

## A NEW YEAR OF HEALTH AHEAD



### INSIDE



**01 MAIN ARTICLE:**  
FOCUS ON HEALTH AND MOVEMENT  
IN THE YEAR AHEAD



**05 SEASONAL TIPS:**  
STAY ACTIVE TO FIGHT THE WINTER CHILL



**07 EXERCISES OF THE MONTH:**  
STAY STRONG TO SHOVEL WITH EASE



**09 STAFF SPOTLIGHT:**  
AUGUSTINE LEWIS, DC



**10 CONDITION SPOTLIGHT:**  
BACK PAIN

### FOCUS ON HEALTH AND MOVEMENT IN THE YEAR AHEAD

A new year has begun, and with it, is the opportunity to take a fresh look at what you have, how you can improve habits, and pursue new goals or revisit the ones you've not quite fully achieved. Many New Year's resolutions center on health and wellness. However, while you're considering the everyday changes you can make to improve your health, why not also focus on who on your healthcare team you can count on to help you reach your wellness goals?

Chiropractors are board certified, licensed medical professionals who are experts in the musculoskeletal system. They use their immense skills to get to the root cause of pain and dysfunction.

(CONTINUED ON NEXT PAGE)



# FIND US WHERE YOU LIVE AND WORK

REQUEST AN APPOINTMENT



## MAIN ARTICLE

(CONTINUED FROM PREVIOUS PAGE)

### PARTNER WITH YOUR CHIROPRACTOR

Like many people, you probably already have established medical care providers, such as your primary care physician and dentist. These providers and the care they deliver are important, but there's another medical professional that would be a valuable addition to your team – your MCR Chiropractor!

Chiropractors can treat disorders within the musculoskeletal and nervous system, focusing on spinal alignment to prevent, diagnose, and manage pain. While many people view chiropractic as an alternative approach to traditional forms of healthcare, the average Doctor of Chiropractic program equates to the amount of classroom hours seen in allopathic (MD) and osteopathic (DO) medical schools and should be considered a primary form of treatment for many conditions. Even though chiropractic care offers rehabilitative care to help recover from an injury, accident, or surgery, it also helps you achieve optimal health and wellness throughout your entire life. We specialize in regaining and maintaining your health so that you can live the life you want!



#### Injury Prevention

We all know how much an injury can impact our daily lives. How can chiropractors help prevent injuries from occurring? Chiropractors can identify imbalances or risk factors in your body that could potentially cause injury or restrict performance. Once identified, they'll work with you to address these issues to improve your physical performance and stop injuries in their tracks.



#### Opioid Prevention

Did you know that there are well over 100 million of opioid prescription drugs dispensed every year? Good news is, there have been less and less dispensed each year, according to the [CDC](#). The damaging effects of opioids have demonstrated why it is imperative we find other ways to manage pain. Chiropractic care should be at the top of the list! Why?

The [CDC](#) has recently recommended spinal manipulation as one of the frontline defenses to prevent opioid prescription and addiction for musculoskeletal pain such as low back pain. This recommendation from the CDC backs the recommendations that the American College of Physicians (ACP) and the American Academy of Family Physicians' (AAFP) have already provided about spinal manipulation as a nonpharmacological treatment option for acute low back pain.

In addition to spinal manipulations and adjustments, chiropractors also use other safe and effective methods to address pain while avoiding the dangerous side effects of opioids, such as manual therapy and nutritional counseling. In fact, [one study](#) found that people with chronic back and neck pain who received chiropractic care were 64% less likely to use opioids than those who didn't, and there was a 55% decrease in likelihood of refilling an opioid prescription if the patient engaged chiropractic.

(CONTINUED ON NEXT PAGE)

SCHEDULE AN EVALUATION

# YOUR PARTNER TO REGAIN AND MAINTAIN YOUR HEALTH

## FIND US WHERE YOU LIVE AND WORK

[REQUEST AN APPOINTMENT](#)


### MAIN ARTICLE

(CONTINUED FROM PREVIOUS PAGE)

#### Surgery Prevention

Although surgery may not always be preventable, avoiding surgery can mean can mean lowering risk, saving money, and healing faster. Seeing a chiropractor prior to your surgical procedure can reduce your odds of having spinal surgery from [42.7% to 1.5%](#). Even the [Journal of the American Medical Association \(JAMA\)](#) has suggested that patients seek chiropractic to manage their back pain before seeking invasive treatments such as surgery.

