

# BEAT THE HEAT AND KEEP MOVING



**MEET OUR PEDAL PARTNER**

HELLO MY NAME IS **Celia**

Age: 4 years old  
 Favorite Animal: Fox  
 Favorite Superhero: Gamora  
 Favorite Meal: Chicken Quesadilla  
 Favorite Sport: Horseback Riding  
 Dream Career: Ballerina Astronaut



Official Physical Therapy Partner



## INSIDE



**01 MAIN ARTICLE:**  
PMC: FUELED BY INSPIRATION



**04 EXERCISES OF THE MONTH:**  
MAKE A SPLASH WITH AQUATIC EXERCISES!



**06 SEASONAL TIPS:**  
COOL OFF AND GET FIT



**08 STAFF SPOTLIGHTS:**  
MEET THE PMC RIDING TEAM!

## PMC: FUELED BY INSPIRATION

Here at MCR Chiropractic, we believe whole-heartedly in the importance of supporting and encouraging the health and happiness of the communities where we live and work. 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.

We're proud of our sister company, Bay State Physical Therapy, for being the Official Physical Therapy Partner for PMC. They'll spend the weekend of August 6-7 providing health and wellness services to over 6,800 dedicated riders at various stops along the route. They also have a team of six cyclists that will ride together to show their support for this incredible cause.

**(CONTINUED ON PAGE 2)**



# FIND US WHERE YOU LIVE AND WORK

REQUEST AN APPOINTMENT



## MAIN ARTICLE

(CONTINUED FROM PAGE 1)



Steve Windwer, PT, DC

### WHAT IS THE PMC?

The PMC is a cycling event that raises money for cancer research and treatment, and 100% of every rider-raised dollar goes directly to Dana-Farber. It's the largest single contributor to Dana-Farber and raises more than 55% of The Jimmy Fund's annual revenue.

Last year, the PMC raised \$64 million. This year, they're looking to smash that record to raise \$66 million—and Bay State Physical Therapy can't wait to help in that effort!

### FIGHTING FOR A CURE

For the fifth consecutive year, Bay State Physical Therapy will be the Official Physical Therapy Partner of the PMC. Their team of clinicians will spend the weekend of August 6-7 providing exceptional health and wellness services to participants at various stops along the route. They also have a team of 6 cyclists that will ride together to help raise urgently needed funds for Dana-Farber and show their support for patients and families impacted by cancer.

"This is one of our favorite times of the year—a time where we can put aside our day-to-day business dealings to focus on making a positive impact on our community," says President and Chief Executive Officer, Steven Windwer, PT, DC. "We're thrilled to once again partner with the PMC for this event, and can't wait to help all the courageous participants, including our own riding team, cross the finish line."

Year after year, our Bay State Physical Therapy community heeds the call to support their partnership with PMC. In 2020, while participating in PMC Reimagined (a virtual reinvention of the traditional PMC), our riding team raised \$52,446! In 2021, their riding team raised \$58,434 and completed a hybrid ride, consisting of a 75-mile reimagined ride on Saturday August 7, and a 100-mile ride the very next day, totaling 175 miles for the weekend. This year their team has committed to ride PMC's 50-mile Wellesley route and are [aiming to raise \\$60,000!](#)

### WHY THEY RIDE

This year they have special motivation for our ride—and her name is Celia, their PMC Pedal Partner. The [Pedal Partner Program](#) offers an inspiring opportunity for pediatric oncology patients at Dana-Farber to connect with PMC riders who are cycling and raising funds in their honor.

Celia pictured with her mother (left) and her physical therapist Lexi Windwer, is a very sweet and active 4-year-old who was diagnosed with Acute Lymphoblastic Leukemia in October 2020. She's very special to the team—as she's currently receiving physical therapy treatment in our Braintree office by the team's very own Lexi Windwer, PT, DPT. Watch for their social posts by following [#cycleforcelia](#).



[Read About Celia](#)

(CONTINUED ON PAGE 3)

SCHEDULE AN EVALUATION

YOUR PARTNER IN HEALTH FOR AN ACTIVE LIFE

# FIND US WHERE YOU LIVE AND WORK

REQUEST AN APPOINTMENT



## MAIN ARTICLE

(CONTINUED FROM PAGE 2)

### MEET THE TEAM

The [2022 Bay State Physical Therapy PMC Riding Team](#) consists of six amazing individuals, each with their own unique reason for participating.

