

ARTHRITIS AWARENESS MONTH: HOW CHIROPRACTIC CARE CAN HELP



Aching Arthritis? Seek Chiropractic Care!

Arthritis is the leading cause of physical disability in the United States, affecting more than 50 million adults and 300,000 children. Arthritis is a general term that refers to joint pain or joint disease, and there are more than 100 different kinds of arthritis. Common symptoms include swelling, pain, stiffness, and decreased range of motion, but severe arthritis can induce chronic pain that can inhibit daily activities such as walking or taking the stairs. Untreated arthritis can cause permanent joint damage, and some forms can even affect your heart, kidneys, and other major organs.

One of the main reasons that osteoarthritis (thinning of the discs in the spine) develops is due to an imbalance in the body and how it moves. This balance is regulated by spine alignment—which is a major area of expertise for chiropractors. The core and spine greatly contribute to moving your body properly. If your spine is out of alignment, your nerves will become aggravated, which can lead to stiff joints and coordination disruption. Through adjustments and manipulations, chiropractic care can improve your alignment to increase mobility in your joints, decrease stresses to the joint, and prevent degeneration to stop arthritis progression.

Don't let arthritis stand in your way of living a full, active life. Chiropractic care can help reduce your pain and accelerate your healing so you can return to doing what you love.

HOW CHIROPRACTIC CARE CAN HELP ARTHRITIS

A chiropractor will be able to identify your specific type of arthritis, determine its severity, and understand the impact it has on your life. Combining the latest therapeutic treatments with deep industry expertise, chiropractors will be able to look at your body holistically to determine the best course of action for your arthritis treatment.

INCREASE MOBILITY & RANGE OF MOTION

Arthritis can come with joint stiffness and severe pain, which can inhibit mobility and deter patients from wanting to move at all. Through a combination of spinal alignment techniques, manual manipulations, mobility exercises, and stretching, chiropractic can improve your ability to bend or straighten your afflicted joint. Even the smallest increase in range of motion can drastically improve your life. For example, just a few extra degrees of movement can allow you to comfortably pick up your child, sit in a chair, or bend down to reach objects. These techniques will also reduce your pain, allowing you to more comfortably exercise—which will further improve your symptoms.

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KEY FEATURE

Aching Arthritis? Seek Chiropractic Care!

(KEY FEATURE CONTINUED FROM PAGE 1)



MUSCLE STRENGTHENING TO DECREASE JOINT STRESS

Arthritis can cause the protective cartilage around your joint to wear away, which can cause extremely painful friction. Chiropractors will work collaboratively with you to provide tailored exercises to strengthen the muscles around your impaired joint, which will decrease friction and ease pain.

MAINTAIN FITNESS TO ENCOURAGE PHYSICAL ACTIVITY

If you're in pain due to arthritis, you might be hesitant to participate in physical activity. But although it's counterintuitive, low-impact physical activities can slow the progression and reduce the pain of arthritis. Your chiropractor will assess your current health and ability, and perform alignment exercises to encourage pain-free movement. These strategies will help you continue regular movement to steadily improve your arthritis symptoms. You also may not know what exercises are "joint friendly" and which could actually cause more damage. Your chiropractor will choose the proper exercises that will help you avoid injury and encourage healing.

IMPROVE FLEXIBILITY

Participating in daily stretching can help your stiff joints and improve mobility. Chiropractors can prescribe and perform specific stretches that will target your afflicted joints.

POSTURE ALIGNMENT

The main way to prevent osteoarthritis is to make sure vertebrae in the spine are aligned and moving properly, which is addressed during a chiropractic adjustment. Chiropractors

analyze the structure of your body and how it's contributing to your ailments. If the structure of the joint is incorrect, it can cause arthritis. Therefore, chiropractors look to realign the body to maximize the function of the arthritic joint.

The spine is one of the body parts that's most prone to degeneration, which can cause a lack of alignment, decreased mobility, and the onset of painful arthritis. Proper posture can greatly improve your alignment and ultimately, your arthritis symptoms. But for many of us, posture can easily slip our minds. Chiropractors will provide tailored adjustments to align your spine to restore your function, and will also give you ways to adjust your posture during sitting, standing, or exercising to take a lot of stress off of your joints.

