



## CELEBRATE HEALTH AND MOVEMENT



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### GIVE THEM THE BEST VERSION OF YOU

You always focus on everyone else. Driving your friends to the airport. Or helping them move. Getting the kids to soccer practice. Then piano lessons. Then the dance recital. Making sure you buy the perfect gift for everyone on your list.

You love your friends and family, and you love helping them lead healthy, happy lives. But did you ever consider the fact that taking time for yourself can actually benefit them as well?

You play an important role in the lives of those you love and care for. But, giving them the best version of you means you can't forget about the importance of addressing your own physical limitations and aches that get in the way of your optimal health.

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### MAIN ARTICLE

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#### SELF-CARE: IT'S NOT SELFISH, IT'S NECESSARY

When detailing the safety procedures on an airplane, what's one of the first things the pilot tells you? If oxygen masks are needed, always put on your own before helping others.

This sentiment often applies to daily life. If you take the time to fulfill your own needs, you'll be in a better position to help the ones you love. But during the holiday season, who has time to engage in a self-care routine?

It's actually easier than you think. And your chiropractor can help you develop a [self-care](#) plan (accounting for sleep, nutrition, stretching, physical exercise, and relaxation) that works around your schedule – no matter how busy it is!



#### Take Deep Breaths

We know this sounds simple, but research has proven that spending a few minutes focusing on your breath can truly relax you.

Can you spare 5 minutes? Good. Sit down and breathe deeply. Fill your lungs fully, exhale slowly, and repeat. Place all your attention on how each inhale and exhale feels. After a few minutes of these breathing exercises, you'll have more oxygen running through your body, allowing the body's natural relaxation response to kick in.

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#### PRACTICE MINDFULNESS

Mindfulness occurs when you focus all your attention on the present moment. This allows you to become fully engaged in your activities, improves your ability to accept adverse events, and contributes to an overall positive outlook on life.

Mindfulness has been scientifically proven to:

- Decrease stress, anxiety, and depression
- Increase happiness, problem-solving, and creativity
- Reduce the risk of heart disease, stroke, and cancer
- Improve energy, memory, and concentration

The best part? You can practice mindfulness anywhere. In the car. At the mall. At the dinner table. Not sure how to get started? Ask your chiropractor for step-by-step instructions on some mindfulness techniques that could work for you.



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## MAIN ARTICLE

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### Move in a Joyful Way

We all know the pressures surrounding “holiday weight gain.” This sometimes makes exercising during the holidays feel like a punishment to “work off” the decadent meals. But that negative connotation can make exercise seem overwhelming.

We’re here to tell you that exercise should never be a punishment. And in reality, you don’t have to do those high-intensity workouts to gain all the wonderful benefits of movement!

Go for a walk with your best friend. Toss the football around with your niece during half-time. Build a snowman in the front yard. Movement boosts endorphins and can clear your head—and there are so many enjoyable ways you can [be active to boost your mood](#) this holiday season.

And if pain or injury prevents you from being active, contact your chiropractor. They’ll get you set up with a tailored treatment plan so you can experience all the benefits of movement.



### Be Kind to Yourself

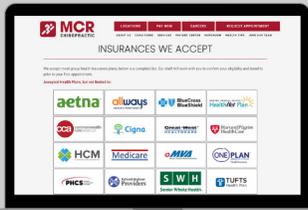
What do you love to do that re-energizes you? Reading? Riding your bike? Taking a bubble bath? Start to think of those things as necessary, rather than special treats. Remember—caring for yourself allows you to better take care of others.

## SELF-CARE GUIDED BY YOUR CHIROPRACTOR

The team at MCR Chiropractor is committed to helping you reach your full potential. Using a holistic approach, your chiropractor will help you build a self-care plan tailored to your unique needs.

As your partner in health, we encourage use of these techniques to combat the stressors of the holidays, refill the tank, and take care of you so you can take care of those you love!

To request an appointment at MCR Chiropractic, [click here](#) or [call your nearest location](#).



## Time is Running Out

### Use Your 2022 Insurance Benefits!

Visit our website to see what insurances we accept and to find a location near you!