#### Chronic Pain Management

Chiropractors use holistic and hands-on approaches to address the [root cause of pain](#). Once the source of your dysfunction is identified, a customized program is implemented to target the underlying cause of the issue and reduce pain. Based on your goals and our clinical findings, your chiropractor will help chart a course of care to get you back to the people and activities that you value most.

#### Fitness & Athletic Performance

Your chiropractor can use your medical history and previous injuries to help create a customized treatment plan to help you improve your mobility, flexibility, and strength. They'll help you get there through nutrition counseling, personalized exercise, and manual manipulations. As experts of the musculoskeletal system, they'll also emphasize the more technical side of exercise, stressing proper body mechanics to reduce the risk of injury and help your body perform at its best. Working together, you'll be poised to reach new levels while also having the tools to avoid burnout and overuse injuries.

#### Total Body Alignment

Our mental and emotional health is just as important as our physical and oftentimes, your mental and emotional health impact your physical, and vice versa. Treating one of these areas can positively impact the others. If mental or emotional stressors are contributing to physical ailments, or if physical ailments are contributing to mental and emotional issues, chiropractors are here to help. Taking a comprehensive look at your entire life—your family history, work, hobbies, hopes, and dreams—chiropractors build a step-by-step plan to harmonize all aspects of your mind and body.

(CONTINUED ON NEXT PAGE)



SCHEDULE AN  
EVALUATION



**YOUR PARTNER TO REGAIN  
AND MAINTAIN YOUR HEALTH**

# FIND US WHERE YOU LIVE AND WORK

REQUEST AN APPOINTMENT



## MAIN ARTICLE

(CONTINUED FROM PREVIOUS PAGE)

### AS YOUR MEDICAL PARTNER, YOUR CHIROPRACTOR:

**Gets down to it:** From day one, chiropractors will develop an easy-to-follow treatment plan, complete with step-by-step guidance to help you stay accountable and reach your goals.

**Goes above and beyond:** Armed with the latest industry trends, injury prevention techniques, and creative strategies, your chiropractor will provide treatment options you may not have access to on your own—increasing your chance of reaching your full potential.

**Grows with you:** As your needs evolve, so will your treatment plan. Your chiropractor will consistently account for all the changes occurring in your busy life and adjust your plan accordingly to keep you moving at your best.



### PARTNERS IN A LIFETIME OF HEALTH

Adding a chiropractor to your [healthcare team](#) can complement the great work done by your other physicians. You probably visit your primary care physician, dentist, or optometrist a few times a year to check in and ensure your health is in tip-top shape. Chiropractic care not only addresses your immediate concerns, but also provides preventive and ongoing care to maintain health through all the ups and downs of your life. A chiropractor will be able to consider the recommendations of your other healthcare providers and incorporate them into your one-of-a-kind treatment plan to keep you healthy, keep you happy, and keep you moving forward.

## Don't let pain get in the way of living your life!

### Choose MCR Chiropractic as your partner in health



When you experience aches and pains, are restricted from playing your favorite sports or hobbies, or have trouble maintaining your health, MCR Chiropractor is here for you!

### 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

## FIND US WHERE YOU LIVE AND WORK

[REQUEST AN APPOINTMENT](#)


## SEASONAL TIPS

### STAY ACTIVE AND FIGHT THE WINTER CHILL

Winter in the northeast means freezing temperatures and slippery roads. On top of that, plummeting wind chills and storm advisories can make trips to the gym or get outside for activity even more challenging. Luckily, the stress of the holidays is behind us—freeing up time to focus on achieving the health and fitness goals you've established for 2023.

While winter weather can make it difficult to find the motivation to exercise, try to remember all the physical, mental, and emotional benefits of movement: pain management, sharper thinking, and mood-boosting to name a few! All of these are within reach with just a bit of exercise. This year, put a bit of pep in your step by embracing winter weather instead of dreading it. Here are some tips to get you up and keep you moving this season. If you need help getting started, consult with your chiropractor first.



#### Get Outside

While cold temperatures and whipping winds can make venturing outside less than appealing, take advantage of winter days when the conditions are mild enough to safely get out of your house and exercise. The shorter days of winter and lower temperatures can contribute to Vitamin D deficiencies. In addition to being invigorated by the fresh, crisp winter air, getting outside in the sunlight can improve mood and help you to get some Vitamin D—a vital nutrient for bone health! Exercising outdoors, even if it's just going for a walk, can serve both the vitamin and fitness boost.

