

CAPTURE LIFELONG WELLNESS WITH MCR CHIROPRACTIC



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REGAIN AND MAINTAIN HEALTH AND WELL-BEING WITH CHIROPRACTIC

October marks the arrival of **National Chiropractic Month!** At MCR Chiropractic, we are excited to shed light on the remarkable benefits of chiropractic care. Our mission is to empower individuals to conquer pain and injuries, steering them toward optimal health. With a blend of holistic, individualized care and personalized guidance, we strive to customize your chiropractic care to help you achieve optimal health through all stages of life.

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MAIN ARTICLE

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YOUR JOURNEY TO HEALTH AND WELLBEING

True health is more than just the absence of pain or illness. It's a state of well-being that supports your ability to thrive physically and emotionally. That's why at MCR Chiropractic, our approach is built around three key phases that contribute to your overall well-being:

1. Intensive Care - Finding Immediate Relief

Our initial focus is to provide you with immediate relief from pain. We believe that everyone deserves to live pain-free. By addressing the root causes of discomfort, we lay the groundwork for your journey toward lasting health and enjoyment of a motion-filled life.


2. Corrective Care - Embracing Your Goals

Pain or a history of injury or illness has a way of constraining us, limiting our ability to enjoy life fully. We all have things we "have to do"; however, in this phase, we are focused on making sure you "can do" these things. In the 'Corrective' phase, we partner with you to establish short-term goals to empower you to break free from these limitations. Our focus is helping you regain motion and function to enjoy the activities you've missed out on or been unable to perform. We empower your body to regain and maintain its natural strength and function through tailored care personalized to you and your needs.

3. Wellness Care - Embracing Your Potential

Life is meant to be lived to the fullest, pursuing activities that bring you joy and fulfillment. This is, of course, in addition to the ability to safely perform your everyday movements and activities. During the 'Wellness Care' phase, your sessions are dedicated to helping you reach your goals and achieve your long-term health aspirations. We want to help you return to the things you "want to do." Whether returning to a beloved hobby, playing with your kids or grandchildren, or pursuing a 'bucket list' adventure, we support your journey.

Through regular chiropractic check-ups and tailored guidance, we enable you to maintain optimal health as you work toward embracing life's adventures.




Musculoskeletal:
What does it mean?

Musculoskeletal (mus-cu-lo-skel-e-tal) refers to the muscles, bones, tendons, ligaments, joints, and cartilage of the body.

Don't let pain get in the way of living your life!
Choose MCR Chiropractic as your partner in health
 Let our team help you return to alignment, balance, and optimal function of your body.
Regain and Maintain Your Health at MCR Chiropractic!

When you choose MCR Chiropractic, you choose:

-  **CONVENIENCE**
Convenient locations to get started with easy access to care.
-  **WARM & WELCOMING**
Warm, welcoming clinics and high-quality hands-on care.
-  **GREAT PATIENT EXPERIENCES**
Industry leading 'world-class' patient satisfaction scores

SCHEDULE AN EVALUATION 

YOUR PARTNER TO REGAIN AND MAINTAIN YOUR HEALTH

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MAIN ARTICLE

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Chiropractors: Your Lifelong Healthcare Partner

Choosing chiropractic care means building a lifelong partnership focused on overall health. The benefits of chiropractic extend far beyond pain relief; they encompass a holistic approach that addresses mind, body, and spirit.

Did you know that studies have shown that chiropractic care can lead to:

- **Reduced Pain:** Over 80% of individuals seeking chiropractic care experience back pain relief, providing an alternative to invasive procedures or medications.
- **Enhanced Mobility:** Chiropractic adjustments have been linked to increased joint mobility, promoting a better range of motion and flexibility.
- **Improved Sleep:** Patients often report improved sleep quality after receiving chiropractic care, contributing to well-rested and rejuvenated feelings.
- **Boosted Immunity:** The nervous system is intricately connected to spinal health, playing a pivotal role in immune function. Chiropractic adjustments are proven to help support a robust immune system.
- **Stress Reduction:** Chiropractic care doesn't only focus on physical well-being; it also aids in reducing stress and promoting a balanced state of mind.
- **Optimized Musculoskeletal System:** Chiropractic doesn't replace your primary care provider for your health or illness needs. However, you can think of your chiropractor as your 'musculoskeletal care provider' who is ideally qualified to address the overall function and the needs of your muscles, joints, and spine to promote ideal wellness.

Our Tailored Approach to Your Wellbeing

At MCR Chiropractic, we deliver tailored care that aligns with your unique needs and goals. Our services are designed to be accessible, with ease of scheduling and a caring and compassionate team to ensure you can experience the countless benefits of chiropractic. We are also dedicated to serving individuals of all ages and walks of life, providing a warm, inviting environment where everyone is welcome to embark on their journey to wellness.

We understand that every patient is unique, which requires a personalized approach to their health care. That's why we take the time to get to know our patients, their lifestyles, and their goals.

