

REGAIN AND MAINTAIN YOUR HEALTH



SURGERY AND CHIROPRACTIC CARE

.....
**Prevent
Prepare
Rehabilitate**

*Return to Your
Active Lifestyle*

INSIDE



01 MAIN ARTICLE:
SURGERY AND CHIROPRACTIC
CARE: PREVENT | PREPARE |
REHABILITATE



03 SEASONAL TIPS:
HAVE CHRONIC PAIN?
MOVEMENT MATTERS



**04 EXERCISES OF
THE MONTH**
CIRCUIT TRAINING



06 SPECIALTY SPOTLIGHT:
WEBSTER TECHNIQUE



07 PATIENT SPOTLIGHT:
CHIROPRACTOR EDITION



08 STAFF SPOTLIGHTS:
MATTHEW MCGOVERN, DC
AND JACKIE HANSEN, DC



09 CLINIC NEWS:
BRAINTREE NOW OPEN

PREVENT, PREPARE, AND REHABILITATE

The incredible advancements in surgical procedures have improved the lives of millions of people around the world. Surgery is a massive undertaking, and oftentimes, the stark benefits are paired with significant side effects, financial burdens, and extensive recovery periods. In many cases, chiropractic care can be used to avoid surgery altogether. But when surgery is necessary, chiropractic care can prepare your body for this invasive procedure and contribute during the rehabilitation process to aid in your recovery.

PREVENTION

Chiropractic care is a natural, conservative approach to healthcare that can be used to reduce pain, improve wellness, and heal injuries without the need for surgery. For instance, many people suffer from lower back pain and choose to undergo surgery to remediate the situation. However, based on the positive results seen in patients undergoing chiropractic care, the [Journal of the American Medical Association \(JAMA\)](#) has suggested that patients seek chiropractic care and other conservative treatments to manage their back pain before seeking invasive treatments such as surgery.

The medical professionals involved in this suggestion recognize that back pain can be caused by issues in the bones, muscles, nerves, ligaments, or tendons that make up the back. Chiropractors are neuro-musculoskeletal experts, but they also take a holistic view of a patient's unique needs, lifestyle, activities, and abilities. Combining these strengths, chiropractors comprehensively assess a patient's specific ailment, pinpoint the cause of the issue, and address the pain with a tailored healing program.

[One study](#) even showed that seeing a chiropractor before seeking surgical procedures reduced the odds of having spinal surgery from 42.7% to 1.5%. Many surgical specialists have recognized that a majority of inquiring patients aren't surgical candidates and haven't pursued adequate courses of conservative care before inquiring about surgery. Also, many health plans (such as the University of Pittsburgh Medical School) now mandate a course of manipulation (such as chiropractic) for back pain before authorizing surgical intervention.



20 CONVENIENT LOCATIONS NEAR YOU

[REQUEST AN APPOINTMENT](#)


MAIN ARTICLE

(CONTINUED FROM PAGE 1)

PREPARATION

Sometimes, surgery is the only answer – and that's ok! Engaging chiropractic prior to surgery can significantly improve your recovery process, as certain adjustments and techniques will prepare your body to handle surgical side effects such as pain, inflammation, and decreased strength.

This pre-habilitation can involve range of motion, strength, aerobic, balance, and flexibility training to:

- Help you regain some function so you can stay healthy and active as you prepare for surgery
- Improve range of motion and flexibility that you'll need after your surgery
- Teach exercises and other important information about what to expect following your procedure to enhance your recovery
- Reduce your pain to manageable levels while awaiting surgery
- Improve strength so you're stronger coming out of the operation

Pre-habilitation has been shown to accelerate post-operative recovery and reduce the length of time spent in the hospital after surgery. That's a win for everyone!

REHABILITATION

Depending on the type of surgery, chiropractic can be an effective tool to aid in recovery after an operation.

Addressing the Operated Area

Chiropractors will analyze the specific type of surgery and incorporate any medical concerns, timeframe considerations, thresholds, and goals into a tailored recovery program. This could include:

- Exercises to increase strength in weakened muscles
- Flexibility training to improve range of motion
- Coordination and balance training to reduce risk of injury while recovering
- Manual adjustments to restore alignment

Pain Elsewhere? We've Got You Covered.