#### Layer Up

The more you move, the more you will sweat, even in cold weather. Therefore, your base layer should be a fabric that will wick moisture away from your skin. In addition to adding a layer to insulate your body, having multiple layers makes it easy to adjust your attire depending on the conditions and intensity of your exercise. No matter if you're a runner, cyclist, trail walker, or heading out to shovel a snowy driveway, certain materials like wool, wind-resistant nylon, and fleece lining are designed to withstand the elements and set you up for peak performance, comfort and safety. Just because it's cold doesn't mean you need six layers to get through a workout, but rather the right two or three to ensure a comfortable sweat. Don't forget to add a winter hat and warm gloves to your must-haves before heading out the door.



#### Have Some Fun

Fun outdoor activities aren't reserved for the spring and summer. On a nice winter day, hitting the trails for a hike, giving snowshoeing a try, or digging out your cross-country skis are all ways to get moving. If you're a novice, start slow and set modest goals for yourself. You could also partner up with a friend or family member that can keep you company and show you the ropes. Don't forget the importance of a warm-up activity and some gentle stretching after your activities. Need some guidance knowing what to do to prevent injuries? Just ask your chiropractor!

(CONTINUED ON NEXT PAGE)

SCHEDULE AN  
EVALUATION



**YOUR PARTNER TO REGAIN  
AND MAINTAIN YOUR HEALTH**

# FIND US WHERE YOU LIVE AND WORK

REQUEST AN APPOINTMENT



## SEASONAL TIPS

(CONTINUED FROM PREVIOUS PAGE)

### Have A Backup Plan

If conditions outside make safety a concern, have a list of some exercise activities that you can use instead. Tune into a virtual yoga class on our, participate in some mindful meditation, or refer to the exercises in our monthly newsletters and emails to put together a circuit of body-weight exercises. If you've never tried yoga or pilates, you might be surprised at how challenging they can be. There are many benefits to expanding your exercise routine to include new activities, including:

- Lowering your risk of overuse injuries
- Strengthening underused muscles
- Reducing exercise burnout
- Meeting new people

Of course, if you need guidance based on your history of injuries, your chiropractor can serve as a resource as well.

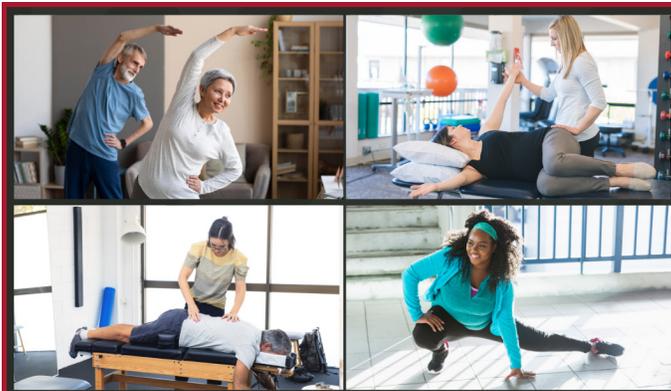


### Don't Ignore Pain

If pain or loss of mobility and function is a barrier is a reason you've given up on exercising, schedule a visit with your chiropractor. MCR Chiropractic is your partner in health, and as an expert in movement, your chiropractor will help you identify the root cause of your symptoms. As you progress through your care, your chiropractor will identify safe exercise options that help you return to your maximum function and achieve your full exercise potential.

### NOW GET MOVING

While it can be easy to add exercise to your list of things you'll start tomorrow, seize the day! Your journey to better health can start today, and we're here to help every step of the way. Call your [nearest MCR Chiropractic location](#) or [click here](#) to request an appointment.



## IS IMPROVING YOUR HEALTH ON YOUR 2023 TO-DO LIST?

The team at MCR Chiropractic is here to help you overcome pain and limitations to live a motion-filled life.

Schedule an Evaluation

Schedule an Evaluation To Get to The Root of Your Pain

SCHEDULE AN EVALUATION

# YOUR PARTNER TO REGAIN AND MAINTAIN YOUR HEALTH

## FIND US WHERE YOU LIVE AND WORK

[REQUEST AN APPOINTMENT](#)


## EXERCISES OF THE MONTH

### STAY STRONG TO SHOVEL WITH EASE

Winter snow means shovels are getting lots of use. Don't be fooled: shoveling snow is a workout! To help you prepare your body, we have 5 stretches and exercises so you can be prepared before heading outside to throw that snow.



We recommend you do these exercises in a safe and comfortable setting. Consult with your chiropractor if you have any questions before performing some of these exercises.