[mcrchiro.com](http://mcrchiro.com)



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### SEASONAL TIPS

## RESOLVE TO SOLVE YOUR ACHES AND PAINS

2022 is nearly over and now is the time to start planning for what you want to conquer in 2023. So often we open a new year with resolutions for better health and enjoyment in life. What stops many people from achieving success is pain! This year, resolve to solve what limits your life with the help from MCR Chiropractic. As your partner in health, we can help you overcome longstanding pain, manage new aches, or prepare you for what might be on your bucket list in the year ahead.

## WHO CAN BENEFIT FROM WORKING WITH A CHIROPRACTOR?

As chiropractors, we are a [member of your healthcare team!](#) Our field of knowledge allows us to evaluate your current function and mobility, understand your barriers and limitations, and craft a care plan that positions you to achieve your maximum function.

### Athletes of All Levels

Of course, chiropractors are at the ready should you suffer a [sports-related injury](#). However, while many believe injuries are a natural part of athletics, working with a chiropractor can help prevent injuries from occurring. If you do sustain an injury, a chiropractor will be a crucial part of your rehabilitation and will work with you to [limit the chances of recurrence of your injury](#) in the future. Whether a part of a local [youth](#) sports association or a weekend warrior connecting for flag football, a chiropractor is a key teammate on your team.

### Workforce

Workplace injuries are extremely common in employees of all ages and abilities. With countless professions and job designations, each requires a wide range of physical demands, such as strength, endurance, flexibility, and coordination. Job duties, whether performed on an occasional, frequent, or constant basis, have lasting physical implications on the workers performing them.

Workers performing repetitive jobs, such as on an assembly line, may be susceptible to over-use injuries. Workers performing laborious activities may be more prone to musculoskeletal injuries and misalignments of their spine. Desk-bound employees may deal with significant hand, neck, or back pain due to improper workstation ergonomics. However you look at it, chiropractors possess special knowledge to keep workers functioning at their best.



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## SEASONAL TIPS

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**Adults 65 Years and Older**

According to the Centers for Disease Control, arthritis affects about 50% of all adults 65 years and older which can lead to pain and lower quality of life. Chiropractic care is a great tool to manage pain associated with arthritis or other degenerative diseases. While chiropractic care can provide great benefits for those who have been diagnosed with arthritis, it is also great for overall maintenance and preventative care. We can help prevent your pain from worsening and it may even slow the progression of arthritis. Movement is medicine and making sure the joints are moving properly is extremely important! It's what chiropractors are great at!

**Anyone Preparing for Surgery**

If your doctor has suggested that surgery can help to reduce pain and improved function, ask your chiropractor first. Seeking out a conservative approach is what is recommended by leading experts and chiropractic is at the head of the line for conservative musculoskeletal treatments, according to the [American College of Physicians](#). At worst, it may help you prepare better for surgery and your chiropractor can address any lingering questions about your procedure. At best, it might help you to take a more conservative route to a return to improved function and decreased pain and either prevent or delay surgery.

**Everyone!**

Whether or not you fit into the categories listed above, you will still benefit from chiropractic care! Not only does chiropractic care help resolve pain, but it also helps you live a healthy, active lifestyle. AT MCR Chiropractic, we take a holistic approach to your wellness, using evidence-based practices to help guide us. When you receive chiropractic adjustments to correct misalignments in your spine, not only will you be relieved of pain, but your entire body will be functioning at a higher level.

**SCHEDULE YOUR CARE**

Don't wait for a small ache or pain to result in a major disruption in your life. Call any [MCR Chiropractic location](#) to request an appointment.

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## EXERCISES OF THE MONTH



## RESTORATIVE YOGA FOR PEACE AND MOBILITY

No matter how well-intentioned we aim to be, the hectic pace of the holiday season can make attending to our physical and mental needs a challenge. Whether we're stationary in cars for family road trips, planted at a desk for work duties, or bustling around town trying to finish errands before closing time, we often place our needs last.

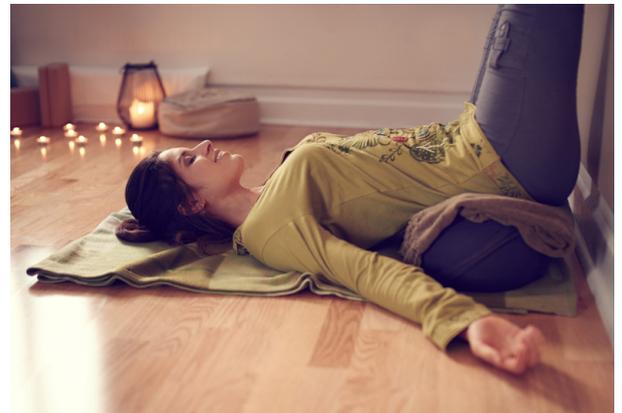
## WHAT IS RESTORATIVE YOGA?

