

WHAT IS CHRONIC PAIN COSTING YOU?



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LIVE THE LIFE YOU WANT

While we usually associate pain with physical damage or injury, chronic pain can persist long after healing. But one of the most important steps to healing chronic pain is understanding it. Let's break down how chronic pain often develops:

- An injury occurs or a disease develops
- Various nerves send information from the problematic areas in the body to the brain
- The brain 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
- This sensitivity makes the brain interpret many sensations as threatening
- This makes the brain send more pain signals to your body even if there's no actual threat
- At this point, emotions, stress, or reactions to external life factors can trigger physical pain when no threat or injury is present

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

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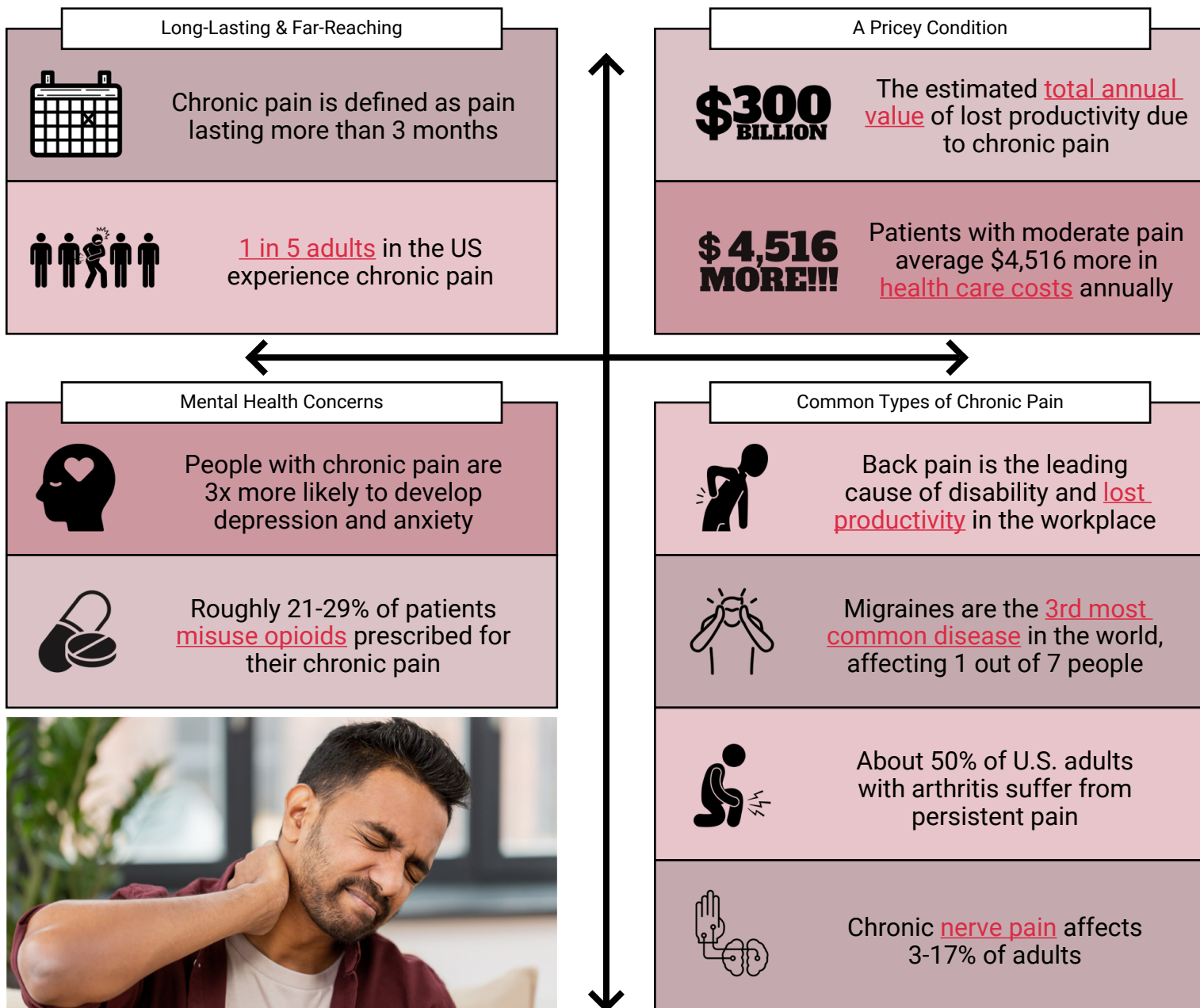


MAIN ARTICLE

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CHRONIC PAIN BY THE NUMBERS

Here are some more facts about chronic pain that can help you understand this condition—and start to combat it.