This year, Jenn McBride (Bay State Physical Therapy, Foxboro), Cara Gaziano (Bay State Physical Therapy, Weymouth), Lexi Windwer (Bay State Physical Therapy, Braintree), Erin Doherty (Bay State Corporate Resource Center), Sara Pesci (MVPT Marketing), and Jill Simon (Bay State Physical Therapy, Chelmsford) will saddle up to ride in honor and memory of friends, family, coworkers, and patients.

“Each year I’m in awe of our riding team. Not only do they commit to rigorous training to prepare for the PMC weekend, but they also set increasingly lofty fundraising goals,” says Windwer, PT, DC. “Last year’s team weathered many challenges, including a very dangerous crash weeks before PMC weekend, which resulted in two riders requiring immediate surgery. But on PMC weekend, the entire team came together to support one another.”

“I’m incredibly proud of them and our entire organization for their dedication and support of Dana-Farber and of our role as the Official Physical Therapy Partner of the PMC,” he continues. “We’re also incredibly appreciative of our Corporate Sponsors Calera Capital, Triangle Sign, and Practice Promotions for their support of our efforts. If you haven’t already [contributed to our team’s fundraising campaign](#), hopefully you’ll continue reading and get inspired to help them shatter their \$60,000 fundraising goal.”

**THANK YOU TO OUR  
2022 PAN-MASS CHALLENGE  
PLATINUM  
CORPORATE SPONSOR**

 **CALERA CAPITAL**


Official Physical Therapy Partner
 PAN-MASS CHALLENGE



### PMC WEEKEND 2022: THE RIDE

On Sunday, August 7, 2022, the team will participate in the Wellesley 50-mile route which starts and ends at Babson College. They’ll pass through many of the towns we serve, such as Needham, Westwood, Walpole, Foxboro, and Easton. If there’s a spot along the route that’s convenient to you, we encourage you to join us curbside to cheer on the riders!



If you can’t make it out, follow the team on our Instagram (@baystatept) and Facebook pages! Show your love and support by liking and commenting on our posts. If you capture PMC pictures along the route over the weekend, tag them (@baystatept) and use the hashtag #wePMCwithBSPT and #cycleforcelia to share your snapshots!

If you’d like to make a difference in the fight against cancer, please [consider a donation](#). Fundraising continues until October, so please consider supporting the team and this fantastic cause!



SCHEDULE AN EVALUATION

YOUR PARTNER IN HEALTH FOR AN ACTIVE LIFE

## FIND US WHERE YOU LIVE AND WORK

REQUEST AN APPOINTMENT



## EXERCISES OF THE MONTH

## MAKE A SPLASH WITH AQUATIC EXERCISES

Let's face it, August is hot—so it's the perfect time to go for a dip and get your exercise in at the same time! Whether you're out enjoying the pool, lake, or ocean waves, there are plenty of exercises you can perform that will challenge your body. Here are a few to get you started!

*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.*



### HELPFUL HINTS

Placing your arms and hands above the surface of the water will make these easier. For more of a challenge, place your arms at your sides with your hands submerged. Keep in mind that the motion of the water, which may be increased by other pool users, will increase the difficulty of this activity.



### FORWARD WALKING

**Why:** Targets lower extremities with a gentle warm-up in preparation for activity

- In waist-deep water, walk forward with a normal gait, with each foot passing the other during a full step
- Focus on taking full steps and maintaining your core to assist with balance
- Perform this activity in each direction for 1-2 minutes



### STANDING HIP FLEXION

**Why:** Strengthening exercise for hips, glutes, and low back

- Stand with a wall to your left side, using your left arm for support
- Lift your right leg while bending your right hip and knee to finish in a "marching" position
- Return to starting position
- Perform 2 sets of 10 repetitions on each leg
- Maintain good upright posture with your upper body (don't lean as you perform this activity)

(CONTINUED ON PAGE 5)

SCHEDULE AN  
EVALUATION



YOUR PARTNER IN HEALTH  
FOR AN ACTIVE LIFE

## FIND US WHERE YOU LIVE AND WORK

REQUEST AN APPOINTMENT



## EXERCISES OF THE MONTH

(CONTINUED FROM PAGE 4)

