

ARTHRITIS: A FOR AWARENESS



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GET RELIEF BY SAYING 'YES' TO MOVEMENT

In the United States, 58.5 million people suffer from arthritis. It's the leading cause of work disability—with costs for medical care and lost earnings skyrocketing to \$303.5 billion each year. That's a huge chunk of change. But oftentimes, arthritis negatively affects more than just the wallet. It can keep you from living an active, happy life.

But don't worry. We're here to help.

May is National Arthritis Month, so it's a perfect time to learn new ways to keep you moving comfortably. Life comes at you fast. Why let arthritis hold you back? Chiropractic care can help reduce your pain and accelerate your healing so you can return to doing what you love.

UNDERSTANDING ARTHRITIS

Arthritis is a general term that refers to joint pain or joint disease. Common symptoms include swelling, pain, stiffness, and decreased range of motion.

One of the main reasons that spinal osteoarthritis (the thinning of the discs in the spine) develops is due to an imbalance in the body and how it moves. This balance is regulated by spine alignment—which is a major area of expertise for chiropractors. If your spine is out of alignment, your nerves become aggravated, which can lead to stiff joints and throw off your body's balance.

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MAIN ARTICLE

(CONTINUED FROM PAGE 1)

CHIROPRACTIC R.E.L.I.E.F TO THE RESCUE

Through adjustments or manipulations, chiropractic care can improve your alignment to increase mobility in your joints, decrease stresses to the joint, and prevent degeneration to stop arthritis in its tracks.

A chiropractor will identify your specific type of arthritis (there are over 100 different kinds!), determine its severity, and understand its impact on your life. Combining the latest therapeutic treatments with deep industry expertise, they'll take a holistic look at your body, your life, and your goals to build a treatment plan tailored to your needs. Let's look at some of the ways chiropractic can help alleviate your arthritis pain.



R ESTORE BALANCE

Arthritis can cause muscle weakness, lack of joint function, and minimized mobility—all of which can throw off your balance. Chiropractors will perform spinal alignment techniques to improve balance and reduce the risk of falling.

E NHANCE POSTURE

The main way to prevent osteoarthritis is to make sure vertebrae in the spine are aligned and moving properly. Chiropractors analyze the structure of your body to identify what's causing your issues. If the structure of a certain joint in the spine isn't right, it can cause arthritis. Chiropractors will realign the spine and body as a whole to maximize the function of the arthritic joint.

The spine is extremely prone to degeneration, which can cause a lack of alignment, decreased mobility, and arthritis. Posture can easily slip our minds, but proper posture can greatly improve your arthritis symptoms. So it's time to start paying attention! Chiropractors will align your spine to restore function, and will give you ways to adjust your posture during sitting, standing, or exercising to take a lot of stress off of your joints.

L ESSEN JOINT STRESS BY STRENGTHENING MUSCLES

Arthritis can wear down the protective cartilage around your joint, which can cause extremely painful friction. Chiropractors will help you strengthen the muscles around your impaired joint, which will decrease friction and ease pain.

I NCREASE RANGE OF MOTION & MOBILITY

Arthritis can come with stiffness and severe pain, which can deter patients from wanting to move at all. Through a combination of spinal alignment techniques, manual manipulations, mobility exercises, and stretching, chiropractic can improve your ability to bend or straighten your afflicted joint.

E NCOURAGE PHYSICAL ACTIVITY

Low-impact physical activities can slow the progression and reduce the pain of arthritis. Your chiropractor will assess your current health and ability and perform alignment exercises to encourage pain-free movement.

F OCUS ON FLEXIBILITY

Participating in daily stretching can help your stiff joints and improve mobility. Chiropractors can prescribe and manually perform stretches that will target your afflicted joints. Even the smallest increase in range of motion can drastically improve your life! For example, just a few extra degrees of movement can let you comfortably pick up your child, sit in a chair, or bend down to reach objects.

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MAIN ARTICLE

(CONTINUED FROM PAGE 2)

The Pay Off? RELIEF!

Chiropractic has greatly improved the symptoms of many people suffering from arthritis. According to one study published in *Osteoarthritis and Cartilage*, 12 chiropractic treatments (twice a week for six weeks) coupled with patient education were more impactful than a daily stretching program or patient education alone in treating hip osteoarthritis. Working with a chiropractor will help you fight the negative effects of arthritis so you can have no pain with a whole lot more gain.