**Restorative yoga** encourages physical, mental, and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness, and deep breathing. It does not require extensive equipment, can be done in a quiet spot within your house or apartment, and can help slow breathing, reduce blood pressure, and produce a feeling of calm and increased well-being. Just what you need to help you refocus on your health.

During this busy time of year, shake out those tight muscles with some yoga. We've compiled a list of restorative yoga poses that encourage physical, mental, and emotional relaxation. One of the key differences between restorative yoga and other forms of yoga is that when practicing restorative yoga, you do not contract your muscles. Your muscles will feel the gentle stretch of the positions, to release tension, focus on breathing, and feel a true sense of calm. Additional health benefits of restorative yoga include:

- Deeply relaxes the body
- Stills a busy mind
- Releases muscular tension, improving mobility and flexibility
- Improves capacity for healing and balancing
- Balances the nervous system
- Boosts the immune system
- Develops qualities of compassion and understanding toward others and self

The perfect recharge for a busy, motion-filled holiday season!



**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.**



## SUKHASANA (SEATED PRAYER HANDS)

- Begin seated in a comfortable position on the ground or on your yoga mat
- Cross your legs so your knees stack over your feet
- Sit directly on top of your sitting bones, so the bowl of the pelvis is upright, neither spilling forward nor backwards
- Press down firmly with your sitting bones to elongate the spine, lifting and opening your chest
- Bring your hands together in front of your heart, palms pressing together
- Once you're comfortable in this position, engage your shoulder blades by pulling them together and back, further opening your chest
- Maintain this heart-opening position for 10 deep inhales and exhailes

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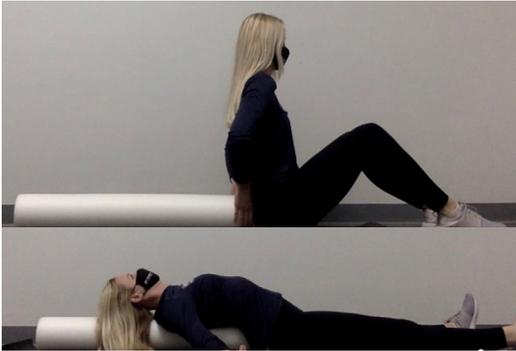
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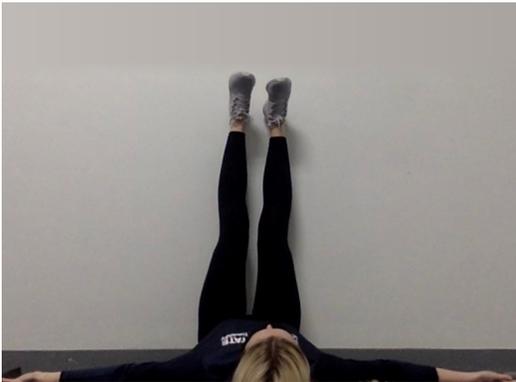
## EXERCISES OF THE MONTH

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### SAVASANA (CORPSE POSE)

- Use a towel or light blanket and roll it vertically so you have a long roll
- Sit comfortably on the ground and place the towel at the base of the tailbone so it's perpendicular to your pelvis, but parallel to your spine if you were to lay down
- Lay down over the towel so it supports your spine from the base all the way to the top of your head, passing between your shoulder blades
- Let your arms fall out wide to each side (your body should form the shape of a "T"), feeling a stretch across the front of your chest
- Maintain this heart-opening position for 10 deep inhales and exhales



### VIPARITA KARANI (LEGS-UP-THE-WALL POSE)

- Start seated sideways on the ground next to a wall with your legs long, about 5 to 6 inches away from the wall
- Exhale and, with one smooth movement, swing your legs up onto the wall, with your shoulders and head lightly down onto the floor
- If keeping your legs straight in this position is too aggressive of a stretch, bend the knees slightly and straighten bit by bit according to your comfort level
- Your pelvis should remain in a neutral position, with no excess arch in your lower back, and your core should remain engaged
- Maintain this position for 10 deep inhales and exhales



