



## NATIONAL CHIROPRACTIC HEALTH MONTH

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### A CENTURY OF WELLNESS

October is National Chiropractic Month—the perfect time to shine a light on the ways this beneficial practice can improve the lives of patients from all walks of life. From pediatric to geriatric, adolescence to adulthood, as a member of your health team, chiropractors work diligently to provide effective treatment plans based on the ever-changing needs of their patients. Across the spectrum of life, working with a chiropractor can enhance your health and promote long-term wellness.

#### PEDIATRIC CARE

A child's formative years are a crucial time to ensure they're primed to function independently, remain active in their communities, and ultimately reach their full potential. 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.

After an initial consultation and evaluation of the child, a chiropractor can begin building a tailored program to address:

##### Colic

While the exact cause of colic can vary, pain that a baby is experiencing may be one of the reasons. Using innovative techniques and gentle approaches, a chiropractor can align the nervous system to ease a child's pain and reduce crying.

##### Nursing Dysfunction

If a baby is having difficulty latching on while attempting to nurse, there could be miscommunication between the brain and their suck-swallow reflex. Chiropractors may be able to determine, and then correct, if the communication pathway via the nervous system is affected by any misalignment of the spine.

##### Chronic Ear Infections

Ear infections are often caused by bacteria or viruses bred from fluid retention within the inner ear. While antibiotics can kill the bacteria, chiropractors address the root cause of the issue by adjusting the muscles around the inner ear to prevent spasms that cause fluid buildup.

Chiropractors may also be able to help with:

- Acid reflux
- Plagiocephaly
- Sleep issues
- Torticollis

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## KEY FEATURE

(CONTINUED FROM PAGE 1)

### TEENS & YOUNG ADULTS

Adolescent years are often filled with activity, change, and adaptation. As a trusted partner, chiropractors are able to:

#### Address Injuries

For many young adults, sports and physical activity are a major component of a happy life. But, it can be all too easy to sustain a pulled muscle, sprained ankle, or even a broken bone that could potentially inhibit participation in their favorite [sports](#). Not only do chiropractors assist in the rehabilitation of injuries, they're also able to help prevent injuries before they occur. As experts in the musculoskeletal system, chiropractors are able to identify body imbalances and risk factors that may lead to injuries or inhibit physical performance. They can then prescribe customized exercises, stretches, and dynamic trainings to encourage spinal alignment and prevent injury.

Our relationship with [Massachusetts Youth Soccer](#), as their **Official Chiropractic Partner** is a great example of utilizing the unique knowledge of chiropractors to recognize the precursors to injury to design preventative and exercise programs to keep athletes moving and playing at their best. Learn more about our partnership with Mass Youth Soccer [here](#).

#### Encourage Healthy Posture and Ergonomics

With many teenagers' eyes glued to their phones, laptops, and tablets, it can be difficult to focus on correct posture. Craning your neck to look down at these screens can add about 10 pounds of extra weight to your neck, which can lead to musculoskeletal issues. Chiropractors can educate young adults on correct posture and even prescribe exercises to strengthen the muscles surrounding key areas to promote correct posture all the time. They're also able to treat common alignment issues such as [scoliosis](#).

#### Improve Athletic Performance

Chiropractors can give patients warm up and cool down exercises (as well as stretches) to conduct prior to participation in their [favorite sport](#) or activity. They can also encourage healthy eating habits that will lead to optimized performance.

### PREGNANCY

Chiropractors help mom during [pregnancy](#) as well! Bodies undergo significant changes during pregnancy, and it's important to create a balanced, optimal environment to promote healthy growth and development of a child in utero. By focusing on abdominal and back health, navigating pelvic changes, and providing postural adaptations, a chiropractor may also be able to help:

- Decrease nausea
- Prevent the need for a cesarean delivery
- Prevent breech deliveries – many of our chiropractors are certified or trained in the [Webster Technique](#), which can help allow the baby to get in a better position for birth
- Reduce labor and delivery time
- Relieve back, neck, and joint pain



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## ADULTHOOD BY THE DECADE

Throughout each decade of adulthood, chiropractors can offer innovative solutions and expert guidance to mitigate pain, maintain fitness, and proactively prepare for your future.

### 20s

Staying active as a young adult is a great way to establish healthy lifestyle choices. Chiropractors can help you deal with any new aches or pains while also helping to meet your fitness goals and build comprehensive exercise regimen to keep you moving.