**SQUATS****Why:** Strengthen your lower extremities and your core

- Stand in chest-deep water with your feet shoulder-width apart
- Squat down into the water like you're going to sit in a chair
- Make sure your feet stay flat on the ground (don't let your heels come up)
- Try to go down as far as the water level will allow
- Use arms for support on the wall or a floatation device as needed
- For an added challenge, move to a shallower location of the pool (with less of your body submerged, you'll have more work)
- Perform 2 sets of 10 repetitions

**WALL PUSH UP****Why:** Upper body strengthening of your arms and shoulders

- Stand alongside the pool wall with both hands placed on the wall or railing
- Slowly bend your elbows out to the side, lowering your chest toward the pool wall
- Maintain a tight core and push your arms straight to return to the starting position
- For additional difficulty, move your legs farther from the wall
- Perform 2 sets of 10 repetitions

**BICYCLE WITH A NOODLE****Why:** Hip mobility and core activation

- Utilizing one or more floatation noodles placed under your arms, move your legs in a full cycling motion just like if you were pedaling a bike
- Try to maintain a tight core and limit your trunk motion throughout this activity
- Perform for 1-2 minutes

If you have questions or have trouble completing these exercises, contact your local [MCR Chiropractic](#) today.

SCHEDULE AN  
EVALUATION



**YOUR PARTNER IN HEALTH  
FOR AN ACTIVE LIFE**

## FIND US WHERE YOU LIVE AND WORK

[REQUEST AN APPOINTMENT](#)


### SEASONAL TIPS

## COOL OFF AND GET FIT

Aquatic exercise is the perfect solution to the 'dog days' of summer. In fact, [studies have found](#) that "water-based exercise can be beneficial for many people whose movement is limited by pain." Aquatic exercise is a safe and effective method for healing injuries, restoring patient confidence, and increasing mobility. It also feels great!

As we near the end of summer, we all want to make the most of our time by the pool, beach, or lake. But we often think doing so can shake us out of our fitness routine. Nothing could be further from the truth! Getting in the water is a great way to cool off during the hot summer days, and it can also be a great way to get some exercise.



## WATER EXERCISE IS FOR EVERYONE

The buoyancy of water provides a de-weighting effect, making it easier to move and improving flexibility. Aquatic exercise is a safe and effective method for healing injuries, restoring patient confidence, and increasing mobility. There are also many health conditions that benefit from water-based exercise, including:

- Arthritis or other joint pain
- Arthroscopic and joint surgery recovery
- Balance disorders
- Cerebral palsy
- Chronic pain
- Lower back pain
- Orthopedic and sports injuries
- Stress fractures
- Multiple sclerosis
- Rheumatoid arthritis
- Scoliosis
- Spinal cord injury

(CONTINUED ON PAGE 7)

SCHEDULE AN  
EVALUATION



YOUR PARTNER IN HEALTH  
FOR AN ACTIVE LIFE

## FIND US WHERE YOU LIVE AND WORK

[REQUEST AN APPOINTMENT](#)

## SEASONAL TIPS

(CONTINUED FROM PAGE 6)

### PREPARING FOR THE POOL

As with any new exercise program, it's a good idea to check with a member of your medical team, such as your chiropractor or primary care provider, to be sure pool exercise is safe for you. Once you are ready to start, keep these tips in mind!

- Water shoes will give you more traction on the pool floor
- Water level can be waist or chest high
- Use a Styrofoam noodle or floatation belt/vest to keep you afloat in deeper water
- Slower movements in the water will provide less resistance than faster movements
- You can use webbed water gloves, Styrofoam weights, inflated balls, or kickboards for increased resistance
- Never push your body through pain during any exercise
- You might not notice your sweat during pool exercises, but it's still important to drink plenty of water



### GET IN, THE WATER'S FINE!

Aquatic exercises provide a great, cool alternative to most land-based activities—and they'll help you make the most of your precious summer! To learn about some water exercises to get you moving, visit our [Exercises of the Month section](#).

SCHEDULE AN  
EVALUATION



**YOUR PARTNER IN HEALTH  
FOR AN ACTIVE LIFE**

# FIND US WHERE YOU LIVE AND WORK

REQUEST AN APPOINTMENT



## STAFF SPOTLIGHTS

### MEET OUR PMC RIDING TEAM AND LEARN WHAT FUELS THEIR RIDE

With only a few more days to go, our Bay State Physical Therapy PMC Riding Team is closing in on the big weekend of riding, fundraising, and camaraderie. Let's take another look at what inspires our team members to participate and what has been their favorite memory of previous PMC weekends.