#### HIP FLEXOR STRETCH

- Stand up straight facing a chair or high bench
- Stand on the leg you'd like to stretch, placing the sole of your other foot firmly on the chair
- Ensure your foot is in the middle of the chair to avoid any tipping
- Stand up straight, look ahead, and tighten your buttock muscles
- Keep your stance leg straight as you push your hips forward
- You should feel a stretch in the front of your hip on your stance leg
- Hold this position for 20 to 30 seconds and perform it 3 times on each side



#### SEATED PIRIFORMIS/FIGURE 4 STRETCH

- Start in a seated position
- Cross your right leg over your left knee, resting your right ankle on your left knee
- Apply gentle pressure to the right knee as you lean forward, increasing the depth of the stretch in your right buttock
- Hold this position—you should feel a comfortable tension with no pain in your right buttock area
- Hold for 20 to 30 seconds and repeat 3 times on each side

(CONTINUED ON NEXT PAGE)

SCHEDULE AN  
EVALUATION



**YOUR PARTNER TO REGAIN  
AND MAINTAIN YOUR HEALTH**

## FIND US WHERE YOU LIVE AND WORK

REQUEST AN APPOINTMENT



## EXERCISES OF THE MONTH

(CONTINUED FROM PREVIOUS PAGE)

**SHOVEL & PIVOT**

- Stand in a wide stance and imagine you're holding a snow shovel with a load of snow in it
- Think about engaging your core (bring your navel toward your spine)
- Push your toes into the floor as you lift your heels and pivot to one side on the ball of your foot, keeping your core tight
- Turn your hips and shoulders 90 degrees
- Feel your calves, glutes, and quads activate as you turn
- Repeat this movement 3 times on each side

**SQUAT**

- Stand with your feet slightly wider than hips-width apart
- Bend at the knees as you lower and squat like you're about to sit in a chair behind you
- While engaging your core, push through your heels and return to a standing position
- Repeat this exercise for 2 sets of 10 with a 30-second rest between sets

**TRUNK ROTATION**

- Stand with your feet shoulder-width apart and knees slightly bent
- Place your arms across your chest
- Turn your body left and right, and gradually increase the amount of movement
- Perform 10 times on each side and rest for 30 seconds before performing again

**WANT TO GET MOVING BUT NEED SOME HELP?**

If you need help performing these stretches and exercises, please reach out to your [local MCR Chiropractic](#) 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. Call your nearest clinic or click the button below to schedule your evaluation.

SCHEDULE AN  
EVALUATION



**YOUR PARTNER TO REGAIN  
AND MAINTAIN YOUR HEALTH**

# FIND US WHERE YOU LIVE AND WORK

REQUEST AN APPOINTMENT



## STAFF SPOTLIGHT



### AUGUSTINE LEWIS, DC CHIROPRACTOR OF MCR SAUGUS

Dr. Lewis grew up in southern New Hampshire. He studied biology at Boston College before attending Palmer College of Chiropractic in Davenport, Iowa where he earned his Doctor of Chiropractic Degree in 2021.

Dr. Lewis has been a chiropractic patient for most of his life. Growing up, going to the chiropractor was as a regular part of his family's weekly routine. From a young age, he got to see the amazing effects that chiropractic care can have on the lives of so many different people and he understood that chiropractic care is a great strategy for achieving and maintaining optimal health.

Dr. Lewis enjoys helping people to achieve their health goals by helping them to identify the root cause of their problems. This involves identifying and correcting root causes with their spine, but also other lifestyle factors and habits that may be contributing to their symptoms. His care involves chiropractic adjustments and soft tissue techniques, as well as prescribing corrective exercises and counseling patients on lifestyle factors.

Dr. Lewis believes that everyone can benefit from chiropractic care in some way. He enjoys caring for people of all ages from children to the elderly and all activity levels whether you sit at a desk all day or are an athlete trying to overcome an injury or optimize your performance. Dr. Lewis utilizes a range of chiropractic techniques including Diversified, Thompson Drop, Flexion Distraction, and instrument-assisted techniques.

Outside the office, Dr. Lewis enjoys spending as much time as possible outside whether that's hiking, biking, kayaking, or just relaxing on the beach.

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



SCHEDULE AN EVALUATION

# YOUR PARTNER TO REGAIN AND MAINTAIN YOUR HEALTH

## FIND US WHERE YOU LIVE AND WORK

REQUEST AN APPOINTMENT



## CONDITION SPOTLIGHT

## BACK PAIN

When many people think of [back pain](#), they think of just that—pain in the back. At first you ignore it, just to get through the day. Then, it makes traveling in the car a challenge, not to mention playing on the floor with your kids after work. Still, you continue to ignore it. Pretty soon you're skipping your annual ski trip with friends because even the thought of it too painful. It's a slippery slope and avoiding the root cause of your pain can prolong the agony and slow your return to your normal level of activity.