The part of your body that went under the knife might not be the only area where you experience pain and discomfort. After surgery, other areas of your body will adapt to compensate for the affected area. For example:

- Surgery on the low back or lumbar surgical fusions place heavy stress on SI joints, causing pain and inflammation elsewhere
- Shoulder surgery can cause significant pain in the upper back and neck as these muscles try to adjust post surgery
- For knee or foot surgery, a chiropractic adjustment of the spine, hips, and torso can address misalignments caused by favoring one side of the body to accommodate the affected area

When undergoing surgery, the injured area may not be the only area affected. Luckily, chiropractors are trained to view the body holistically, and can address the root cause of the issue to relieve pain.

WITH YOU EVERY STEP OF THE WAY

Hoping to avoid surgery? Chiropractors offer non-invasive techniques to optimize your health while bypassing the negative effects of surgery. A procedure already on the books? It doesn't have to put your life on hold. Working with your chiropractor before and after surgery can accelerate healing and get you back to what you love as soon as possible.



**SCHEDULE AN
EVALUATION**



**DON'T MISS OUT ON A LIFETIME OF MOTION.
SCHEDULE AN EVALUATION TODAY!**

20 CONVENIENT LOCATIONS NEAR YOU

[REQUEST AN APPOINTMENT](#)


SEASONAL TIPS

HAVE CHRONIC PAIN? MOVEMENT MATTERS

The National Spine & Pain Center [describes chronic pain](#) as “pain that outlasts what is considered a normal time course for healing.” Generally, chronic pain is classified when pain symptoms persist beyond three to six months. While “acute” pain is the body’s initial response to an injury and declines as the body heals, chronic pain follows a very different pattern. Much like that battery-powered bunny, pain keeps going and going, and can get worse over time if not treated accordingly.

[Here’s a great video](#) about the origin of pain. In short, pain comes from the brain, and the brain can be retrained.

Three of the most reported chronic pain conditions in the United States are:

- [Back pain](#)
- [Headaches](#)
- [Joint pain](#)



HOW CHIROPRACTIC CAN HELP WITH CHRONIC PAIN

No one experiences pain the same way. Our chiropractors will work with you one-on-one to understand the origin of your pain and how it has changed over time. As a member of your healthcare team, your chiropractor will identify the root cause of pain and help provide relief from underlying causes, such as joint dysfunction or muscular tension.

The [American College of Physicians](#) recommends spinal manipulation, or chiropractic adjustments, in their guidelines for non-invasive care for those who experience chronic low back pain. Combined with exercises and postural education, chiropractic care can be very effective in treating chronic low back pain.



Your chiropractic care plan to help manage chronic pain may include:

- Education to help you understand your condition
- [Spinal manipulations or chiropractic adjustments](#)
- [Manual muscle therapy](#)
- Postural awareness
- Body mechanics training
- [Strengthening and flexibility exercises](#)

DON'T DELAY YOUR CARE

Working closely with you, your chiropractor will design a personalized care plan to help you gain the strength, mobility, and confidence needed to assist in reaching your health goals. Don't suffer in pain, and don't delay seeking care that can help – MCR Chiropractic is just a click away!

To get started, call your [nearest MCR location](#) or request an appointment below!

[SCHEDULE AN EVALUATION](#)

**LIVE AN ACTIVE LIFE -
CONTACT US TO GET STARTED**

20 CONVENIENT LOCATIONS NEAR YOU

[REQUEST AN APPOINTMENT](#)


EXERCISES OF THE MONTH

CIRCUIT TRAINING

During these cold winter months, we sometimes need to get creative to keep our bodies fit. Circuit exercises involve completing a few different movements in sets with short periods of rest. These circuits are great because they engage your entire body, they're a quick and efficient workout, and they require little to no equipment. They can also be performed alone or with a group of friends to keep everyone moving!

Try doing these exercises to the beat of your favorite song, over sets of 15-20 repetitions, or over a time of 20-30 seconds with short rest periods between exercises.

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.



SQUATS - THEY'RE GOOD FOR EVERYTHING!

- Start standing with your arms outstretched for balance.
- Keeping your weight on your heels, stick your hips backward and imagine you're sitting in a chair.
- Pause for a second, then stand up straight, squeezing your glutes.
- This can be modified by simply standing up and sitting back to a chair.
- Repeat for 15-20 repetitions, then move to next exercise.

STEP UPS - A GREAT EXERCISE FOR YOUR HIPS & THIGHS!