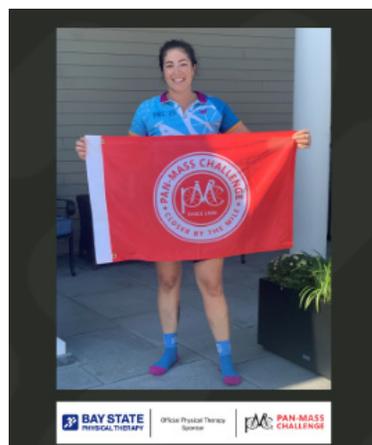


#### CARA GAZIANO, PT, DPT, PHYSICAL THERAPIST AT BAY STATE PHYSICAL THERAPY, WEYMOUTH:

"My sister, Andrea, lost her battle to Leukemia in 2006. My dad rode the PMC for years with his two brothers to raise money and give back to the Jimmy Fund. My mom, my brother, and I volunteered for 10 years as well at the Family Finish in Provincetown. My uncle Chuck, who rode the PMC for years and has always been one of my biggest supporters, passed away suddenly last year from a rare disease called Creutzfeldt-Jakob disease (CJD). This year I ride in memory of my sister Andrea and my Uncle Chuck. Every dollar I raise goes to the Andrea Gaziano Memorial Fund. This is a fund my parents set up in memory of my sister and the money goes directly to childhood cancer research."

##### PMC 2021: My Favorite Moment

"My favorite part about PMC weekend last year was seeing my teammates at each rest stop during the reimagined century ride. Unfortunately, due to a crash while training, I was unable to ride, but I loved seeing them at each stop. I also got goosebumps seeing them climb the last hill. I'm looking forward to being able to ride with them this year!"



#### LEXI WINDWER, PT, DPT, PHYSICAL THERAPIST AT BAY STATE PHYSICAL THERAPY, WEYMOUTH:

"This will be my third PMC ride. Since we did the PMC Reimagined in 2020, last year was the first time I got to experience the spectacular energy of the in-person event. I'm excited to see what this year brings. I ride for the individuals we've lost to cancer and those who are still fighting. What keeps me riding is thinking about how the money I'm raising could be what funds the research that finds the cure!"

##### PMC 2021: My Favorite Moment

"Having our staff at our water stops in 2021 was a real treat, especially when we hit the stop where Dave Smith, DC was waiting. It was so nice to have him there for a full adjustment and muscle work at the halfway point! The PMC experience is inspiring! It was such an amazing weekend riding with our team and seeing all the support!"

(CONTINUED ON PAGE 9)

SCHEDULE AN EVALUATION

YOUR PARTNER IN HEALTH FOR AN ACTIVE LIFE

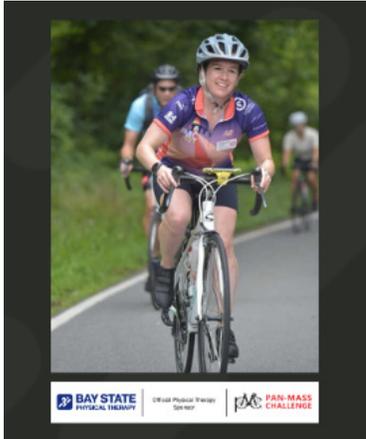
## FIND US WHERE YOU LIVE AND WORK

REQUEST AN APPOINTMENT



## STAFF SPOTLIGHTS

(CONTINUED FROM PAGE 8)


**JENN MCBRIDE, PT, DPT, OCS, CSCS, PHYSICAL THERAPIST AT BAY STATE PHYSICAL THERAPY, FOXBORO:**

"I'm riding in memory of my grandfather, Jack Shea, who lost his battle with Pancreatic cancer. I'm also riding in support of the countless family members, friends, and patients I know whose lives have been touched by cancer."