THE PAYOFF

Chiropractic has greatly improved the symptoms of many people suffering from arthritis. According to one study published in *Osteoarthritis and Cartilage*, patient education combined with 12 chiropractic treatments (twice a week for six weeks) were more effective for treating hip osteoarthritis than a daily stretching program or patient education alone. Pursuing chiropractic care will help you fight the negative effects of arthritis and get you back to doing what you love, pain free.

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

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STAFF SPOTLIGHT



Olusegun Buraimoh, DC (Dr. B)

Chiropractor of MCR Dorchester

"I've been a Doctor of Chiropractic for two years. Prior to MCR, I served as a chiropractor at Page Chiropractic Health Center in Webster, MA, where I treated patients with a wide range of physical ailments such as back pain, neck pain, headaches, personal injury, and much more.

During college, I interned at a Sports Chiropractic Rehab in Springfield, MA, where I had the opportunity to see how powerful and efficient chiropractic adjustment and rehabilitation can be. For example, I observed a 15-year-old soccer player who was suffering from low back pain recover after a series of adjustments. After being in awe of the power of adjustments, this experience led me to pursue a career in chiropractic. This began my

passion for the alternative, holistic approach to healthcare through chiropractic without the use of medication.

I'm particularly interested in helping youths and athletes recover from their various conditions. Working with youths sets a foundation in their lives for how chiropractic care can prevent musculoskeletal ailments as they age. For athletes, I enjoy seeing how a series of adjustments can excel and enhance their performance in their respective sports. During the course of treatment, I educate my patients about the benefits of seeing a chiropractor regularly for musculoskeletal health. I also encourage them to educate themselves more on the topic so they can understand all the ways holistic medicine can help prevent certain ailments or conditions, such as arthritis.

“ After being in awe of the power of adjustments, this experience led me to pursue a career in chiropractic. ”

For patients with arthritis, I inform them of the importance of including stretching and exercise in their daily lives to prevent stiff and restricted joints. In my opinion, the main misconception patients have regarding arthritis is that they can no longer participate in physical activity or enjoy their lives while engaging in recreational activities. In fact, things such as physical and recreational activities will help improve the condition. I recommend recreational activities such as swimming, walking, jogging, stretching, yoga, cycling, and strength training. Exercise helps with arthritis pain because it strengthens joints to withstand heavier loads. Through adjustments and manipulations, chiropractic care can improve your alignment to increase mobility in your joints, decrease stresses to the joint, and prevent degeneration to stop arthritis progression. The more you move, the better you'll feel!

As it relates to aging and arthritis, patients should avoid a sedentary lifestyle. Moving regularly and engaging in consistent physical activity can have a significant impact. Continuing home exercise programs following discharge and during care is crucial to maintain the desired level of activity after chiropractic care has ended. This will also help patients maintain their musculoskeletal performance and prevent future ailments.

My mother has arthritis in her knees, and as a nurse for over 30 years, her career requires her to stand for a lengthy period of time (which causes more pressure on her knees). As she ages, I encourage and educate her on the importance of walking and moving daily to keep her joints active." - [Dr. B](#)

If you'd like to set up an appointment with Dr. B in our Dorchester office, [click here!](#)

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PATIENT SPOTLIGHT

Noel R.,

"I've been dealing with arthritis pain for about two and a half years and have been receiving care through MCR Chiropractic for a little over a year. Ever since I started care with MCR, I've felt so much better. MCR has really been a God send. While I cannot change my genetics, I can change my treatment. I was under the care of another clinic for over a year prior to switching to MCR. There, I felt like I was just a generic patient undergoing a predefined standardized process. At MCR, I found the entire staff is committed to my treatment and wellbeing. The care, dedication, commitment, and compassion for their patients is second to none. Unlike some other practitioners MCR Chiropractic's approach isn't chiropractic care by the numbers, they adapt their approach and care according to the patients' needs at that time, while keeping the long-term treatment goals in mind.

MCR Chiropractic really sets the standards for proper, knowledgeable, and compassionate care.

Osteoarthritis in my back, hips, and sacroiliac (SI) joint tends to limit my range of motion, cause pain, and prevent my SI joint from proper movement. Chiropractic care has improved my range of motion, reduced my pain, and allowed my SI joint to move more freely. Chiropractic care for the SI joint is widely recognized as one of the best treatments for arthritis. Done properly, the manipulations help the joint move freely. Chiropractic care has helped me continue to be active. I try to lift weights two to three days per week, I run three to five miles or bike 25-50 miles about four times per week, and I train in Krav Maga four times a week.