- Start standing in front of a step with your hand on a railing for support.
- Start by stepping onto the step with one foot, and then marching your other leg up to the height of your hip.
- Return that same leg to the floor and finish with both feet on the floor in front of the step.
- Repeat for 15-20 repetitions, then move to next exercise.



PLANKS - EVERYONE NEEDS A STRONG CORE!

- Place yourself in a push up position.
- Hold this position while pulling your belly button to your spine and gently squeezing your glute muscles.
- Be sure to keep your ankles, hips, and shoulders in a straight line.
- This can be modified by performing the plank from your knees, or simply leaning into a counter from a standing position.
- Hold for 20-30 seconds, then move to next exercise.

(EXERCISES OF THE MONTH CONTINUED ON PAGE 5)

20 CONVENIENT LOCATIONS NEAR YOU

[REQUEST AN APPOINTMENT](#)

(EXERCISES OF THE MONTH CONTINUED FROM PAGE 4)

SHOULDER ROTATION - GREAT FOR POSTURAL ENDURANCE!

- Start by standing against a wall.
- Hold a resistance band with your elbows bent by your sides and palms up toward the ceiling.
- Keeping your elbows at your side, pull the band apart by pulling your shoulder blades together.
- Hold for a second, and then slowly return to the starting position.
- Repeat for 15-20 repetitions, then move to next exercise.

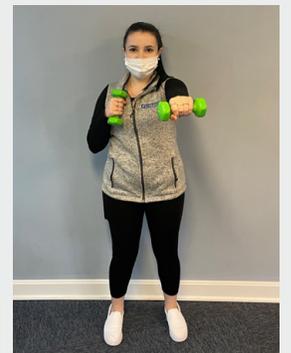


SHOULDER SCAPTION - GREAT FOR POSTURE AND SHOULDER HEALTH!

- Stay against the wall, arms by your side with your palms facing your body.
- Lift your arms to shoulder height at a 45-degree angle, using your arms to make a "V."
- Pinch your shoulder blades together and don't shrug your shoulders!
- Hold for a second, then return to the starting position.
- Repeat for 15-20 repetitions, then move to next exercise.

AIR BOXING - YOU DON'T NEED A HEAVY BAG TO BURN OFF SOME STRESS!

- Using small dumbbells, start with your hands in front of your shoulders.
- Extend one arm forward in a punching motion, while keeping the other hand close to your chest.
- Alternate punches with each arm at a comfortable pace.
- This exercise is great for posture, shoulder strength, endurance, and balance.
- Repeat for 15-20 repetitions, then move to next exercise.



WANT TO GET MOVING BUT NEED SOME HELP?

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.

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

SCHEDULE AN
EVALUATION



**DON'T DELAY YOUR CARE -
Contact us to get started!**

20 CONVENIENT LOCATIONS NEAR YOU

[REQUEST AN APPOINTMENT](#)


SPECIALTY SPOTLIGHT

WEBSTER TECHNIQUE

As you may have read in our December 2021 newsletter, there have been a few MCR chiropractors who recently received their Webster Technique Certifications. Since many other chiropractors in the company have been trained in Webster, we thought it might be a good time to provide a little more detail about the Webster Technique.

WHAT IS THE WEBSTER TECHNIQUE?

The Webster Technique is a chiropractic analysis and adjustment that focuses on stability and alignment of the pelvis and sacrum. While it's primarily performed on pregnant women to improve fetal positioning and pelvic function, it can help anyone experiencing pain in the sacrum.

WHAT ARE THE BENEFITS OF THE WEBSTER TECHNIQUE?

- Reduces nerve system stress
- Balances pelvic bones, muscles, and ligaments
- Optimizes pelvic function during [pregnancy and birth](#)

WHEN TO START THE WEBSTER TECHNIQUE?

The Webster Technique can be used at any point during pregnancy. However, to prepare the mother's body and prevent imbalances within the pelvis, it's recommended to engage this technique early into pregnancy. Women should continue to engage the Webster Technique until delivery of the baby.

To learn more about the Webster Technique or to find out which chiropractors are [Webster Technique Certified](#), visit our [website](#).

Call us today to request an appointment at your nearest [MCR Chiropractic location](#).