### 30s

Priorities may begin to 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 your origins of pain or discomfort your sleep, nutritional, and exercise needs, and then create a comprehensive plan constructed around your busy schedule to meet those goals. If work related injuries occur, our chiropractors can help you recover so you can return back to work with less likelihood of recurrence in the future.

### 40s

As we age, aches and pains may begin to creep up. 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 exercises that will mitigate this pain and get you back to doing what you love.

### 50s

Chronic pain (such as [arthritis](#)) affects millions of Americans each year. Through a customized program focused on improving strength, stamina, and flexibility, a chiropractor will be able to help you manage or diminish pain without the use of medication. These tools can also decrease the need for surgical intervention. [One study](#) has even showed that seeing a chiropractor before seeking surgical procedures reduced the odds of having spinal surgery from 42.7% to 1.5%. If surgical intervention is necessary (such as knee or hip replacements), chiropractic is a fantastic resource for pre-habilitation. Studies have shown that performing range of motion, strength, aerobic, balance, and flexibility training prior to undergoing surgery are less likely to require inpatient rehabilitation and often have faster recovery times.

## 60s & Beyond

During this phase of aging, balance and stability are key to staying active, preventing falls and injuries, and remaining independent. Chiropractors can benchmark the needs of this generation of adults to determine specific risks related to falls, injuries, or other life-altering risks. Once the areas of risk are identified with an individual patient, they're able to preemptively adjust the spine to improve flexibility and mobility to increase balance and provide exercises and activities that strengthen muscles in order to reduce the risk of fall.

## CHIROPRACTORS ARE YOUR PARTNERS FOR THE SPECTRUM OF LIFE

Your chiropractor at MCR Chiropractic is your lifelong partner in health. Whether you're an athlete looking to treat an injury, an up-and-coming mother, or simply someone wishing to enjoy a more active, fulfilling life, chiropractic care through MCR Chiropractic can give you the necessary tools to reach your full potential.



SCHEDULE AN  
EVALUATION



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

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## SEASONAL TIPS

### Stride to Better Health

Physical activity and exercise can have an immediate, long-lasting impact on your health and drastically improve your quality of life. [Walking](#) is free and can be done almost anywhere, which are a few of the reasons it's the most popular form of exercise in the United States.

### AN ACTIVE LIFESTYLE CAN BE LIFE CHANGING!

According to the [American Heart Association](#), research has shown that walking at a lively pace for at least 150 minutes per week (i.e. 30 minutes, 5 days per week) can help you:

- Strengthen bone density and bone strength to reduce your risk of osteoporosis
- Improve energy, stamina, and memory
- Improve your blood pressure, blood sugar, and blood cholesterol levels
- Improve your mental and emotional wellbeing
- Maintain a healthy weight
- Reduce risk of depression
- Reduce risk of serious illness such as heart disease, stroke, and diabetes
- Think better, feel better, and sleep better

If you're new to exercise or looking to share time with family, friends, or neighbors, walking is a great place to start.

### 4 SIMPLE TIPS TO GET YOU STARTED

#### Head Up & Device Away

It's tempting to quickly respond to text messages or take photos along your route, but resist the temptation! Looking at your phone negatively impacts your posture and diminishes your ability to focus on your pace and surroundings. When you're engaged with your stride and tuned in to your environment, walking can improve your self-esteem, mood, and sleep quality. In fact, physically active people are [30% less likely](#) to experience depression.

#### Lead With Your Chest

Posture is important when walking. Imagine you're leading with your chest as you stride along the sidewalk or trail. Lifting your chest upward and outward improves your posture and reduces unnecessary strain on your neck and back.

#### Set Realistic & Achievable Goals

Too much, too soon can lead to aches and pains. You'll want to break down your long-term goal into bite-sized chunks to ensure success. For instance, consider walking 30 minutes four to five days per week to begin your regimen.

#### Make a Plan

Once you've set your goals, you'll want to plan your routine. Make sure to schedule time to exercise—don't procrastinate, because your health is a priority! If a 30-minute walk seems overwhelming, shorter sessions can be compiled over the day to reach your weekly goal. Before you know it, you'll be achieving your goals and ready to set new ones.



### THE TAKEAWAY

Staying active is one of the most important components of living a healthy lifestyle. It's also a great way to set a positive example for loved ones who might benefit from increased activity as well. If pain or injury limits your ability to be active, [reach out to MCR](#)—your partner in health!

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## EXERCISES OF THE MONTH

### Active Warm-Ups for Top Performance

Whether you're lacing up for a leisurely stroll or donning a racing bib for your first half-marathon, the importance of stretching and an active warm-up shouldn't be overlooked. Here are some activities to get ready for a great workout!