**ARTHRITIS 101**

While the Arthritis Foundation says there are more than 100 types of arthritis, some of the most common that we encounter in chiropractic include degenerative and inflammatory conditions.

- ✓ **Osteoarthritis (OA).** Occurs when the protective cartilage that cushions the ends of bones wears down over time. Although OA can damage any joint, it commonly impacts the hands, knees, hips, and spine.
- ✓ **Ankylosing Spondylitis (AS).** An inflammatory disease that causes pain and stiffness in the spine and pelvis, as well as other joints such as the hips, knees, feet, and shoulders. AS is a hereditary disease that is chronic in nature.
- ✓ **Rheumatoid Arthritis (RA).** A chronic inflammatory disorder that can impact more than just the joints of the body. This autoimmune disease can also affect the skin, eyes, heart, and blood vessels. Unlike OA, RA affects the lining of joints.
- ✓ **Juvenile Arthritis (JA).** A pediatric rheumatic disease and an 'umbrella' term to describe the inflammatory, autoimmune disease diagnosed in children under the age of 16.

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OSTEOARTHRITIS: UNDERSTAND TO OVERCOME

According to the [National Institute on Aging](#), osteoarthritis (OA) is the most common form of arthritis and is one of the most frequent causes of physical disability among adults. Researchers believe that OA is caused by several factors, and that chance of developing OA increases with age. Other contributing factors include stress on previously injured joint, improper joint alignment, and weight imbalances.

DON'T DELAY. CALL TODAY!

Your chiropractor is your go-to source for information about living a full and active life with arthritis symptoms. Don't delay care that can help you move more and enjoy the activities you enjoy. Call your [closest MCR Chiropractic](#) today or [click here to submit an appointment request](#) to get started.

WHERE DOES IT HURT?

Here are some of the most common joints impacted by OA.

SPINE

Spinal arthritis can impact your neck, facets (what connect your vertebrae together), and the sacroiliac joint (what connects your pelvis to your spine). This pain can stem from top to bottom and can severely limit movement. Learn more about how chiropractors can help your spine.

[LEARN MORE](#)

SHOULDER

The shoulder has two joints: the glenohumeral joint (found along the ball and socket) and the acromioclavicular joint (found where the collar bone meets the shoulder). This can often occur due to natural wear and tear of the joints from movement over time.

[LEARN MORE](#)

LOW BACK

Gradual lower back pain usually comes from chronic stress to the spine and nervous system or systemic disease or condition. Arthritis is one of the conditions that can lead to gradual or chronic back pain.

[LEARN MORE](#)

KNEE

Your knee pain might be more than just a sign that it's going to rain. The knees are one of the most affected joints when it comes to OA. Pain is caused by degeneration and inflammation in the joint from a lifetime of movement. In addition to the bones and cartilage, the ligaments and muscles are also affected.

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SEASONAL TIPS

ENHANCE YOUR WALKING ROUTINE: 5 STEPS TO SUCCESS

Walking is the most popular form of exercise in the United States. It's easy, free, and can be done just about anywhere. If you're ready to commit to a walking routine, here are some chiropractor-approved tips to help you stride to success.

1. Prepare Your Body

When it comes to starting an exercise routine, preparation is key. Speak with your chiropractor to create a routine that could include dynamic stretches and tailored movements to get your body ready before you hit the road. Above all, if you're currently experiencing any aches or pains, consult with your chiropractor or your doctor to address these issues before beginning your routine.

2. Choose Proper Footwear

Ensure you have the proper support for your feet. Wear comfortable and supportive shoes such as sneakers, hiking shoes, or cross-trainers. It's best to avoid wearing flip-flops, flats, or dress shoes.

3. Set Goals

If you're new to walking, start light! Your body will need to adjust to the new exercise. Too much walking early on can lead to aches and pains. Break down your long-term goal into bite-sized chunks to encourage success. For instance, start walking 30 minutes 4 to 5 days per week.

4. Commit Your Calendar

Once you've set your goals, plan your routine. Sit down and schedule time to exercise. Don't procrastinate and put it off until later. Your health is a priority!

5. Mix it Up

Variety is the spice of life! Switch up where you walk, the length of time, and who you walk with. The best part about walking is you can do it anywhere. Many high schools have rubberized tracks open to the public, which can be a great spot to meet other walking enthusiasts.

WALKING CAN CHANGE YOUR LIFE!