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Clinic safety is deeply instilled in the culture. Prior to COVID-19, it was clear that the staff was committed to everyone's safety and that they communicated this commitment to the patients. Since the arrival of the pandemic last year, the staff has vigilantly maintained exceptional safety and cleanliness standards.

MCR Chiropractic really sets the standards for proper, knowledgeable, and compassionate care. I always mention the clinic to family and friends who I think would benefit from chiropractic care. I'd also without a doubt would return if I needed chiropractic care for a different injury or condition in the future!"

- Noel R.

To schedule your appointment with MCR Chiropractic, [click here.](#)

We'd Love to Hear from You!

Would you like to be featured in one of our patient spotlights?

If you're interested, send a write-up of your experience to contact@mcrchiro.com. One of our favorite things to do here at MCR Chiropractic is read about your personal experiences and successes. Even if you're not interested in being featured in one of our newsletters, we'd still love to hear from you! Your triumphs in chiropractic care are the reason we come to work every day.

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

Please email contact@mcrchiro.com to share!

Email Us!



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SEASONAL TIPS

Gear Up for Spring—On Your Bike, That Is!

Spring is here, and what better way to make use of the warm sunny days than hitting the road or trails? More than 80 million Americans have taken to biking as a low-impact way to stay in shape, get around town, and enjoy time together with the ones they love. May is National Bike Month, so it's the perfect time to head out by yourself or with your family!

Next time you're in the saddle, be aware of some of the common injuries that can occur, such as back, knee, or shoulder pain, or other symptoms like arm and hand numbness. Although many riders greatly fear crashing or falling off of their bikes, most injuries can be attributed to poorly fitted bicycles and improper riding techniques. Even over a short period of time, this can lead to pain that can impact more than just your joy of riding. The good news is, there are best practices to limit these injuries. One way to achieve the proper fit is by working with your local professional bike shop to be fitted for overall comfort, control, and proper mechanics. Until that time, here are some basic practices to keep in mind:

| SEAT HEIGHT:

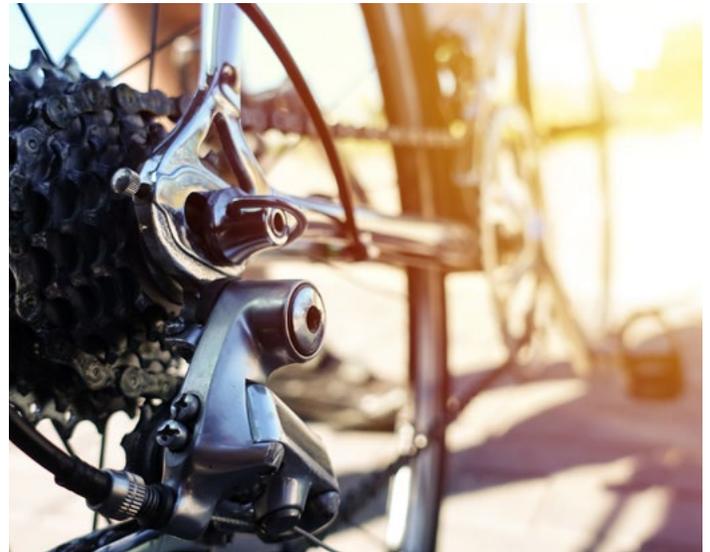
Your seat height can impact the amount of power you generate from your legs. If you have underlying knee or hip problems, or you ride with improper seat height, this can increase your discomfort. A good rule of thumb is to have 25-35° of knee flexion when your foot is at the very bottom of the pedal stroke.

| HANDLEBAR POSITION

The position of your handlebar can impact your entire upper body, from your neck all the way down to your hands and fingers. A higher handlebar position will allow for less forward flexion and can help to reduce soreness and pain.

| FOOT ALIGNMENT

To improve leverage and reduce knee injury, proper placement of your foot on the pedal is vital. When properly positioned, the ball of your foot should be placed in the middle of the pedal with your toes pointing straight ahead. This will also help reduce knee stress by limiting knee movement beyond 90° of flexion.



| WORK WITH A PRO TO FIND THE PERFECT FIT

Finding the right fit for your bike is as important as properly fitting shoes for running! Your optimum fit will change over time according to age, weight and flexibility. Work with a bike shop near you for your best options!