*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.*



#### ACTIVE HAMSTRING MOBILITY

- Lie on your back with both of your knees bent and feet on floor
- Bring the leg that you'd like to stretch in towards your chest
- Clasp your hands together behind your thigh
- Allow your thigh to rest in your hands with your arms straightened
- Keeping your upper body relaxed, slowly straighten your knee, bringing your foot up towards the ceiling
- When you feel a stretch at the back of your thigh, hold the position for about 5 seconds
- To ease off the stretch, bend your knee again
- Repeat for 2 sets of 10 on each leg

*Note: You can use a stretching strap or rope, bathrobe tie, or a belt as well.*



#### CHAIR SQUATS

- Stand tall in front of a chair
- Squat down as if you were sitting down (push your pelvis back)
- Briefly touch the chair with your bottom and stand back up
- Repeat for 2-3 sets of 10 repetitions

*Note: Keep your hips, knees, and toes aligned. Be sure to maintain a tight core and keep your shoulders back during the movement to ensure good posture.*

**(EXERCISES OF THE MONTH CONTINUED ON PAGE 6)**

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## (EXERCISES OF THE MONTH CONTINUED FROM PAGE 5)



### CHOPS/LIFTS (WITH BANDS OR WEIGHTS)

- Holding either a single dumbbell in both hands or a resistance band in one hand, start with your arm internally rotated across your body (thumb pointing backwards)
- Raise your arm diagonally as you rotate (externally) throughout the motion, ending with your arm high overhead with your thumb pointing backwards
- Repeat for 2-3 sets of 10 repetitions

*Note: It can help to perform with a mirror and visualize a straight diagonal line from your start to end points.*



### BANDED WALKS (WITH BAND AT KNEES)

- Stand up straight with a resistance band tied around both thighs, just above your knees
- To increase the challenge, bring the band down to your ankles
- Tighten your abdominal muscles
- Keeping your back straight, tilt your body forward from your hips and soften your knees (your legs should be hip-distance apart)
- Maintaining this position with your body and the same bend in your legs, walk sideways for 10 steps
- Repeat for 2 sets of 10 steps in each direction



### PIRIFORMIS STRETCH

- Lie on your back with one knee bent and the ankle of the other leg on top of the bent knee
- Place your hands behind the knee of the bent leg and pull the leg closer until you can feel a stretch in your buttock
- Hold this stretch for 30 seconds and repeat for 2 sets on each leg.

If pain or injury limits your ability to be as active as you would like, or if you need help getting started living a motion-filled life, call your nearest [MCR Chiropractic location](#) or [click here](#) to submit an appointment request form.

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

[REQUEST AN APPOINTMENT](#)

## 19 CONVENIENT LOCATIONS NEAR YOU

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### PATIENT SPOTLIGHT

## Chris M., of MCR Taunton

Chris M. is a patient of [Dr. Josh Harpel](#) in our [MCR Taunton](#) clinic. This has been his first experience with chiropractic care and was referred by his Gastroenterologist and Manet Community Health Center in Taunton, MA for abdominal pain.

As a trumpet player his favorite activities are to perform and write music, all of which have been affected by his pain. Working with Dr. Harpel has provided him with the ability to fully resume his previous activities and learn some new techniques that help him play trumpet. "Chiropractic care has not only solved my pain issue, but has helped me reevaluate my breathing technique as a trumpet player," states Chris, "Josh's suggestions and recommendations were crucial to correcting some of the bad habits I had unknowingly developed."

The convenient location was one of the best parts about receiving care and enjoyed that Dr. Harpel was, "very professional and attentive". Chris "absolutely" plans on continuing chiropractic services for maintenance and preventative care, and would return to the office if he sustained another injury. He includes Dr. Harpel as a member of his healthcare team and would recommend the office to family and friends who need chiropractic services.



**“Chiropractic care has not only solved my pain issue, but has helped me reevaluate my breathing technique as a trumpet player.”**

To schedule an appointment with Dr. Harpel of MCR Taunton, [click here](#).



### STAFF SPOTLIGHT

## Angela Francis, DC

### Chiropractor of MCR Walpole

"I recently graduated with my Doctorate of Chiropractic Degree from [University of Bridgeport School of Chiropractic](#). Prior to this, I went to undergraduate school in my home state of Rhode Island (URI) at the [University of Rhode Island in Kingston, RI](#). There, I obtained a Bachelor of Science in Exercise Science, with a concentration in Kinesiology Medicine.