According to the [American Heart Association](#), walking at a lively pace at least 150 minutes a week (i.e. 30 minutes, 5 days per week) can help you:

- Think, feel, and sleep better
- Reduce risk of serious diseases like heart disease, stroke, diabetes, and several types of cancer
- Improve blood pressure, blood sugar, and cholesterol levels
- Increase energy and stamina
- Improve mental and emotional wellbeing and reduce risk of depression
- Boost bone strength and reduce risk of osteoporosis
- Prevent weight gain

If 150 minutes sounds like a lot, don't worry, it's easy to fit in a few minutes of walking several times a day. Start with 10-minute walks in the morning and again at lunch or before dinner. Before you know it, you'll build up your time and exercise capacity. Just like that, you'll be reaching your goals and ready to set new ones! Good health is a marathon, not a sprint—so keep at it and have some fun along the way.

If pain or injury limits your ability to be as active as you would like, just call your [local MCR Chiropractic](#) or request an appointment online.

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CONDITION SPOTLIGHT



GET ACTIVE TO FIGHT OSTEOPOROSIS

Although Osteoarthritis and Osteoporosis sound similar, they are very much two different conditions that are treated and managed very differently. Osteoarthritis, as you can learn more about within the main article of this newsletter, is the wearing down of cartilage that protects the bones, while osteoporosis is the weakening of bones.

Osteoporosis is a common condition that affects 55% of Americans aged 50 and older, and more frequently affects women. In fact, women account for 80% of diagnosed osteoporosis cases. Osteopenia, (think of it as pre-osteoporosis) is categorized as the weakening of bones and is often the first step toward initiating testing and formal diagnosis of osteoporosis.

If you've been diagnosed with osteopenia or osteoporosis, improving posture and balance, and building muscle and bone through weight-bearing exercises can help you maintain bone density levels and reduce future complications.



WHAT ARE THE SYMPTOMS OF OSTEOPOROSIS?

Unfortunately, there typically are no symptoms to warn you! For this reason, it's referred to as a "silent" disease. Some people diagnosed with osteoporosis report unusual body or bone aches, or an injury or minor accident, such as a fall, may lead to unexpected fractures of bones. For those with advanced osteoporosis, normal stresses such as bending, lifting, or even coughing can result in spontaneous fractures. This can make daily life increasingly difficult and significantly restrict movement.

WHAT ARE THE CAUSES OF OSTEOPOROSIS?

The condition develops when bone mass is lost, or when stresses impact the structure of bones. Some individuals have only one risk factor while others have multiple. The [Bone Health and Osteoporosis Foundation \(BHOFF\)](#) breaks down risk factors into those that are "controllable" and "uncontrollable."

Uncontrollable Risk Factors:

- Being over age 50
- Being female
- Family history of osteoporosis
- Low body weight/being small and thin
- Broken bones/height loss

Controllable Risk Factors:

- Live an active lifestyle
- Maintain a healthy weight
- Diet rich in calcium and vitamin D
- Eat plenty of fruits and vegetables
- Monitor protein, sodium, and caffeine intake

With all that you can't control, it's important to focus on what you can! As a member of your medical team, your chiropractor can help.

TAKE CARE WITH CHIROPRACTIC

Bone tissue is constantly being broken down and replaced—it's normal. However, when osteoporosis is present, the bone tissue is breaking down faster than it's being replaced, which decreases bone density and strength.

During a chiropractic adjustment, the cells that replace bone tissue (osteoblasts) are stimulated, which allows them to get to work on the bones quicker to rebuild lost tissue. So having a chiropractic adjustment can actually help strengthen your bones.

Additionally, this bone fragility brings great risk. Due to the weakness of the bones, a seemingly harmless fall or trip on a curb can cause a severe fracture. Chiropractic treatments, such as spinal manipulations and rehabilitative exercises, will increase your range of motion and improve your balance to help prevent falls. Also, holistic nutrition counseling will help address some of the "controllable factors" that can prevent osteoporosis and aid in your recovery. Take a proactive step to protect your future and [call MCR Chiropractic](#) today.

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EXERCISES OF THE MONTH

PILATES - MOVEMENT IS MEDICINE

If you've been diagnosed with arthritis, it's important to keep moving. The [Arthritis Foundation](#) recommends many different ways to workout with arthritis. One of those is Pilates!

Pilates helps stretch the spine and strengthen muscles. You should consult a certified Pilates instructor to provide guidance, as certain movements may need to be monitored or limited with certain conditions.

Dr. John Olson of MCR Chiropractic Fall River is Certified as a Practitioner of Pilates for Rehabilitation. Combining Pilates movement with chiropractic offers a dynamic combination to restore normal movement patterns, gain strength and postural control, and improve body awareness.

