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PREPARE | PLAY HARD | MAINTAIN
WITH HELP FROM MCR CHIROPRACTIC



The [US Youth Soccer Association](#), the largest youth sport organization in the United States, reports that nearly three million players per year register to participate in the sport of soccer. Striving to foster a path of development for its players, this organization provides a safe, fun environment for young athletes to learn about the most [popular](#) sport on the planet!

Soccer is a sport that branches across generations. From toddler intro programs, to over -60 leagues, the game of soccer teaches its players the value of teamwork, hard work, and the rewards of a sport that can be played throughout a lifetime. Massachusetts boasts the third largest youth soccer membership in the U.S.! The Massachusetts Youth Soccer Association promises "a commitment to fair play and sportsmanship, affordable and inclusive player development, and...a fun and safe environment [to ensure] soccer in Massachusetts is for everyone!"

We're pleased to join forces with Massachusetts Youth Soccer as the Official Chiropractic Partner of Mass Youth Soccer!

Chiropractors Help Prevent Injuries

Sure, chiropractors play a key role in the rehabilitation of injuries after they've occurred. But, injury prevention and education are at the core of what we do as well! Through careful examination of the physical demands placed on soccer athletes (or any athlete for that matter), chiropractors can proactively educate coaches, players, and their families to reduce the chance of common injuries.

It's common knowledge that sporting injuries are "part of the game." However, through evaluation of athletes at the initial stages of aches, pains, or discomfort, chiropractors play a crucial role in identifying potential injuries before they become major injuries.

Children aged 5 to 14 account for almost [40% of all sports-related injuries](#) treated in hospital emergency rooms. Some of the areas of education that chiropractors can provide include the importance of:

- Active warm up and stretching
- Proper hydration
- Common symptoms and injuries that occur in soccer
- Exercises to reduce the chance of common injuries

 **(CONTINUED ON PAGE 2)**

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4 Common Soccer Injuries & How to Stay in the Action

Based on injury statistics and what we know about the demands of soccer on growing bodies, we can identify the most common injuries. With this knowledge, we measure athletes now and target exercises that address their weakness to help reduce risk of injuries.

Working with trained musculoskeletal experts like physical therapists and chiropractors, gives our athletes the best chance to keep playing the game they love.

KNEE & ACL INJURIES

- ⚽ **What we see:**
 - ACL injuries are the most common knee injury in sports, which can impact sport & school participation.
 - Female athletes in jumping & cutting sports are at 3x the risk compared to males in same sports.
- ⚽ **What we know:**
 - [Preventative](#) screening programs & exercise -based injury prevention programs can lower knee injury rates by nearly 27% and specifically reduce ACL injury rate by more than 50%!!
 - [FIFA 11+ Injury Prevention Program](#) shows 77% reduction of knee injuries of those studied.
- ⚽ **How we can help:**
 - Pre -injury screening to assess leg strength and ligament stability. Then we can provide guidance on exercises to reduce injury risk.
 - Common components of this type of program include:
 - Strengthening, plyometrics and agility
 - Balance and flexibility



🚩 **SPORTS WITH SIMILAR ACL RISKS: Football, basketball, gymnastics, lacrosse**

HAMSTRING STRAINS

- ⚽ **What we see:**
 - Hamstring injuries are most common in high -speed sports and in sports requiring extreme stretches of that region.
- ⚽ **What we know:**
 - Hamstring injuries account for 5 -15% of all soccer injuries, with a [recurrence rate](#) as high as 68%!
 - [Muscle weakness and strength imbalance](#) (between quadriceps and hamstrings) can increase the risk by 4x.
- ⚽ **How we can help:**
 - As musculoskeletal experts, our team can provide manual strength testing to guide individuals on appropriate hamstring injury [prevention techniques](#) such as:
 - Measurement of hamstring strength in correlation to quadriceps strength.
 - Hip and low back stability programs.
 - Self -care techniques muscle tightness such as foam rolling and stretching.



🚩 **SPORTS WITH SIMILAR HAMSTRING STRAIN RISKS: Football, ice hockey, basketball, tennis**



Your injury
prevention experts


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(CONTINUED FROM PAGE 2)

ANKLE SPRAINS

- ⚽ **What we see:**
 - [Ankle sprains](#) are some of the most common sports injuries, with athletics involving quick changes in direction at highest risk.
- ⚽ **What we know:**
 - [27% of ankle sprains](#) occur in children & teens under the age of 18, and [lateral ankle](#) sprains (to the outside of the ankle) accounting for 85% of all ankle sprains.
- ⚽ **How we can help:**
 - Assessing initial balance and ankle strength to provide proactive exercises geared toward each athlete's individual performance.