During my second year of college at URI, I developed a love for the human body and how it moves. First my interest geared towards fitness and helping clients achieve their goals.

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## Meet our Chiropractor!

### Angela Francis, DC



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## STAFF SPOTLIGHT

(STAFF SPOTLIGHT CONTINUED FROM PAGE 7)

This propelled me to do undergrad and post-undergrad internships to further my education in the fitness industry. With that, I obtained my [Exercise Physiologist Certification with the American College of Sports Medicine](#). As fulfilling as it was, I knew I wanted to expand my education and help people even more. That was when I began looking into the medical field and explored which profession I would enjoy most. I was torn between physical therapy and chiropractic for a while, but the chiropractic school I attended really drew me in and made me feel like this is what I want to do the rest of my life.

**What drew me to MCR Chiropractic was the combination model of physical therapy and chiropractic care together.** The two complement each other very well and each have the same goals, which are to treat musculoskeletal complaints with movement, exercise, manual therapy, and a series of modalities that do not include opioids. As chiropractors, we aim to reduce pain and get the body and joints within to move properly and at optimal function. Physical Therapy aims to do the same, with an additional phase of strengthening. **With the combination of both, a patient can reach their wellness goals and live a pain free life with the tools we provide for them. I'm thrilled to work with the physical therapists of [Bay State Physical Therapy](#) at our location in Walpole!**

When working with patients, my number one goal is to decrease the patient's pain. Once the patient is feeling better and able to move, it's time to correct any additional postural abnormalities and get the patient stronger. I am very passionate about helping my patients get back to their optimal health and reach their wellness goals. Part of helping them achieve optimal health is providing them with the tools and knowledge of how to approach any future pain they may come across.

Chiropractic care can help individuals function properly and pain free at any age! For those that may be hesitant to try chiropractic care for rehab of aches, pains, or injuries I would tell them never hesitate to try conservative care before resorting to an orthopedic, neurosurgeon, etc. Opioids, surgery, and large hospital bills can be avoided with the proper care. **Chiropractors and physical therapists will do all they can do to get you out of pain and functioning optimally and will always refer you out to another medical provider if needed.**

I enjoy treating patients of all demographics. **A clinical interest of mine specifically is woman's health.** I am certified in Webster Technique, which allows me to work with women pre and postnatal. [Webster Technique](#) helps to balance the body to optimize a mother's pregnancy and birth. The education during and after pregnancy is crucial, because pregnancy can alter a woman's biomechanics that can lead to pain and dysfunction. **Besides having a diversified approach to my chiropractic adjustments, I engage in a various manual therapy techniques of the musculature which include myofascial release, pin & stretch, cupping, and instrument assisted soft tissue mobilization.**

As a Rhode Island native, I love being around the water. My favorite thing to do is wake up and have a coffee on my deck looking out at the ocean. **Living a physically active and healthy lifestyle means a lot to me, so I enjoy summer and fall the most because I get to be moving outdoors most of the time!** A few fun facts about me are that workouts fuel my day, I love llamas and I enjoy watching my bird feeder and chipmunks out in my yard (I've even named a few of them)"

**If you have any questions about chiropractic care or what it can do for you, feel free to give us a call at 508-492-2511. To book an appointment you can call us at that number, or [request an appointment online!](#)**

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## CLINIC NEWS:



MCR Chiropractic is proud to be the **Official Chiropractic Partner** of [Massachusetts Youth Soccer](#). This season we will be partnering with a few local soccer teams to provide on-field and online education programming for the local member organizations.

The local teams we are working with this season are: [Norton Soccer](#) , [Norwell Youth Soccer](#), and [Sterling Youth Soccer](#).

Keep an eye out for MCR at their upcoming events this season!

## Have you met Dr. VanSteenburg of MCR Wrentham?

Meet Jace VanSteenburg, DC! He is the chiropractor of our Wrentham location, at 513 South St. Dr. VanSteenburg's passion for healthcare and athletic rehabilitation began during his collegiate soccer career. His love of soccer and being around sports fueled an interest in faster injury recovery, sport medicine optimization, and evidence-based chiropractic care. As both a chiropractor and soccer player, Dr. VanSteenburg is very excited to participate in MCR's partnership with Mass Youth Soccer to support coaches, players, and families throughout the season.

In case you missed his staff spotlight in September, [you can check it out here!](#)



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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

# 19 CONVENIENT LOCATIONS NEAR YOU

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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