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.



BRIDGES

- Start with your knees bent and your feet flat on the floor, hip-width apart, and arms by your side
- Take a deep inhale to widen your upper back
- Exhale as you articulate your spine slowly up to your shoulders
- Inhale at the top and then exhale as you roll your spine slowly down to the floor
- Repeat 4 or 5 times
- *Variation: Perform on one leg.*



HUNDREDS

- Start lying on your back, knees bent in the air at a 90-degree angle, arms by your side, palms facing down
- Exhale as you roll your head, neck, and shoulders off the floor
- While in this position, use short arm pulses up and down while inhaling for 5 counts and exhaling for 5 counts
- Repeat 10 times, then lower back down
- *Variation: To increase the challenge, extend the legs and hips. The lower your legs are to the floor, the greater the challenge.*



MERMAID

- Start in a seated position, upright with legs in a Z position, either to the right or left side. Raise arms to 90 degrees
- Inhale to lengthen your spine, then exhale as you place one hand onto the mat away from your legs
- Start to bend to the side, keeping your spine long as your other arm reaches overhead in an arc-like motion
- You can use your hand on the floor to push into the body to keep your far-side sit bone from elevating
- It's important to maintain length in both sides of your waist
- Exhale to return to the sitting position
- Keep good posture and alignment as you bend to the side
- You can add a yoga block under the lower part of your hip bone if you're getting knee or hip discomfort
- Repeat 4 to 5 times on each side

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EXERCISES OF THE MONTH

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DARTS

- Start lying on your stomach on the floor with your arms reaching back along your body, parallel to floor, palms down
- Begin by exhaling and lifting your chest off the mat, keeping the lowest ribs in contact with the mat, and lengthening your head away from your shoulders
- Inhale at the top to deepen thoracic extension
- Repeat 3 to 5 times
- *Variation: Hold at the top and perform 3 to 5 arm pumps while exhaling.*



SIDEKICK

- Start on your side lying with your arm bent, your elbow directly under your shoulder, and your opposite hand on the floor in front of your chest
- Your top hip should be directly over the bottom hip with your waist raised from the floor
- Inhale as you raise the top leg as high as you can without letting your waist to drop
- Repeat 8 times on each side
- *Variation: Raise your leg 6 inches and inhale as you bring your leg forward and exhale as you bring your leg back going into hip extension, keeping body alignment (no swaying).*

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

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STAFF SPOTLIGHT

**JOHN OLSON, DC**
CHIROPRACTOR OF MCR FALL RIVER

Dr. John Olson is the chiropractor of MCR Chiropractic Fall River, and has been practicing for over 20 years. His wife, father, and sister are all chiropractors—so I guess you could say it runs in the family! Born and raised in Westport, Massachusetts, he attended the University of Massachusetts Dartmouth for his undergraduate before attending Palmer College of Chiropractic, where he received his Doctor of Chiropractic. He also served in the U.S. Navy in Japan.

Dr. Olson uses a variety of techniques and strategies to help patients regain and maintain their health. He focuses on care plans that provide a multi-dimensional approach including spinal health, diet, exercise, and lifestyle modifications. As a Navy veteran, he understands the value of teamwork, and carries that methodology into his practice by collaborating heavily with the patient and their team of medical professionals to ensure a holistic approach to care.

Dr. Olson has extensive experience treating acute and chronic musculoskeletal complaints. Some of the main risk factors affecting these complaints revolve around poor posture and lack of spinal mobility. To improve these factors, he uses manual adjustments ([Gonstead Method](#)), instrument adjustments (Arthrostim), or a combination of both along with Pilates-based exercises to treat the root cause of the issue.

Dr. Olson is trained in Pilates rehabilitation and graduated from Polestar Pilates in 2014, receiving the Practitioner of Pilates for Rehabilitation certificate. As an avid practitioner and instructor of the practice, he's found it to be a perfect complement to the chiropractic adjustment. Combining Pilates movement with chiropractic offers a dynamic combination to restore normal movement patterns, gain strength and postural control, and improve body awareness.

He also focuses heavily on diet and lifestyle modifications, which are often overlooked but can accelerate the healing process. He loves to help patients create a tailored plan to make changes in their lifestyle, and loves it even more when that patient keeps at it and begins to see the benefits of these changes.

Dr. Olson has continued to expand his knowledge in the chiropractic field by completing extensive post-graduate work in adjusting techniques, nutrition, radiology, and rehabilitation techniques.