🚩 **SPORTS WITH SIMILAR ANKLE SPRAIN RISKS: Volleyball, basketball, football**

CONCUSSIONS

- ⚽ **What we see:**
 - Concussions resulting from player -to -player contact are [most common](#), and more likely to occur in practices compared to games.
 - However, there is also a relationship between the number of headers and the degree of cognitive impairment (attention and visual/verbal memory.)
 - Strikingly, a [2017 survey](#) found that 50% of middle & high school students reporting sport -related concussion continued to play sports that day.
- ⚽ **What we know:**
 - [22% of all soccer injuries](#) are concussions!
 - Female soccer players have the highest concussion rate of all female athletes and may have a prolonged recovery compared with male soccer athletes.
 - An often overlooked body part in relation to concussions is the neck, or cervical spine. Quite commonly an injury to the head will also coincide with an injury to the neck. This can mask, or even slow the recovery process of a concussion.
- ⚽ **How we can help:**
 - By conducting pre -season baseline testing, the impacts following concussion can be measured, including when symptoms are resolved and return to sport is safe can be determined.
 - Pre -season screening also presents a prime opportunity for instruction on proactive neck strengthening exercises.
 - Neck muscles control the power and position of the head, thus providing a stronger support of the head lends itself to greater stability.
 - We not only examine for concussion symptoms, we evaluate the neck. By treating an injured neck, as well as the concussion, there is a better chance of faster and more lasting recovery.



🚩 **SPORTS WITH SIMILAR CONCUSSION RISKS: Football, ice hockey, lacrosse**

Don't Wait for an Injury

Whether in your first year of rec sport or playing in top-tier club leagues, proactive attention to strength and mobility can help prepare your athlete's body for the rigors of sport. Seeking chiropractic care as an athlete can help identify potential areas of weakness, and MCR Chiropractic can offer you a tailored plan of care with exercises to offer a protective layer of care to keep your athlete performing at their best. As your partner in health & sports, our team is here to keep you competing year-round.

If you have any questions about how chiropractic care can help you as an athlete, please reach out to your [local](#) MCR clinic or [contact](#) Dr. Dana Pemberton DC, CCSP a Certified Chiropractic Sports Physician at our [Attleboro](#) location.

**Schedule an
Evaluation**



Don't wait for an injury to sideline your athlete. Schedule an evaluation with your favorite MCR Chiropractic location.

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SEASONAL TIPS

September Is Backpack Safety Month

National School Backpack Awareness Day is September 15! Who better to help keep you and your backpack-wearing loved ones safe than MCR Chiropractic?

Students and commuters wearing backpacks that fit improperly, are overloaded, or are too heavy are at increased risk for injury. Injury can occur not only from carrying the overloaded backpack, but also from picking it up and returning it to the ground. There are also significant challenges faced when trying to navigate a crowded bus, climbing stairs, or bending over while wearing that heavy backpack.

The [American Chiropractic Association states](#) that there has been an increase in youth suffering from back pain earlier than previous generations and a contributing factor to this is overweight backpacks. According to the [American Occupational Therapy Association](#), more than 79 million students carry a backpack, and 55% of them are carrying backpacks that are too heavy! Carrying an overweight backpack five days per week can add up to some serious aches and pains, including:

- Lower back pain
- Neck strain
- Forward head and rounded shoulders
- Uneven balance when carried on a single shoulder

HOW HEAVY IS TOO HEAVY?

Doctors recommend that [backpack weight](#) should be between 10 -15% of a person's total body weight. If a 90 -pound sixth grader carried 15% of their weight, the backpack should be no more than 13 pounds. An average for a 135 -pound adult would be about 20 pounds.

BACKPACK SAFETY TIPS

Here are four tips for wearing a backpack safely:

1. Pick the right size - The correct size backpack will extend from 2" below shoulder blades to slightly above waist height.
2. Use both shoulder straps - Slings your backpack on one shoulder can lead to bad posture, pain, or injury.
3. Adjust the height - Backpacks should be worn high on your back - adjust the length of the shoulder straps to position it correctly.
4. Use the waist and chest straps - These straps help distribute the weight, keep the load close to your body, and stabilize the pack as you move.

If you or a loved one is dealing with pain, our MCR Chiropractic team is here to help! Our chiropractors are experts at identifying the root cause of your pain, providing services and care that address your symptoms, and educating you on risks for reinjury and how to limit recurrence in the future.