YOUR GATEWAY TO LIFELONG WELLNESS

As we celebrate National Chiropractic Month this October, join us as we celebrate and embrace the transformative power of chiropractic. With all its benefits, we encourage you to choose MCR Chiropractic as your musculoskeletal partner. Working together, you can regain and maintain health and wellness, unlocking your potential for a lifetime of movement.

To schedule an evaluation, [click here](#) or [call your nearest MCR Chiropractic](#).

Why Seek Chiropractic Care Before Spinal Surgery?

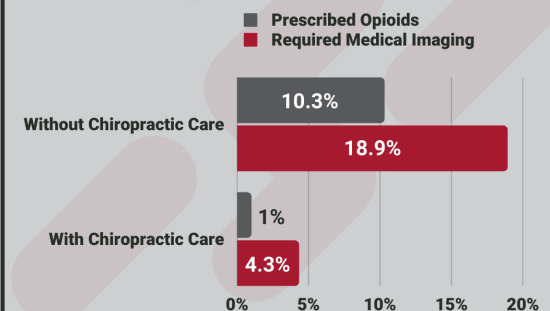
Seeing a Chiropractor BEFORE seeking surgical procedures reduced the odds of having spinal surgery from 42% to 1.5%.

If your medical provider has suggested that you have spinal surgery, consider the benefits of chiropractic care first.



Chiropractic Care for Injured Workers

Injured workers treated exclusively by chiropractors used fewer opioid medications and received fewer diagnostic imaging scans.



SCHEDULE AN
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AND MAINTAIN YOUR HEALTH**

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SEASONAL TIPS

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WELLNESS WITHIN YOUR REACH

Throughout this year, we've showcased the incredible ways chiropractic can improve lives. Since October is National Chiropractic Month, we wanted to give you an easy look at the valuable information we have provided over the past few months to help identify how chiropractic can help you.

Focus on Health and Movement with Chiropractic



Focus on Health and Movement with Chiropractic

Many people routinely visit their primary care physicians, dentists, and optometrists. While these visits are important, you're missing an important healthcare partner! If you are looking for ways to achieve optimal health and wellness throughout your lifetime, now's the time to add a chiropractor to your team.

Chiropractors can treat disorders within the musculoskeletal and nervous systems, focusing on spinal alignment to prevent, diagnose, and manage pain. Even though chiropractic care aids in recovery from an injury, accident, or surgery, it also helps you achieve optimal health and wellness throughout your entire life so that you can live the life you want!

[Focus on Health and Movement](#)

Prepare for What's Next with Chiropractic



Prepare for What's Next with Chiropractic

You might be feeling it right now. That tightness, soreness, or sharp ache in your lower back. You might have even just reached around to massage it, hoping to relieve some of your pain. You could ignore these aches and pains, hoping to avoid time-consuming and costly medical appointments and procedures. There must be a better way- and there is!

Chiropractic care not only helps relieve pain faster to stay better longer but helps to keep healthcare costs down. Your chiropractor may not be a superhero or wear a cape, but they are always ready to help you overcome your pain or injury to help you regain and maintain your health! With them as your partner, you can be prepared for your next big adventure.

[Discover Relief](#)

Say Yes to Chiropractic and Goodbye to Shoulder Pain



Say Yes to Chiropractic and Goodbye to Shoulder Pain

You carry a lot on your shoulders. They're a great seat for your kids or grandkids during a festive firework show, useful when carrying a backpack on a weekend hike, and are essential when you have to shrug off the small things so you can focus on what matters.

But for many people, shoulder pain makes even the most mundane motions, like reaching for that top shelf or brushing your hair, feel impossible. We rely on our shoulders for so much of what we do on a daily basis. And the slightest shoulder pain can have a big impact on your life and the lives of those counting on you. Consider working with your chiropractor before your minor shoulder pain becomes a big problem. As experts of the musculoskeletal system, your chiropractor is perfectly qualified to provide medical care at the earliest stages of your pain.

[Say 'So Long' to Shoulder Pain](#)

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AND MAINTAIN YOUR HEALTH**

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SEASONAL TIPS

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Stay In Motion with Chiropractic

Are you tired? Tired of the ache in your knees or hips every time you stand up? Tired of the twinge in your back or the cramps in your hands as you try to get through the day? Are you frustrated that you can't live the life you want because your aching joints are constantly in pain?

Every May we celebrate National Arthritis Awareness Month. But the need for awareness about this condition never ends: Chiropractic plays a significant role in helping you maintain a healthy and holistic lifestyle now, and well into the future. Already feeling the ache of arthritis? It might seem like arthritis controls you, but you can take back control. You have the power to stop arthritis in its tracks by partnering with your chiropractor to learn why we say 'movement is medicine!'

Learn Why Medicine is Movement



Break Free From Back Pain with Chiropractic

A healthy spine is crucial for maintaining a healthy body. However, in our fast-paced lives, we often overlook the signs of an imbalanced spine just to get through the day. One of the most prevalent symptoms we experience is back pain.