As a second-generation chiropractor, he's witnessed the benefits of chiropractic his entire life and is very appreciative of his father for leading the way. "Chiropractic has truly been my passion, and I love to help those seeking better health," says Dr. Olson.

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

PATIENT TESTIMONIALS ABOUT DR. OLSON

"Came to this practice for Physical therapy and met Dr. John Olson. It's a convenient idea to get PT and see a chiropractor at the same location. He has helped me and my family with our back and neck problems. Lovely place, great atmosphere and professionalism from the staff. Recommend Dr. Olson to anyone looking for a professional and relaxed atmosphere and convenient location for all your spine needs." - **Leila N.**

"I have only good things to say about MCR Chiropractic. The location is very convenient, and it's always so open and clean. The staff is very friendly and attentive. As for the chiropractor and the services, I couldn't be more pleased. John is so nice, friendly and makes me feel extremely comfortable. He is always asking, "how'd that feel?" and "are you okay?" After my first chiropractic appointment, I already started feeling relief, like the weight and tension was literally lifted off my shoulders. I've already mentioned MCR to my friends and family members to look into. I don't know why I put off going to a chiropractor, but I'm so happy now that I've taken the chance, and found the perfect place." - **Stephanie R.**

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CLINIC NEWS

MEET THE NEWTON TEAM

As the previous leader, Dr. Joanne Cancro, of [MCR Chiropractic Newton](#) – formerly Cancro Chiropractic – has recently transitioned out of the practice, we would like to take this opportunity to thank Dr. Cancro and provide additional information about the MCR Chiropractic Newton care team.

Dr. Joanne Cancro has provided exceptional care to the communities of Newton and Greater Boston for over 26 years. She has created an extraordinary practice and cultivated a prestigious team that includes chiropractors, massage therapist, an acupuncturist, and support staff. The multidisciplinary approach that she has taken with her practice over the years to address all of your wellness needs has provided patients with the best care possible. Since Cancro Chiropractic partnered with MCR Chiropractic, Dr. Cancro has worked hard to ensure the quality of care that her patients are accustomed to, will continue to be maintained.

We want to thank you, Dr. Cancro, for building such a wonderful practice. We are proud to continue your tradition of serving the community of Newton with the same high-level, quality care as you have provided throughout the years.

Dr. Cancro will pass the torch to chiropractor Dr. Cami Cleaveland, who will eventually lead the clinic and work to continue the legacy that Dr. Cancro has established. Though we will miss her healing presence, we have a full team of chiropractors, massage therapists, and acupuncturist, who will continue your care without skipping a beat. We wish Dr. Cancro all the best!

Dr. Cleaveland, Dr. Langlois, and Dr. Gilmore, and all the staff at MCR Newton will continue your care with the compassion, kindness, and thorough, personalized treatment that Dr. Cancro has provided all of these years. Learn more about the care team at Newton below!

CHIROPRACTORS

Cami Cleaveland, DC

Dr. Cleaveland received her Doctor of Chiropractic Degree from Logan University in Missouri after receiving her Bachelor of Science Degree in Biology. She first discovered chiropractic care after an injury to her back as a youth. Throughout sports she found herself returning to chiropractic care and learning more about the benefits beyond athletic performance. Her chiropractor became her mentor and rooted her in the art, science, and philosophy of the chiropractic adjustment. She knew by becoming a chiropractor, she could positively impact lives the same way she was in her youth. Dr. Cleaveland takes a wellness and rehabilitative approach to care. This means that appointments are curated to the individuals' goals by combining chiropractic adjustments, soft tissue and at home care. Dr. Cleaveland has completed various certifications, of which include various types of soft tissue techniques in addition to her recent certifications to help provide the best care to women and pregnant people, the Webster Technique and BrithFit.

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Joseph Gilmore, DC

Dr. Gilmore has been a chiropractor in Massachusetts for a decade but his passion for teaching individuals about the body started long before that. He obtained his Bachelor of Science in Biology from New England College in Henniker, NH. After which, he worked at Saint Anselm College as a lab instructor in Human Anatomy & Physiology and Biology for two years before enrolling at New York Chiropractic College (now Northeast College of Health Sciences). Dr. Gilmore uses stretching and soft tissue techniques to aid in his chiropractic adjustments. He has worked with all types of patients, from athletes to pregnant patients. He most enjoys educating his patients about the cause of their pain because, "if a patient has a better understanding as to why they may be in either acute or chronic pain they will hopefully be a more willing participant in their recovery."

