

# CHIROPRACTIC CARE HELPS MILLIONS. HOW CAN IT HELP YOU?



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NATIONAL CHIROPRACTIC HEALTH MONTH

## CELEBRATING NATIONAL CHIROPRACTIC HEALTH MONTH: A PARTNERSHIP IN MOTION

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 useful information we have provided over the past few months to help identify how chiropractic can help you.

### The Benefits of Adding Chiropractic Care to Your Healthcare Routine

Many people routinely visit traditional forms of treatment such as primary care physicians, dentists, and optometrists. While these visits are important, it could be time to add a chiropractor to your team to promote optimal health and wellness throughout your entire life.

[Read our January Newsletter](#)

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## MAIN ARTICLE

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### **Surgery Preparation, Rehabilitation, and Prevention**

Oftentimes, surgery is a huge undertaking and can come 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, it can prepare your body for this invasive procedure and speed up your recovery.

[Read our February Newsletter](#)

### **Nix Your Neck Pain**

Neck pain is the fourth leading cause of disability in the United States. Check out how your chiropractor can reduce pain and stiffness in your neck by using non-invasive, holistic techniques tailored to your individual needs.

[Read our March Newsletter](#)



### **Shirk Your Shoulder Pain**

Is shoulder pain keeping you from performing everyday tasks or participating in activities you love? Let's look at some of the reasons you might experience it, and dive into how chiropractic can help reduce pain, restore mobility, and return you to your activities (even stronger than before!).

[Read our April Newsletter](#)

### **Aching Arthritis? Find Relief!**

If arthritis is preventing you from living an active, happy life, it might be time to tag in a chiropractor. Learn more about arthritis (what it is and why it occurs) and check out how chiropractic can help reduce your pain and accelerate your healing. Find arthritis relief in our April newsletter.

[Read our May Newsletter](#)

### **Understanding & Healing Back Pain**

Ignoring your back pain can have severe physical, psychological, and emotional consequences. Take a look at the real impact back pain can have on your life—not just your body—and learn how chiropractic can give you long-term relief from it. Our June newsletter helps you break free of back pain.

[Read our June Newsletter](#)

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MAIN ARTICLE

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Do You Suffer from Chronic Pain?

With innovative alignment techniques, manual manipulations, stretches, and exercises, chiropractic will give you the tools and care you need to fight your pain before it becomes chronic.

Read our July Newsletter

Embracing Your Community

Spurred by our mission to promote sustainable wellness, we often support our local communities and charity organizations by providing innovative education courses, volunteering our chiropractic services, attending events and fundraisers, as well as making various charitable contributions. One of the most inspiring organizations we support is the Pan-Mass Challenge (PMC)—which has raised \$831 million over the past 40 years for cancer research and treatment at Dana-Farber Cancer Institute. Read our August newsletter and get inspired.

Read our August Newsletter



Improving Athletic Performance with Preventative Chiropractic Care

Through careful examination of the physical demands placed on athletes, chiropractors can work with players to reduce the chance of common injuries.

Read our September Newsletter

REACH YOUR OPTIMAL HEALTH

Optimal health is within your reach. As you partner in health, we are just a call or click away. To get started on your health and wellness journey, call your nearest MCR Chiropractic location or complete the form to request an evaluation today.

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## SEASONAL TIPS

### HEALTH FOR ALL AGES AND ABILITIES

Now that you've seen just a small range of the conditions treated by chiropractic, let's look at how our holistic approaches can promote long-term wellness at any stage of life.



#### 0-10s

Working collaboratively with both child and caregiver, chiropractors leverage their unique expertise to encourage healthy joint function, tissue balance, and biomechanics to promote comfort, growth, and development.



#### 20s

Chiropractors can help you meet your fitness goals and build a comprehensive exercise regimen to maintain bone density and combat potential osteoporosis in your later years.



#### 40s

While remaining active in our 40s can lead to longer life expectancy and inhibit the development of chronic diseases, it can be difficult to stay active when neck, [back](#), and joint pain arise. Chiropractors will prescribe [stretches](#) and perform manual manipulations that will ease this pain to keep you moving.

#### 60s & Beyond

During this phase of aging, balance and stability are key to staying active, preventing falls and injuries, and remaining independent. Your chiropractor can preemptively adjust your spine to improve flexibility to increase balance and reduce the risk of fall.



#### 10-20s

Adolescent years are often filled with activity, change, and growth. As a trusted partner, chiropractors treat injuries and mitigate growing pain, and introduce preventive measures to reduce injuries and [improve athletic performance](#).

#### 30s

Priorities may shift in your 30s (i.e. children, increase work responsibilities, or parental caregiving), and it can be difficult to maintain healthy habits while trying to navigate this new time in your life. Chiropractors can help determine sleep, nutritional, and exercise needs, and then create a comprehensive plan constructed around your busy schedule to meet those needs.

#### 50s

Through a customized program focused on improving strength, alignment, and flexibility, a chiropractor will help you manage or diminish chronic pain without the use of medication. These tools can also decrease the need for surgical intervention.

### YOUR PARTNERS FOR THE SPECTRUM OF LIFE

Your team at MCR Chiropractic is your lifelong partner in health and can give you the necessary tools to reach your full potential no matter your stage in life. If you have a pain or injury that limits your ability to be as active as you would like, request an appointment today!