Back pain affects nearly 85% of people at some point each year. Chances are, you or someone you know is currently suffering from it. Although back pain is common, ignoring it isn't the solution. Relieving back pain and supporting a healthy spine require ongoing maintenance. There is no magical, one-time cure. This is where we can assist you. Let's explore what might be causing your back pain, the consequences of ignoring it, and how consistent chiropractic care can alleviate and even prevent these symptoms.

Beat Back Pain with Chiropractic

YOUR PARTNER TO REGAIN AND MAINTAIN OPTIMAL HEALTH

We understand that every patient is unique and needs a personalized approach to their health care. That's why we take the time to get to know our patients, their lifestyle, and their health goals. We then create a customized treatment plan that addresses the root cause of any health issues rather than simply masking patients' symptoms with medication or quick fixes.

Health is a journey, and at **MCR Chiropractic**, we are here to support our patients every step of the way. Whether you want to improve your overall wellness, manage chronic health conditions, or recover from an injury, we're here to help.

To schedule an appointment, [click here](#) or [call your nearest MCR Chiropractic](#).



Stay Active and Engaged in Your Health

Read our Health Blog!

Read Our Health Blog

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EXERCISES OF THE MONTH

STRIDE SAFELY INTO FALL

With the summer heat behind us and winter soon to come, fall is the perfect time to get outside. Whether you like a leisurely walk around the neighborhood or prefer to register for weekend running events, prevention is key to keep you moving. With the many health advantages that walking and running offers, there's one common thing that many enthusiasts prefer to ignore: injury prevention is crucial! According to some sources, nearly 50% of all recreational runners get hurt each year! The primary cause of injury: overuse!

Although not always preventable, working with a medical partner like MCR Chiropractic can help you avoid overuse injuries by providing:

- Screening for early detection of precursors to injury
- Strength and mobility exercises to address weak or imbalanced muscle groups
- Recommendations on cross-training activities

If pain or injury keeps you from being as active as you'd like, contact your [nearest MCR Chiropractic clinic](#) or [click here to request an evaluation!](#)

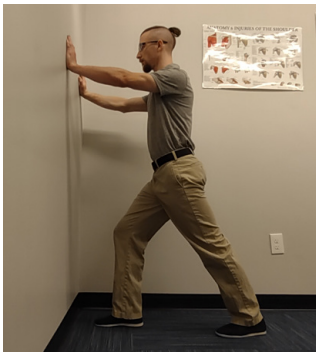


We recommend doing these exercises in a safe and comfortable setting. Check with your chiropractor if you have any questions or concerns when performing these exercises.



QUAD STRETCH

- Stand where you can reach a chair or wall (for better balance)
- Grab your ankle with same-side hand and bend your knee until you feel a stretch in the front of the thigh
- Keep your abdominal muscles slightly engaged to prevent arching your back
- Hold for 30 seconds
- Repeat 2 times on each side



CALF STRETCH AT WALL

- Stand facing a wall with your feet shoulder-width apart
- Put one foot back and keep this foot pointed directly at the wall
- Lunge forward with the other leg while keeping your back knee locked out until you feel a stretch behind that knee
- Hold for 30 seconds
- Repeat 3 times on each side

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EXERCISES OF THE MONTH

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LOWER CALF/ANKLE STRETCHES

- Put one foot back and keep this foot pointed directly at the wall
- Lunge forward with your other leg while keeping your back knee locked out until you feel a stretch behind that knee
- Repeat again, but this time bend the back knee slightly to feel a stretch lower down your leg (closer to the Achilles tendon)
- Hold for 30 seconds
- Repeat 3 times on each side



SIDE PLANK

- Lie on your side, propping yourself up on your elbow (keeping your elbow under your shoulder)
- Keep your knees straight and stacked on each other
- Use your elbows and feet to push your body off the floor to make your body a straight line from head to foot
- Hold for 10 seconds
- Repeat 6 times on each side



MASSAGE WITH LACROSSE BALL

- Sit and place a ball under the sole of your foot
- Gently roll the ball along the length of your foot, and side to side just in front of your heel
- Continue for 2 minutes using moderate pressure, but not to the point of pain

Download our Injury Prevention Guide for Runners!

Get the Guide

PREPARE RUN HARD MAINTAIN

With help from MCR Chiropractic you can prepare your body for your next race and prevent injuries that can sideline you during training.

Team Up with MCR to Keep Running

With the right advice, strategies, and training, there is one element that can't be overlooked: your feet. MCR Chiropractic is a comprehensive approach to your overall health and performance. We offer a variety of services to help you stay on track and prevent injuries that can sideline you during training.

Trust the Team of MCR

MCR Chiropractic is a comprehensive approach to your overall health and performance. We offer a variety of services to help you stay on track and prevent injuries that can sideline you during training.

TEAM UP WITH MCR CHIROPRACTIC TO PREVENT INJURIES

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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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