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CLINIC NEWS

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Nicole Langlois, DC

Dr. Langlois has been practicing chiropractic since 2006. A magna cum laude graduate of New York Chiropractic College, her time there gave her the opportunity to work with individuals from all walks of life—from elite athletes to pregnant mothers to musicians to artists. She was awarded several prestigious awards upon graduation, including the Frank P. DeGiacomo Technique Award and was a member of the Phi Chi Omega Honor society. She combines spinal and extremity chiropractic adjustments with various myofascial techniques. However, Dr. Langlois is most passionate about developing creative solutions to the obstacles her patients encounter when trying to establish new health goals. Her thorough and thoughtful approach will enable you to feel confident that you've found a teammate in your quest to feel better and to function at your best. She holds various certifications, such as the Webster Technique, Kinesio Taping, and a myofascial release technique called Lower Extremities in Active Release Technique (ART).

[LEARN MORE](#)**MASSAGE THERAPISTS AND ACUPUNCTURIST****Joseph Okunas, LMT**

Josef's interest in massage began in his home country of Lithuania. There, massage therapy was not considered a luxury: it was a staple of the healthcare system. Josef began his education in Lithuania in 1988 and continued after he moved to the United States, at the Muscular Therapy Institute of Boston, MA. Josef likes to customize every treatment to suit the needs of each individual. Whether those needs be relaxation, invigoration, or injury specific — Josef seeks to help each client optimize their health. For those who want to use regular massage therapy as a part of their wellness program, Josef is an excellent teammate. He truly enjoys seeing his clients progress through their treatment plan to help them realize their full potential and best health, and his constant curiosity and clinical interest will help to achieve that goal.

[LEARN MORE](#)**Lynda Danzig, LMT, Lic. Ac.**

Lynda has been a complimentary care provider since the 1990s. She attended the Institute of Therapeutic Studies and became a licensed Massage Therapist. In 2000 she earned her Master's Degree at the New England School of Acupuncture (N.E.S.A.). Lynda has been providing massage therapy and acupuncture in a variety of settings including her own private practice and Brigham and Women's Hospital/Osher Clinical Care Center where she has collaborated with allopathic and allied health partners. Lynda's clinical tools are varied; her massage skills range from trigger point therapy, deep tissue, Swedish, Oncology Massage and Reiki. Traditional East Asian Medicine (TEAM) protocols are grounded in common roots which allows for a lot of fluidity in clinical practice. She practices styles of Classical Chinese, Japanese, 5 Element Worsley, Sa'am Acupuncture. Your session may include advice about lifestyle to support your well-being importing the use of adjunct modalities such as diet, meditation, yoga, qi gong, cupping or gwa sha, dream interpretation and essential oils.

[LEARN MORE](#)**Taliesen Rose, LMT**

Taliesen has been trained extensively in circulatory massage (aka Swedish massage), as well as deep tissue, shiatsu, and sports massage. She has also trained in energetic healing modalities of Polarity and Sensory Repatterning. Her understanding of the body is both anatomical and energetic, and she uses a combination of her different training backgrounds to give a personalized session to every client. Taliesen has trained with Tony Poland, the massage practitioner to the U.S. Olympic Volleyball team. And she learned polarity therapy from Tracy Griffiths, a director of the Life Energy Institute in California. Taliesen's passion is to help solve problems—whether they be physical and helped by sports massage and stretches—or emotional and energetic and therefore helped by the energy work and massage that opens chi lines and energy blockages.

[LEARN MORE](#)**Wendy Perez, LMT**

Wendy has been a practicing massage therapist since 2005. She personalizes each massage based on how your body is feeling that day. She uses Swedish, deep tissue, trigger point, Shiatsu, and prenatal techniques. Wendy is also a NSCA-Certified Strength and Conditioning Specialist, a STOTT-certified Pilates instructor, and a RKC and Strongfirst kettlebell instructor. Her knowledge allows her to give you the therapeutic massage needed to help you on your journey of health and wellbeing. Wendy received her Bachelor of Science in Clinical Exercise Physiology and her Master of Science in Applied Anatomy and Physiology from Boston University. She received her massage certification through the Palmer Institute of Massage and Bodywork in Salem, MA.

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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

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 Newton • Norwell • Pembroke • Quincy • Raynham • Saugus •
 Somerset • Stoughton • Taunton • Walpole • Westwood •
 West Roxbury • Weymouth • Wrentham

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