each time I get on my bike or whenever I discuss the PMC, what Celia has gone through and the way she continues to fight comes to mind."

Alexandra (Lexi) Windwer, PT, DPT

Celia's physical therapist and Managing Partner at Bay State Physical Therapy, Braintree.

Pictured above is Celia's mother, Celia, and her physical therapist Lexi Windwer, PT, DPT.

Join the fight for cancer and support our Bay State Physical Therapy PMC Riding Team's fundraising efforts [by donating](#) if you are able.

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CLINIC NEWS

ON THE GO NEAR YOU



Members of our Bay State Physical Therapy & MCR Chiropractic teams were onsite at the Tournament to make sure all the golfers felt their best swinging for the green! Pictured from left to right are Ella Lewis and Erin Doherty (of our Corporate Resource Center), Lauren Blair (physical therapist at [Bay State Physical Therapy, Norwell](#)), Alex Sibert (chiropractor at [MCR Chiropractic, Norwell](#)), and Liz Flood (physical therapist at [Bay State Physical Therapy, Norwell](#)).



Jackie Hansen (chiropractor at [MCR Chiropractic, Quincy](#)) and Sara Linden (physical therapist at [Bay State Physical Therapy, Milton](#)) set up shop at the Milton Road Race to help everyone in attendance have a great day. Sara and Jackie provided stretching, and exercise guidance, and offered injury screens.



A team of our MCR Chiropractors working together at training seminar where they learned how to communicate with patients more effectively to help them reach their health goals. The team had a great weekend learning and building upon their skills as clinicians.



Jace VanSteenburg (chiropractor at [MCR Wrentham](#)) partnered up with the [Bay State Physical Therapy Walpole](#) team to attend this year's Walpole Day. Pictured from left to right is Jace VanSteenburg, Kristine Towers, Michael King, and Peter Kelly.

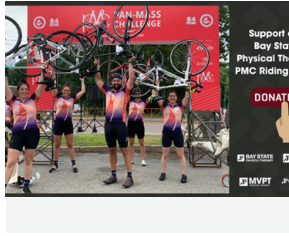
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PREVENT INJURIES & STAY IN THE ACTION WITH THE INJURY PREVENTION EXPERTS

Regardless of age or ability, proactive attention to mobility and strength can help prepare athletes for the rigors of sport. If an injury does occur, timely access to care is vital.

Common Sport-Related Injuries We Treat

- Concussions
- Knee Injuries
- Low back pain
- Muscle strains and sprains
- Neck pain
- Shoulder injuries
- Sciatica
- Tendonitis

Whether there is an existing injury or underlying weakness that can lead to injury, our team is here to keep your athlete safe all year long.

Contact any MCR Chiropractic location to learn more!



19 CONVENIENT LOCATIONS NEAR YOU

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

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