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MAIN ARTICLE

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HOW CHIROPRACTIC CARE CAN HELP CHRONIC PAIN

Chiropractors are your partners in health and will work with you to identify the root cause of your pain. Some of the ways chiropractic care can empower you to overcome pain include:

Chiropractic Adjustment



Your chiropractor will use a gentle thrusting technique to restore movement to the spine and the restricted joints that may be causing pain. This will realign the vertebrae, stimulate the nervous system, stretch soft tissues, and reduce inflammation, muscle tension, and pain.



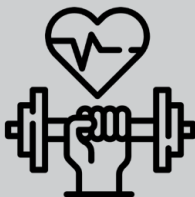
Education



Chronic pain is often caused by heightened sensitivity in the brain, not an actual injury. By educating patients on the reasons behind their pain, chiropractors can lessen a patient's fear and apprehension as they begin to understand that the pain is just a sensation, and not something that's actually harming their bodies.



Exercise



Exercise is proven to decrease inflammation, increase mobility, mobilize nervous tissue, and reduce pain sensitivity by up to 60%.¹⁰ But misalignments in your body can often make exercise difficult. Your chiropractor will find and adjust any misalignments in your musculoskeletal system to keep you moving pain free.



Manual Therapy



Chiropractors are board certified, musculoskeletal experts with specialty training and skills. Based on your needs, services may include:

- Joint Mobilization
- Therapeutic Massage
- Myofascial Release
- Trigger-point therapy



Chronic pain is complicated but finding relief can be simple. Your chiropractor is a member of your healthcare team and works collaboratively with you to restore your normal activity levels, diminish your pain, and help empower you to reach your optimal health and live a life full of motion.

Don't suffer in pain, take action and reach new heights in your health and wellness.

[Schedule an Evaluation](#)

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SEASONAL TIPS

5 REASONS TO TRY CHIROPRACTIC CARE

Life's busy! From sunrise to sunset, the hours are filled with work, family, and (hopefully) some exercise. Who really has time to slow down for an injury? Whether you've noticed a new pain that makes getting out of bed a challenge, or you're dealing with a chronic health condition that makes movement an essential part of staying well, a chiropractor can help you remain active, fit, and healthy.

Here are 5 ways chiropractic can improve your quality of life.

1 Chiropractic Helps Prevent Injury

Chiropractors are synonymous with injury recovery—but they can also help prevent injuries from happening in the first place. They'll assess your spinal alignment and identify any imbalances in your musculoskeletal system. They'll compare these potential complications to the frequent movements used in your favorite activities. This will help identify any underlying weaknesses that might make you susceptible to injury. They'll target these problematic areas during their treatments to improve alignment to [help prevent injury](#).



2 Chiropractic Improves Your Posture

Poor posture can come with some hefty consequences, such as low back pain, spinal dysfunction, and joint degeneration. Manual manipulations from your chiropractor will gently bring your musculoskeletal system back into alignment, allowing you to maintain better posture. This re-alignment will open neural pathways in your body, which will ease pain and encourage better function. They'll also teach you proper body mechanics to use throughout the day—especially at work—to maintain good posture no matter what you're doing.

3 Chiropractic Gets You Moving

Even if you're already in good health and involved in a variety of activities, chiropractic can still be beneficial. Your chiropractor can help you enhance your performance and give you advice on other types of activities that can [complement your lifestyle](#) to challenge your musculoskeletal system. If you're looking to get back into the activities you love (or simply get better at them!), your chiropractor can design a plan to help you achieve your short- and long-term goals.

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SEASONAL TIPS

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4 Chiropractic Helps You Avoid Surgery

No surgery comes without risk, and lengthy recoveries can impact you physically and financially. In some cases, chiropractic can correct a problem without the need for surgery at all. Sprains, strains, dislocations, tendonitis, bursitis, arthritis, and acute/chronic pain are just a few ailments that a chiropractor can help with.