To schedule a visit with a chiropractor [click here](#) to submit an appointment request form, or contact your [nearest](#) MCR Chiropractic office.



Backpack Safety Tips:

1. Pick the right size
2. Use both shoulder straps
3. Adjust the height
4. Use the waist and chest strap



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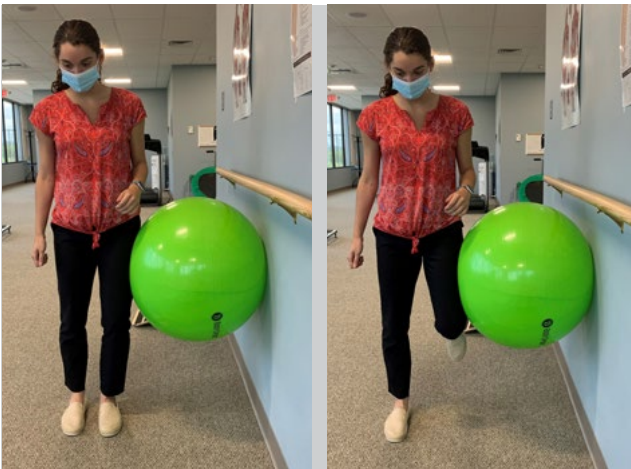

EXERCISES OF THE MONTH

Kick-Start Your Leg Routine

Lower -body strength and stability is extremely important for most recreational activities. Setting aside time to work on lower -body strength will help build some of the strongest and largest muscles of the body. Whether you're a recreational walker or a competitive soccer player, strong lower -body muscles will improve your overall fitness, promote safety by having balanced musculature, and boost your metabolism.

Below are exercises to help build a strong foundation of lower -body strength.

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



ISOMETRIC HIP ABDUCTION

Target Muscles: Gluteus medius (glute), Tensor fasciae latae (Hip)

Directions:

- Begin standing with a stability ball between your hip and the wall
- Bend your knee against the ball
- Perform hip abduction into the ball and hold for 5 seconds
- Repeat for 3 sets of 8 -10 repetitions per side

PLANK HIP EXTENSION

Target Muscles: Gluteus maximus (glute), Hamstrings, Rectus abdominus (abdominals)

Directions:

- Begin in a quadruped position
- Only lift your knees off of the ground or table
- Extend one leg while holding a plank position and bring back to neutral position
- Alternate legs for 3 sets of 8 -10 repetitions on each side



(EXERCISES OF THE MONTH CONTINUED ON PAGE 6)

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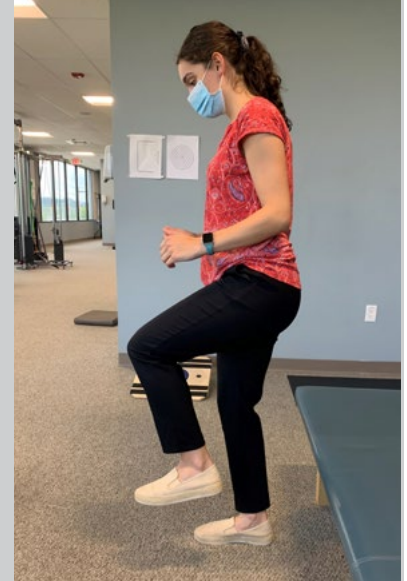
(EXERCISES OF THE MONTH CONTINUED FROM PAGE 5)

SINGLE LEG SIT TO STAND

Target Muscles: Quadriceps, Hamstrings, Gluteus maximus (glute)

Directions:

- Begin in seated position
- Lift one leg and stand without allowing your knee to fall in or out
- Control returning to a seated position remaining on one leg
- Perform 3 sets of 8 -10 repetitions on each leg



½ MOON SWINGS

Target Muscles: Quadriceps, Peroneals (calf), Posterior tibialis (calf)

Directions:

- Begin on one leg with a slight flexion in the knee
- Keep the opposite leg straight and begin moving from front to back making a ½ moon
- Perform 3 sets of 8 -10 times back and forth on each leg

If pain, muscle weakness, or injury keeps you from being as active as you would like, we're here for you! Contact your nearest MCR clinic or [request an appointment](#) to help get back in the action.

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

[REQUEST AN APPOINTMENT](#)

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STAFF SPOTLIGHT

Jace VanSteenburg, DC

Chiropractor of MCR Wrentham

Dr. Jace VanSteenburg completed his Bachelor of Science in Biology from Franciscan University of Steubenville, OH. He played four years of collegiate soccer and developed a passion for healthcare and athletic rehabilitation. He completed his Doctor of Chiropractic degree at New York Chiropractic College, now known as [Northeast College of Health Sciences](#).