## WHAT'S AT STAKE?

Low back is very common. In fact, according to the American Association of Neurological Surgeons, 75-80% of Americans will experience back pain at some point during their lifetime. Of those people, 50% will have multiple back pain episodes within a year!

What else is common when dealing with back pain? Missing days of work, but many people still keep going to avoid falling behind. The impacts of the underlying pain can drastically affect productivity, as symptoms can often make concentrating nearly impossible. According to one survey, chronic back pain contributed to 16.7 minutes per day of work lost to pain. While that might not seem like much, it added up to \$1.21 million in lost work for the company surveyed. In addition, chronic back pain can lead to sleep interruptions, decline in overall health, and make moving forward with your life a real challenge.



## TAKE BACK CONTROL WITH CHIROPRACTIC CARE

Non-invasive techniques, such as [chiropractic care](#) have been proven to reduce the symptoms of back pain. Based on the success seen in patients, there have been various healthcare organizations that recommend chiropractic care and nonpharmacological techniques for low back pain. The Agency for Healthcare Research and Quality has recommended that those suffering from low back pain pursue conservative forms of treatment before seeking surgical or medicinal intervention. Read our [main article](#) to learn more about the other organizations who recommend chiropractic care.

Chiropractic care can give long-term relief from back pain by:

- Increasing strength around the affected areas
- Improving mobility and function
- Enhancing endurance and flexibility
- Reducing risk of reinjury
- Increasing strength around the affected areas

Your chiropractor is your partner in health and will work with you and your other medical providers to ensure you are getting the right services, at the right time during your care.

(CONTINUED ON NEXT PAGE)

SCHEDULE AN  
EVALUATIONYOUR PARTNER TO REGAIN  
AND MAINTAIN YOUR HEALTH

## FIND US WHERE YOU LIVE AND WORK

[REQUEST AN APPOINTMENT](#)


## CONDITION SPOTLIGHT

(CONTINUED FROM PREVIOUS PAGE)

### WHAT YOU CAN EXPECT AT CHIROPRACTIC CARE?

We know it can be a big deal to take the first step toward better health by coming in for a chiropractic appointment. So, if you've never been to a chiropractor before, here's what you can expect!

#### Evaluation

To design a personalized treatment program, your chiropractor will:

- Conduct a comprehensive review of your medical history and your current lifestyle
- Analyze your symptoms to understand the root cause of your pain
- Assess your range of motion and strength as well as palpate your spine
- Evaluate posture and the way you move while performing everyday tasks
- Talk to you specifically about your goals for seeking care
- Answer your questions and put your mind at ease about what to expect on your journey to better health

#### Personalization

No two people are the same, and neither are the treatment plans to help restore function. Your chiropractor will create a unique and customized plan of care that addresses your weaknesses, your preferred activities, and your baseline pain levels that caused your limitation to begin with. Your chiropractor is your partner in health, putting you at the center of your medical care.

Our goal is to empower you to actively contribute to your healing journey. So, expect to be put to work early, which in turn will leave you well prepared to keep up your improved mobility once you have. You will have all the tools needed to maintain your function well after discharge. Worried there will be setbacks along the way? Worry not! Your physical therapist is just a phone call away!



#### Tools & Treatments

Factoring in what was discovered during your evaluation, your chiropractor will create a treatment plan tailored to your unique needs and goals. This can include:

- [Spinal adjustments](#)
- Manual therapy techniques such as instrument assisted soft tissue mobilization or [cupping](#)
- A variety of modalities to help reduce your symptoms
- Nutritional counseling
- Exercises to strengthen your core, buttocks, and quad muscles for better support and decreased stress on your lower back
- Education on proper body posture and mechanics to reduce strain and decrease the likelihood of reinjury

### OVERCOME BACK PAIN AND RETURN TO WHAT YOU LOVE

Don't suffer in silence—let MCR Chiropractic help! Using a personalized approach to your wellbeing, chiropractic care can significantly reduce your discomfort, enhance your body's ability to heal itself naturally, and get you back to what you love. Call your nearest MCR Chiropractic office to get started or [click here to request an appointment](#).

# FIND US WHERE YOU LIVE AND WORK

REQUEST AN APPOINTMENT



## 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

REQUEST AN APPOINTMENT