HEAR WHAT OUR PATIENTS ARE SAYING ABOUT CHIROPRACTIC CARE AND PREGNANCY:

"I started going to Dr. Angela during the 8th month of my pregnancy and my only regret is that I didn't go sooner! I went from being unable to walk from sciatic pain to being able to sit on the floor/squat next to the students in my class AND keep up with my 2 year old because of her help. Dr. Angela was fantastic. She asked specific questions in order to target my areas of pain and checked in about each area at subsequent appointments. She was so attentive - can't recommend her and MCR enough!"

- Lindsay M. Patient of [MCR Walpole](#)

"Alex is the best!! Started seeing Alex when I was 7months pregnant to have my back adjusted, she is very nice and knows what she is doing!" - Christina S. Patient of [MCR Norwell](#)

SCHEDULE AN
EVALUATION



**DON'T MISS OUT ON A LIFETIME OF MOTION.
SCHEDULE AN EVALUATION TODAY!**

20 CONVENIENT LOCATIONS NEAR YOU

[REQUEST AN APPOINTMENT](#)


PATIENT SPOTLIGHT

PATIENT SPOTLIGHT: CHIROPRACTOR EDITION CAMI CLEVELAND, DC OF MCR NEWTON

Shoulder Surgery: Preparation and Recovery Using Holistic Methods

"This past October, I had my shoulder repaired after numerous traumatic and nontraumatic dislocations. In basic terms, the repair involved the labrum, which is rubber-like tissue that rims the shoulder socket to help hold the shoulder in place. Due to the extent of damage, it became difficult to fight the laxity with strength training and therapy. I decided to proceed with surgery because of my goals: to be able to adjust my patients, workout, and do recreational sports without fear of dislocation or pain.



"Chiropractic care has always been part of my wellness routine on a bi-weekly basis. Utilizing chiropractic care before my surgery was important to prevent poor movement patterns and restriction due to pain." - Cami Cleaveland, DC

I had to change how I slept, grabbed my seatbelt, dressed and approached adjustments due to the dislocations. Chiropractic helped me maintain mobility in my thoracic and cervical spine even when I didn't use my limb appropriately. It also allowed my nervous system to function optimally, after significant tissue damage, to aid in healing.

Chiropractic care post-surgery was important because of brace-wearing, upright sleeping, and muscle guarding. Shout out to [Dr. Scott Durdin](#) and [Dr. Julio Cruz](#) for taking care of me! My first adjustment was two days after my surgery. The neck pain from sleeping upright was more painful than the shoulder! After one adjustment, it was much easier to sleep. Being a chiropractor, I had full trust and vocalized my limitations before any adjustment. Prior to surgery, having a conversation with your orthopedic surgeon about continuation of chiropractic could save you from painful nights and days! I also found it helpful to get adjusted before physical therapy. Adjustments create a relaxation response in the surrounding tissue, which allowed for less guarding during ROM and easier soft tissue work with my physical therapists at [Bay State Physical Therapy](#).

A few other tips for anyone preparing for surgery:

- Get your mind right: If you don't believe the surgery will work, it won't. Make sure your decision aligns with your goals.
- Eat right: Eating less inflammatory foods will set you up for recovery success.
- Move right: Move your body. Increasing muscle mass decreases recovery time.

I'm thankful for my pre- and post- surgery rehab that has helped me get to where I am today. My recovery from surgery has been a much easier road, thanks to my preparation and help from my care team. I'm so happy to be back to work helping patients recover from their own injuries!"

[SCHEDULE AN EVALUATION](#)

**DON'T MISS OUT ON A LIFETIME OF MOTION.
SCHEDULE AN EVALUATION TODAY!**

20 CONVENIENT LOCATIONS NEAR YOU

[REQUEST AN APPOINTMENT](#)

STAFF SPOTLIGHT



MATTHEW MCGOVERN, DC

CHIROPRACTOR OF MCR SAUGUS

Dr. Matthew McGovern grew up in Utica, NY, a small town in the southern Adirondacks, and attended Utica College of Syracuse University before graduating from New York Chiropractic College in 2013. At Utica College, he studied Biology with a focus in biology and chemistry.

Dr. McGovern first developed an interest in chiropractic care in his early college years when he had a snowmobile injury. After several days of not being able to walk upright, shooting pain into his leg and groin and no strength in his left leg and foot, his parents took him to their family chiropractor where he was examined and adjusted for the first time in his life. Following his first adjustment and continued therapy, Dr. McGovern was able to walk upright again, symptoms subsided, and he soon regained the strength in his leg to keep doing the things that he loved. This is what sparked Dr. McGovern to seek a career in chiropractic and has continued to fuel his passion in this field.