Even if surgery is imminent, working with a chiropractor beforehand can prepare your body for recovery or help delay the surgery to a time that fits better into your schedule. While surgery is sometimes unavoidable, it's almost always better to eliminate the need for an invasive procedure if the problem can be treated with a more conservative approach.

5 Chiropractic Keeps You Balanced

As we age, we lose muscle mass, bones weaken, and balance concerns become top of mind. That doesn't mean that falls are inevitable. In fact, with the help of a chiropractor, you can reduce the risk of falls through a comprehensive fall-prevention program.

Improving your balance can help you avoid falls that could lead to a significant injury, and help you remain independent and active. It can also improve your ability [to enjoy more strenuous activities](#) that you may not have been able to do in the past.

TAKE CHARGE AND SCHEDULE YOUR EVALUATION

As your partner in health and wellness, our team at MCR Chiropractic is ready to help when you or a loved one needs us. To schedule an evaluation, call your [nearest MCR location](#) or request an appointment [here](#).



WHAT IS PAIN COSTING YOU?

Your time with family and friends is precious, so don't let pain stop you.

The team at MCR Chiropractic is here to help you overcome pain and limitation so you can live a life full of movement.

Schedule an
Evaluation

Schedule an Evaluation To
Take Action Against Your Pain

SCHEDULE AN
EVALUATION



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EXERCISES OF THE MONTH



PRACTICE GOOD POSTURE WITH THESE EXERCISES

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

Exercises that stretch the neck, shoulders, and upper back are an important component of addressing discomfort, easing symptoms, and improving strength and function. Here are some great exercises and stretches to help you ease neck and upper back symptoms.



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



CHIN TUCK

Target Muscles: Deep Neck Muscles

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



PRONE ROW

Target Muscles: Upper Back and Posterior Shoulders

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

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EXERCISES OF THE MONTH

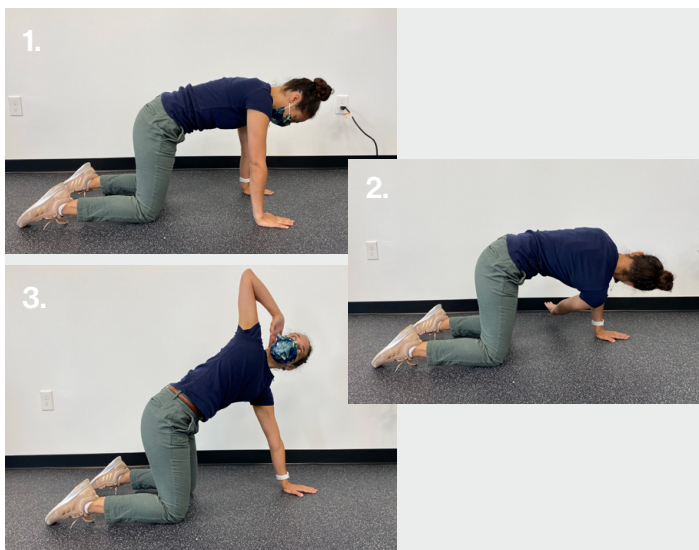
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**PECTORALIS STRETCH***Target Muscles: Chest Muscles*

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

**WALL ANGELS***Target Muscles: Neck, Shoulder, and Upper Back Muscles*

- Stand with your back against a wall
- Your shoulders and head should be touching the wall
- Allow your knees to bend gently
- Start with your upper arms at your side with your elbows bent (your wrists and forearms will be touching the wall)
- Reach your arms overhead, sliding along the wall
- Reach as high as you can without your head, shoulders, or forearms coming off the wall
- When you've reached as far as you can, slide your arms back down to the starting position
- Perform 3 sets of 13 repetitions

**THREAD THE NEEDLE***Target: Mid-back Spine Mobility*

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

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



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

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STAFF SPOTLIGHT

**CHULLAINN KELLY, DC, ATC, CCSP**
CHIROPRACTOR OF MCR QUINCY

Dr. Chullainn Kelly joins Dr. Josh Doty in our MCR Chiropractic Quincy office at 111 Willard St. in Suite 2A. Learn more about this wonderful new addition to our team below!

Dr. Kelly grew up in Lebanon, ME and attended Springfield College before graduating from Palmer College of Chiropractic-West in 2021. At Springfield College, he studied Athletic Training, where he began developing his respect and admiration for the integration of Chiropractic care in a holistic healthcare approach.