While it is very common for cycling novices and enthusiasts to experience pain, an injury or recurring pain is best managed with the help of your chiropractor. Your chiropractor is specially qualified to assess your pain and mobility limitations and come up with a plan that improves your function and ability to enjoy all your favorite activities. If you're experiencing pain, now's the time to address these issues with your chiropractor so you can enjoy all the opportunities to ride and during the best time of the year! [Contact MCR Chiropractic](#) to schedule your evaluation.

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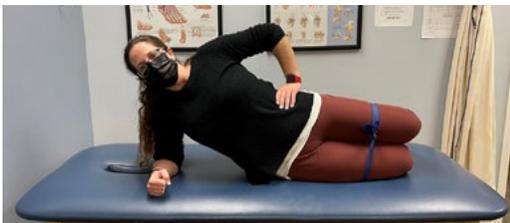

EXERCISES OF THE MONTH

Strengthen Your Body and Get Cycle-Ready

A strong core and supporting muscles play an important role in preventing injuries. Getting started at home with a strengthening program doesn't require big, clunky equipment. In fact, you probably have everything you need at home. Resistance bands are a great tool for anyone who wants to exercise regardless of fitness level. They're low-cost, versatile, safe, effective, and easy to take along wherever you go!

Below you will find 5 exercises that you can perform anywhere, with or without an exercise band, to strengthen your body. Pictured here is Dr. Dana Pemberton of MCR Attleboro performing these exercises.

Please keep in mind, 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.



BANDED CLAMSHELLS

Why: Targets hips, low back, and glutes

How:

- Put both legs through the band and place it above the knees
- Lie on your side and bend both knees as you shift your legs forward
- Keeping your toes together, drive your knees apart, creating tension against the band
- Control your top leg as you lower it down to meet the other
- Keep your hips neutral, not allowing any movement forward or back
- Perform this movement for 3 sets with 12 repetitions on each side



LOW PLANK HEEL LIFTS WITH OR WITHOUT BAND

Why: Creates core strength and glute activation

Note: A band can be placed above the knees to create additional resistance

How:

- Put both legs through the band and place it above the knees
- Lie flat on your stomach and lift your body up so you're up on your forearms
- Drive up through your toes and work to keep your core tight
- Slowly try to lift one heel up at a time, as hips remain square to the floor
- Alternate lifting your heels in this position for 3 sets, doing 8 reps on each side



(EXERCISES OF THE MONTH CONTINUED ON PAGE 8)

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(EXERCISES OF THE MONTH CONTINUED FROM PAGE 7)

BANDED GLUTE BRIDGES

Why: Extends hip flexors and strengthens core

How:

- Put both legs through the band and place it above the knees
- Lie on your back and bend both knees, starting with your feet hip-width apart
- Drive through your heels as you elevate your hips until your hips are in alignment with your knees and shoulders and tension is kept on the band
- Hold this position at the top for a count of 3, keeping your hips level, and then slowly lower down to the starting position
- Perform glute bridges for 3 sets of 12 repetitions



BANDED SQUATS

Why: Strengthens lower body and core, specifically targeting glutes and quads

How:

- Put both legs through the band and place it above the knees
- Start with your feet slightly wider than hip-width apart and your arms out in front of you, engage your core muscles (while still being able to breathe and talk!)
- Bend your knees and sit back through your heels as if you were going to sit in a chair
- While keeping your head and chest up, drive through your heels to return to standing by engaging your glutes
- Perform these squats for 3 sets of 12 repetitions

WRIST FLEXOR AND EXTENSOR STRETCH WITH OR WITHOUT BAND

Why: Focuses on wrist flexibility

Note: The band can be used to pull back against the hand for added assistance

How:

- In a standing position, extend both arms in front of your body
- Use one hand as the stretching hand to pull against the other
- Start with fingers pointing up and pulling fingers towards your body
- Transition to your finger pointing down and pulling hand towards your body
- Go through each hand 3 times in all positions, holding for 20 seconds each



Don't Delay the Care You Need

If you've been injured, are dealing with pain, or are unable to return to the level of activity you'd like, we can help. We offer personalized care to get to help reduce and get to the root of your pain and help build strength with prescribed exercises to help prevent future injury. Call one of the [MCR locations](#) nearest you to get started.

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Clinic News

Coming Soon: Newton and Sterling!

We have two new clinics opening in June! MCR Newton will be located at 29 Crafts St, Suite 507. MCR Sterling will be located at 50 Leominster Rd, #6. Both clinics currently offer physical therapy services with Bay State PT, but are thrilled to bring our multi-disciplinary approach to these two communities.