**PMC 2021: My Favorite Moment**

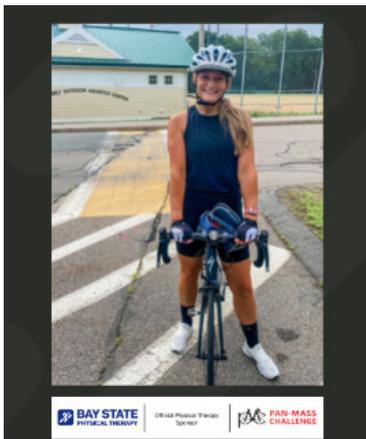
*"It was really great to see some of my former patients and familiar faces from the community come out to support us during last year's reimagined ride. I then got to experience my first in-person PMC event which blew me away. The camaraderie between the various PMC teams was awesome. I didn't expect to see so many people cheering from their driveways along the route. There was someone holding a poster that read, 'My husband is alive today because of you,' and seeing that while riding was so powerful and inspiring."*


**ERIN DOHERTY, MARKETING MANAGER AT BAY STATE PHYSICAL THERAPY'S CORPORATE RESOURCE CENTER:**

"The reason I joined our BSPT Riding Team and chose to participate in PMC is because I wanted to contribute to something bigger than myself. I ride to raise money to help fund cancer research and to show my support for all of those fighting the battle against cancer, as well as those who have lost their battles."

**PMC 2021: My Favorite Moment**

*"We rode the PMC Wellesley Century route last year, and being part of a ride with hundreds of riders was amazing. In true PMC spirit, we even had the pleasure to pick up an honorary team member, Bill. He was riding behind us for the first leg, and when we hit the next water stop, he asked if he could join us for the full ride because he enjoyed riding with our team. He's a cancer survivor and had been riding PMC for 7 years. It was incredible to hear his story! The century ride ends at Babson College, with the streets lined with PMC Pedal Partner photos and signs. It was really powerful, and I got emotional."*


**SARA PESCI, PHYSICIAN LIAISON AT MVPT PHYSICAL THERAPY (SISTER COMPANY OF BAY STATE PHYSICAL THERAPY):**

"The PMC is such a great cause, with 100% of all rider-raised funds going towards cancer research and treatment at Dana-Farber. Like many others, I have family members and friends who were impacted by cancer. Some unfortunately lost their battle, and others are survivors. I'm riding for all of them—those who have lost their battles, those who are survivors, and those currently in the fight for their lives!"

**PMC 2021: My Favorite Moment**

*"Due to a crash during a training ride, I wasn't able to ride with the team during the PMC weekend last year. While I was disappointed to miss out, I was able help the team at the water stops. The entire PMC experience was remarkable. Seeing so many people come together for a common cause of raising funds for Dana-Farber was truly something I will remember forever."*

(CONTINUED ON PAGE 10)

 SCHEDULE AN  
EVALUATION
 
**YOUR PARTNER IN HEALTH  
FOR AN ACTIVE LIFE**

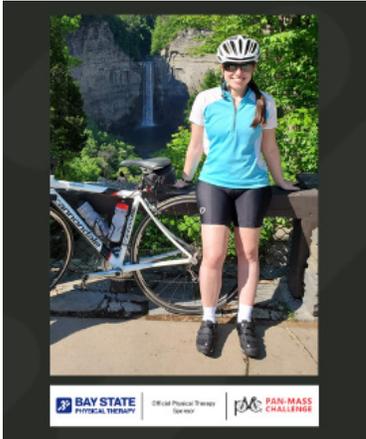
# FIND US WHERE YOU LIVE AND WORK

REQUEST AN APPOINTMENT



## STAFF SPOTLIGHTS

(CONTINUED FROM PAGE 9)



### JILL SIMON, PT, DPT, PHYSICAL THERAPIST AT BAY STATE PHYSICAL THERAPY, CHELMSFORD

"I am so excited to participate in my first PMC with the Bay State Physical Therapy Team! I ride in honor of family, friends, and former and current patients who have fought or are currently fighting cancer. Cancer never stops, so I am very proud to support a cause that goes directly to cancer research and finding a cure!"

#### First-time Rider: What I am Anticipating

"I have been hearing from so many people that this ride is unlike any other and that it is a very emotional and uplifting day. My fiance's supervisor is completing her 10th PMC this year, and she told me she has a headband she attaches to her helmet with ribbons for every family member and friend who has fought or is still fighting cancer, and I get the sense there are many others with similarly meaningful traditions. I am so excited to be a part of such a powerful experience and soak it all in."

## FUEL OUR FUNDRAISING: DONATE TODAY!

If you'd like to make a difference in the fight against cancer, please consider a donation and show of support to our Bay State Physical Therapy Pan-Mass Challenge Riding Team. Please visit their [fundraising page](#) to help fund a cure!



SCHEDULE AN EVALUATION



# YOUR PARTNER IN HEALTH FOR AN ACTIVE LIFE

# 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