Growing up, Dr. Kelly's first experience with chiropractors was during his recovery from a multitude of sports related injuries. While caring for athletes as a student athletic trainer, Dr. Kelly worked in tandem with team chiropractors, experiencing firsthand the role of a chiropractor in the sports medicine world. Now in practice, Dr. Kelly draws on those experiences to ensure patients receive exceptional and personalized care.

Dr. Kelly strives to care for the patient, not just the symptoms, through several techniques and modalities, utilizing soft tissue treatments, a motion approach to adjustments, and corrective exercise. While reducing pain and restoring proper motion is the main goal of treatment, Dr. Kelly is careful to identify what may have caused the issue at hand, to then help address the cause of the pain, not just the symptoms, allowing for a more pain free future for the patient.

Dr. Kelly's care goes well beyond the clinic. While working with all walks of life in the clinic, he also works as an athletic trainer with local sports teams in his free time. In addition to being a board-certified athletic trainer and member of the National Athletic Trainers Association, he also maintains his title as a Certified Chiropractic Sports Physician.

When out of the office, Dr. Kelly can be found somewhere enjoying the great outdoors. Be it camping and backpacking through mountains year-round, playing a round of golf during the summer or freezing in the rink playing hockey in the winter, he rarely wastes an opportunity to be active.

To request an appointment with Dr. Kelly at MCR Chiropractic Quincy, please [click here!](#)