Saugus Now Open!

Don't forget, we now have MCR in the North Shore! Our Saugus clinic located at 600 Broadway offers an innovative and highly effective treatment called cold laser therapy. This kind of therapy allows the tissue to heal faster in the muscle, nerve, and skin, and is very beneficial to athletes! To learn more about cold laser therapy or other services we offer in Saugus, call (781) 746-6015!

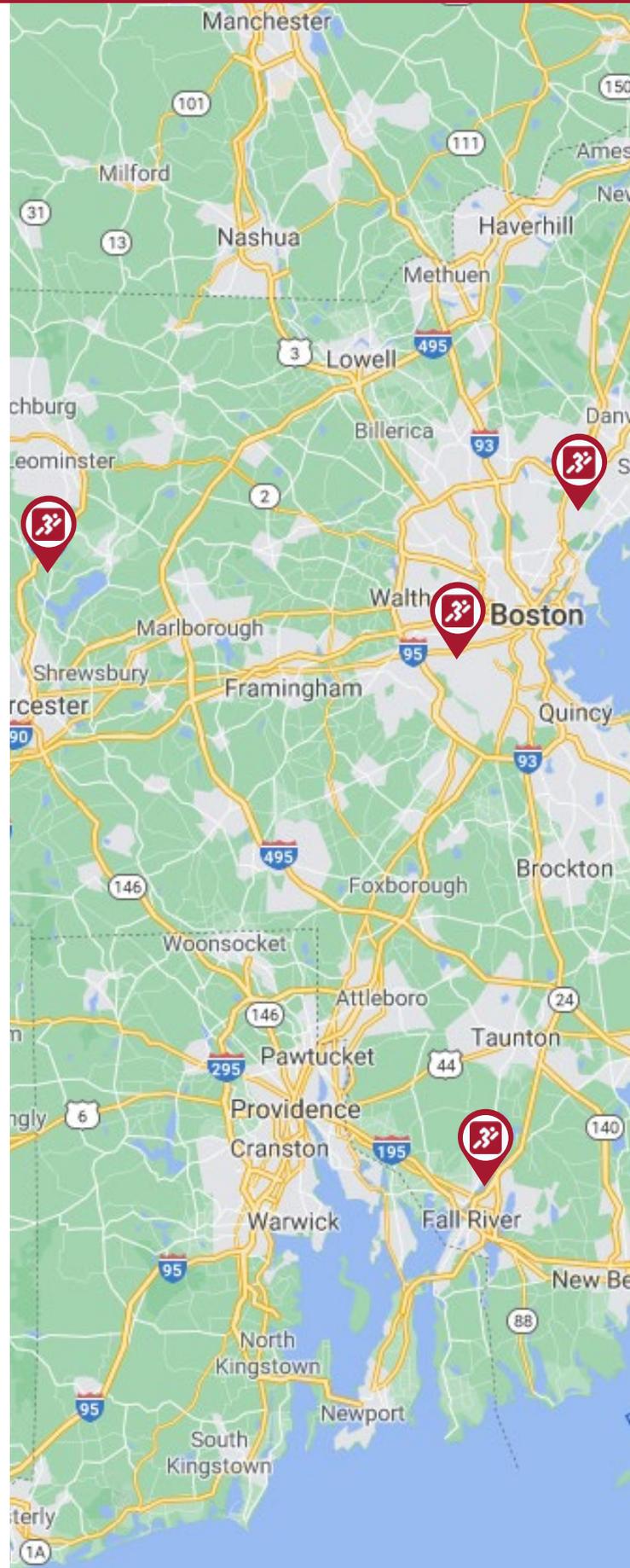


Don't forget about our new Fall River clinic!

Do you experience back pain during or after a workout? Dr. John Olson of MCR Fall River continues his exercise series with an exercise you can perform to test if your abdominal strength could be a reason for your back pain. Check out this video [here!](#)



We have some exciting things coming later this year! Make sure to follow [Instagram](#) and [Facebook](#) pages to follow the latest and greatest at MCR Chiropractic!



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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

16 CONVENIENT LOCATIONS NEAR YOU

Attleboro • Brockton • Dorchester • Fall River • **Newton** • **Sterling** • Norwell • Pembroke • Quincy • Raynham
Saugus • Somerset • Stoughton • Taunton • West Roxbury • Weymouth

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