Schedule An Evaluation

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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 disadvantage that many enthusiasts prefer to ignore: runners are prone to injuries! 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**

The guides contain information such as:
 

- PREPARE RUN HARD MAINTAIN**: A guide to help you stay healthy and prevent injuries that can sideline you during training.
- Team Up with MCR to Keep Running**: With the right health care team, there is one common advantage that every runner should take: staying healthy and preventing injuries that can sideline you during training.
- THE MUSCULOSKELETAL SPECIALISTS AT MCR CAN HELP YOU GET CLOSER TO ACHIEVING YOUR GOALS THIS RUNNING SEASON.**
- Trust the Team at MCR**: MCR Chiropractic is a comprehensive team of health care professionals that can help you achieve your goals. Our team includes chiropractors, physical therapists, massage therapists, and athletic trainers. We work as a team to help you stay healthy and prevent injuries that can sideline you during training.

**TEAM UP WITH MCR CHIROPRACTIC TO PREVENT INJURIES**

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## STAFF SPOTLIGHT

### MAGALY ROJAS, DC CHIROPRACTOR IN WALPOLE, MA

Dr. Magaly Rojas is native to Eastern MA and grew up in Revere and Brockton, MA while her parents had her embrace the beautiful Puerto Rican culture. She received her Bachelor of Science in Kinesiology from the University of Massachusetts (UMASS) Amherst. Later, she graduated with Cum Laude from the University of Bridgeport School of Chiropractic and was the recipient of the 2021 Director's Award, Clinical Excellence Award, and the Richard E Vincent Student Leadership award.

Dr. Rojas knew that she wanted a career in healthcare due to her experience with spinal surgery as an early teen. UMASS Amherst introduced her to the world of exercise science and how to trust and train your body within movement. Before attending graduate school, Dr. Rojas joined the MCR and BSPT team as a Rehab aide. Her time at BSPT and MCR helped shape her interest in chiropractic care and reaffirmed that this profession aligned with her philosophy for conservative treatment regarding neuromusculoskeletal conditions.

Her approach is focused on evidence-based, goal-oriented care while respecting the needs of individual patients. She takes the time to listen to her patients and addresses any and all concerns they may have. Patients under Dr. Rojas' care can expect commitment and dedication to utilize the most effective treatment approach for several musculoskeletal conditions. Dr. Rojas wants her patients to heal from injuries, train, and learn to trust one's own body and take measures to prevent injuries from happening again.

Dr. Rojas has enjoyed working with patients of all ages, from all backgrounds, and all levels of physical ability. She provides comprehensive care to her patients with a combination of chiropractic techniques and manual therapy that includes myofascial release, pin & stretch, cupping, and instrument assisted soft tissue mobilization. She is also certified in RockTape taping techniques. She has a passion working with young adult athletes and pre and post-partum women. Dr. Rojas actively takes measures to expand her knowledge regarding Women's Health and injury recovery and prevention for patients of all ages. Dr. Rojas is bilingual in English and Spanish and can speak basic conversational Portuguese.

She is a Boston sports fan, enjoys weightlifting, training in Brazilian Jiu Jitsu, and learning to golf! When she is not working or training, she is enjoying a good movie with popcorn or spending time outdoors on lakes and hikes with friends and family.

Schedule an appointment with Dr. Rojas in Walpole by [clicking here!](#)



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## CLINIC NEWS

### NATIONAL CHIROPRACTIC HEALTH MONTH

**October is National Chiropractic Health Month (NCHM)!** During this month, we celebrate all of the benefits of chiropractic care and how our holistic approach empowers a lifetime of health and wellness, without the use of drugs. As chiropractors, we are here to help you regain and maintain your health; not only to help relieve your pain or recovery from injury, but help to maintain your health long term through injury prevention, lifestyle and nutrition advice, exercise recommendations, and much more. Read some blurbs from our chiropractors below about why they chose this profession!



**Jennyfer Franca, DC of MCR Braintree:** Dr. Franca first developed an interest in chiropractic care when a chiropractor came to speak at her pre-health club meeting. Her entire family has always suffered from back issues and was only ever offered medication or surgery as a form of treatment. Hearing about other hands-on options from this chiropractor prompted her to shadow other chiropractors. She saw that chiropractic care filled a void in the health care system and could help those who were struggling to improve their conditions but were not severe enough to be surgical candidates. She immediately knew that she wanted to be a part of the chiropractic community and help others.



**Thomas Lombardo, DC of MCR Somerset:** After graduating from URI in 2016, Dr. Lombardo worked as a strength and conditioning coach and personal trainer helping people increase both their health and performance through exercise. He is passionate about empowering others and guiding them towards greater health, so when he felt there must be more he could do to help those who came to him, he naturally turned to chiropractic as the answer.



**Cami Cleaveland, DC of MCR Newton:** Dr. Cleaveland 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. Dr. Cleaveland also has seen firsthand the benefits of chiropractic care in improving her cold symptoms, seasonal allergies, and headaches. Her chiropractor was the only doctor that discussed and explained proper diet/supplementation, importance of movement, and healthy living. All of this created a shift in her life to do better and educate people on their lifestyle choices. She knew by becoming a chiropractor, she could positively impact lives the same way she was in her youth.



**Spencer Hackett, DC of MCR Weymouth:** Dr. Hackett has had a passion for health and wellness for as long as he can remember, as he is the son of two chiropractors. After graduating from undergraduate school and with the conclusion of his competitive athletic years, Dr. Hackett's health and wellness focus shifted to the fields of longevity and prevention. His belief that health span (the number of years a person lives with full function) should be as, if not more important, than lifespan (how long a person lives). By combining all aspects of preventative health including nutrition, exercise, sleep, and chiropractic care with great patient education, Dr. Hackett hopes to achieve freedom of disease, injury, and stress for his patients.

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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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