Dr. VanSteenburg has received advanced post-graduate certifications in Acupuncture, Whole Food Nutrition, Kinesiology Taping, Instrument Assisted Soft Tissue Techniques, and Cupping.

Dr. Jace VanSteenburg grew up in Kingston, NY at the base of the Catskill Mountains where he found solace in the outdoors and focusing on fitness and wellness. He loves the outdoors so much, he even spent 3 months living in a hammock in Colorado! Second to his growing family, when he is not in the office, he devotes his time to all things soccer and his favorite English team, [Arsenal FC](#). His love of soccer and being around sports fueled an interest in faster injury recovery, sport medicine optimization, and evidence-based chiropractic care.



“ My goal with my patients is always to get you back to doing what you love. When getting back into a sport after an injury or period of rest, the primary focus should be to ease in slowly and listen to your body. ”

When asked about how our new partnership with Mass Youth Soccer and return to sport, Dr. VanSteenburg answered:

“My goal with my patients is always to get you back to doing what you love. When getting back into a sport after an injury or period of rest, the primary focus should be to ease in slowly and listen to your body. Giving your body time to adjust to your new levels of activity can set yourself up for an injury free season. Pushing through aches, muscle strains, or ligament strains without proper rehabilitation significantly increases your risk for re-injury that may be more severe.

Common injuries from soccer that I see are: ankle sprains, knee pain with running, head/neck/back injuries from player collisions, and hip dysfunction. Chiropractors can help with the recovery process by normalizing spinal and extremity movements, expediting recovery, and restrengthening injured areas. As your chiropractor I will help to make sure you have the tools and education to prevent reoccurring problems in the future. Some injuries take longer to heal than others, but it is always important to be patient with yourself.

We are excited about our new partnership with Mass Youth Soccer and supporting coaches, players, and families throughout the season. Soccer has the ability to bring a whole world together despite all its differences. It is our goal at MCR to provide exceptional personalized care to all our athletes at every stage of the journey.”



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

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PATIENT SPOTLIGHT

Your Road To Health and Wellness Starts with MCR Chiropractic!

At MCR Chiropractic, nothing is more important to us than helping our patients achieve optimal health to live an active lifestyle. We also realize that reaching optimal health takes a team, working together, positioning you at the center of your care. As a member of your health care team, we are here to help you!

Working together with your other medical providers, we aim to provide you with the services you need and the personal attention you deserve. Our Road to Health and Wellness cards are the perfect opportunity to recognize how your hard work has paid off and to share your success with your other primary care physician or other healthcare providers.

Here is what our patients are saying...

“

Tim is impressive. He has the BEST bedside manner. He has helped my pain in my neck and back so much in such a short time. He is very knowledgeable and very good with his hands. He really tries everything to help you to feel better!

”

“

Cami is terrific – energetic and educational. Always explains what she and I are doing and why and gives great exercises between appointments – my injured foot is 100x stronger than when I started. I could barely point my foot and now I can walk and tiptoe. Thank you!

”

“

This journey has been awesome. Everyone in office is amazing, but Josh I would give him a 10/10. He's pleasant, has great people skills and lots of knowledge with how to help you!

”

“

I have had a very pleasant appointment. Tim is very good at what he does. He has a very good bedside manner. He definitely knows what he is doing. He really helps you get more movement in your body. He's very social and he has wonderful strong hands and he knows right where the pain is and helps relief of the pain.

”



Achieving optimal health takes a team effort. We are thankful to be on your team.

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LEARN MORE ABOUT OUR TEAM AND HOW TO DONATE!

PMC RECAP



Erin Doherty with Dave Smith

“We were very lucky to have Dr. Dave Smith at our half way point water stop on Saturday, where I was able to get a much needed adjustment!”
- Erin Doherty

We're also incredibly appreciative of our Platinum Corporate Sponsors, Alekman DiTusa Attorneys At Law, and Calera Capital, and Gold Corporate Sponsors, McGuire Woods, One Digital, and Raintree for their support of our efforts.



Erin Doherty



Lexi Windwer



“In one word, PMC was INSPIRING! It was such an amazing weekend riding with new people and seeing all the support throughout out ride on both days! PMC weekend has been a personal highlight for me the last 2 years now!”
- Lexi Windwer

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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

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

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