Dr. McGovern believes that chiropractic is essential for all ages, gaining great satisfaction seeing the life effects in infants to elders. He has a very hands-on approach and is continually learning and striving to give the best chiropractic care to his patients. He strongly believes in the hands-on approach of chiropractic to help one's body promote healing, function optimally, and boost immunity. Dr. McGovern utilizes active release, Graston techniques, and trigger point therapy for soft tissue injuries. He is a diversified chiropractor that focuses on soft tissue therapies, strengthening and stretching exercises and focused chiropractic adjustments in conjunction to help patients not only get out of pain, but become stronger and stay out of pain while doing the things that they love to do. After 8 years of practicing, he continues to see that this has been his passion, and not simply a career choice.

While out of the office, Dr. McGovern enjoys snowmobiling in the winter months and mountain biking in the summer with his dog, Carly. He has a twin brother and loves to enjoy time with his family. He spends most of his time in the outdoors when he can, while living in Peabody, MA.



JACKIE HANSEN, DC

CHIROPRACTOR OF MCR QUINCY

Dr. Jackie Hansen is a Massachusetts native having been born and raised on Cape Cod. She received her Bachelor of Health Science Degree at the University of Hartford and then continued her education at New York Chiropractic College, now known as Northeast College of Health Sciences, where she earned her Doctor of Chiropractic degree.

Dr. Hansen spent most of her time growing up in the gym as a competitive gymnast and it was her own personal injuries that introduced her to chiropractic care. From that point on she knew she had to become a part of this amazing profession and help people get back to doing what they love as her chiropractor did for her as an athlete.

While earning her doctorate, she received certifications in sports and human performance, custom stabilizing orthotics, basics of whole food nutrition, and ConnectX instrument assisted soft tissue therapy. She also spent a portion of her clinical experience at a multidisciplinary clinic in Buffalo, NY where she was able learn and experience care of pregnant and pediatric patients, nutrition for these patients, as well as some experience with the Webster Technique specifically.

Dr. Hansen is excited to start treating patients from all walks of life through education and individualized care using a variety of techniques such as Diversified, Manual Mobilization, Manual and Instrument Assisted Soft Tissue Massage, Flexion and Distraction, Pelvic Blocking, and Thompson Drop Technique. When not in the office, you can most likely find her at the beach or walking local trails with her golden retriever.

MAKE AN APPOINTMENT
IN SAUGUS OR QUINCY!



REQUEST AN APPOINTMENT WITH DR.
MCGOVERN OR DR. HANSEN

20 CONVENIENT LOCATIONS NEAR YOU

REQUEST AN APPOINTMENT



CLINIC NEWS

MCR CHIROPRACTIC BRAINTREE IS NOW OPEN

MCR Chiropractic and Bay State Physical Therapy, Braintree are now open and accepting new patients at 250 Grove St. The office is located in the Stop & Shop Plaza near CVS Pharmacy and HealthExpress Urgent Care. Dr. Jennyfer Franca is the Managing Partner and Chiropractor of this office and thrilled to bring MCR Chiropractic to Braintree and surrounding communities.

Prior to becoming Managing Partner of the new Braintree office, Dr. Franca worked at the MCR Chiropractic clinic in Quincy for the past 4 years. Dr. Franca provides comprehensive care to a wide range of patient populations, from young children to the elderly, and athletes to the everyday hard worker. She has vast experience in treating neurological injuries such as nerve impingements and reaching functional goals. When creating a treatment plan, Dr. Franca uses: Diversified Technique, Activator Method, Graston Technique and manual soft tissue techniques, cupping, traction, and functional rehab.

[Click here](#) to request an appointment with Dr. Franca or give the office a call at 781-579-7832.

@mcr_braintree

@mcrbraintree



We'd Love to Hear from You!

Have something you'd like to learn more about in an upcoming newsletter?

Do you have chiropractic topic you'd like to learn more about? Email us at contact@mcrchiro.com to let us know what you'd like to see in our future newsletters.



20 CONVENIENT LOCATIONS NEAR YOU

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

REQUEST AN APPOINTMENT