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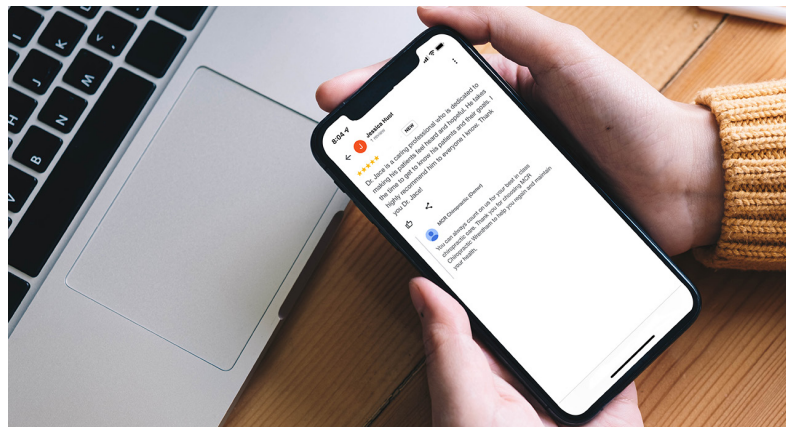
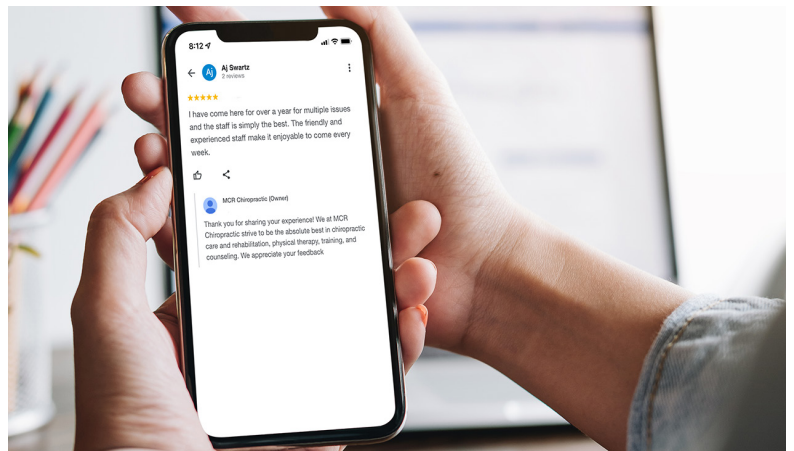
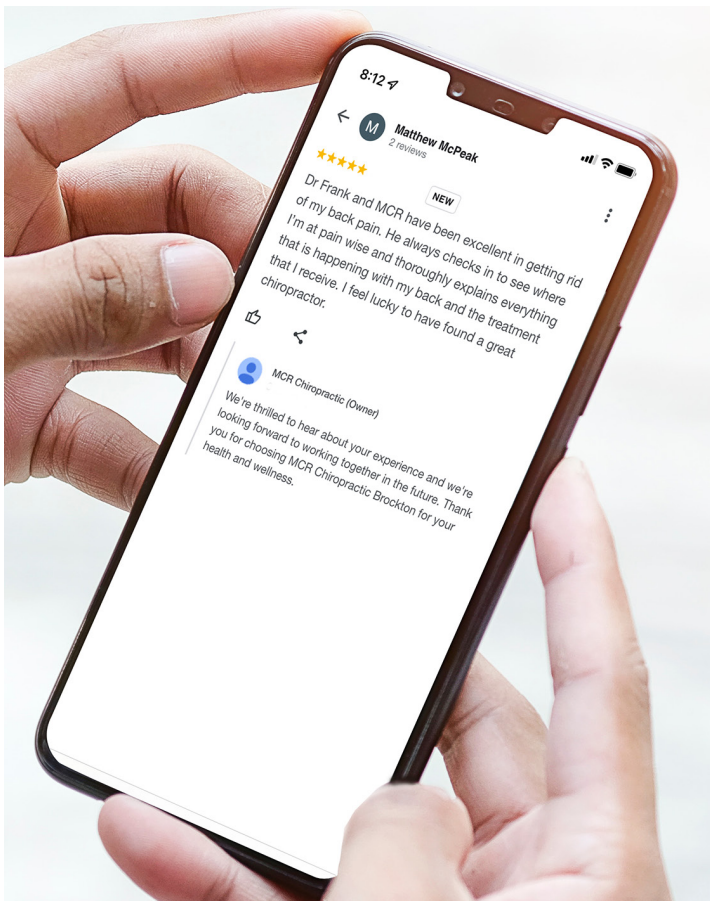
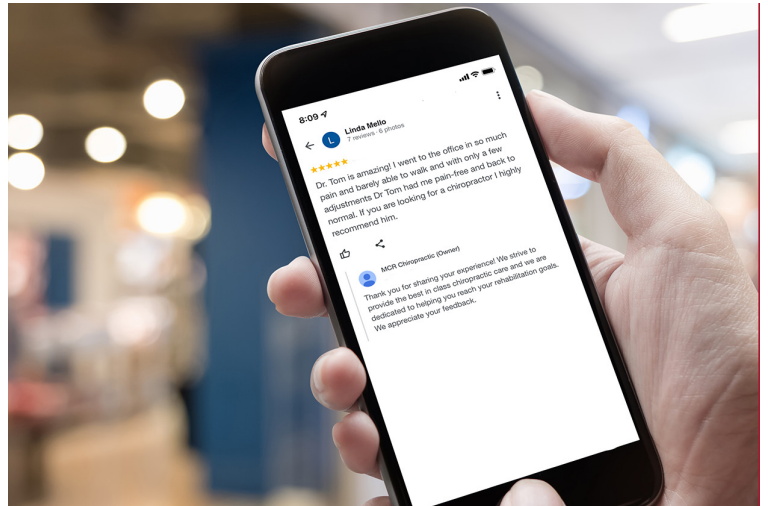
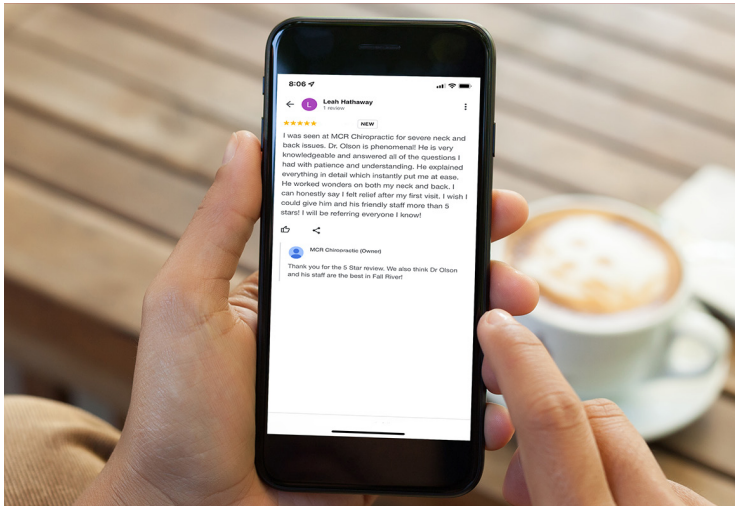
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PATIENT SPOTLIGHT

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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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