### MARJARYASANA-BITILASANA (CAT-COW FLOW)

- Begin in a tabletop position with both hands and knees on the ground
- Your knees should be aligned directly below your hips, and your hands should be aligned directly under your shoulders
- Your spine should begin in a neutral position
- With an inhale, drop your belly toward the ground beneath you, achieving an upward curve in your spine (this is the cow portion of the flow)
- With the next exhale, move back up through a neutral spine position and into an arched position, allowing your spine to curve downward (picture a black cat on Halloween)
- Continue to cycle through these movements with your natural breath: cow pose on the inhale, cat pose on the exhale
- Maintain this flow for 10 inhales and exhales



To schedule an appointment, contact your nearest MCR Chiropractic office or [submit an appointment request form](#).

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## A LOOK BACK

### HELPING PATIENTS AND COMMUNITIES

At MCR Chiropractic, we are dedicated to the health and well-being of our patients, throughout their entire lifetime. Our goal is simple, we want to help people live their lives to their fullest potential. We do this by caring for the 'whole person' and enlisting them in their own care. How do we do this? To do so, we provide ongoing support and education to help patients address not just their immediate symptoms but the underlying conditions that brought them to us. We are committed to practicing at the cutting edge of innovations.

Meet Our Chiropractors



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## A LOOK BACK

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### WE MAKE IT EASIER TO RECEIVE THE BEST CARE POSSIBLE

Our goal is to remove obstacles that get in the way of delivering and receiving the best care possible. For patients, this means accessing our clinics and providers is easy and convenient, with the path to wellness simplified and customized to meet their needs.

### WORKING TO BUILD HEALTHIER COMMUNITIES

We aim to invest in patients and the communities we share with them to empower them for a lifetime of health and wellness. We encourage teamwork within our clinics to provide the best care for patients, meaning every member of our team contributes to a patient journey. We also support local charities and events that promote health and well-being and embrace diversity knowing that our differences strengthen all of us.



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#### PUTTING YOU AT THE CENTER OF CARE

Our chiropractors work hard to ensure that each patient understands their care plan is uniquely tailored to meet their needs. During the evaluation appointment, short and long-term achievable goals are identified, with each appointment thereafter serving as a building block toward maintaining your health long term. As a member of your care team, we collaborate with your other medical providers such as your primary care physician, specialists, or your Bay State Physical Therapists that we share a clinic with to ensure that we are all working in alignment for the MVP of the team- you!

**"Big thank you to Dr. G for alleviating my back pain. All the staff are super professional and they get you in and out very quickly which is great if you're short on time. Also, the staff are very accommodating when it comes to rescheduling appointments. Again thank you Dr. G and MCR!"**

**-Rachael, patient of Frank Gilson, DC**

**"Chiropractor Jackie Hansen DC listens very well and her explanations of the procedures eased my concerns. Also her calm, gentle approach during the procedures has contributed to my overall improvement."**

**-Laura, Patient of Jackie Hansen, DC**

**"MCR Chiropractic is the best place I have ever received treatment. They will work with you and the ladies at the front desk is are very nice. I have treated with Dr. Doty twice and he is very totally awesome and provides the treatment you need to help you feel and stay great!!!"**

**-Keisha, Patient of Josh Doty, DC**

**"I've been dealing with a back injury for 30 years and when I walked into my 1st appointment I knew I was in good hands. I'm treated like I'm the most important person in the world. I'm treated with understanding for the pain I'm in and treated with kindness every time."**

**-Shelly, Patient of Cuisle Kierans, DC**

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## PREVENT INJURIES & STAY IN THE ACTION WITH THE INJURY PREVENTION EXPERTS

Regardless of age or ability, proactive attention to mobility and strength can help prepare athletes for the rigors of sport. If an injury does occur, timely access to care is vital.

### Common Sport-Related Injuries We Treat

- Concussions
- Knee Injuries
- Low back pain
- Muscle strains and sprains
- Neck pain
- Shoulder injuries
- Sciatica
- Tendonitis

Whether there is an existing injury or underlying weakness that can lead to injury, our team is here to keep your athlete safe all year long.

Contact any MCR Chiropractic location to learn more!



## 19 CONVENIENT LOCATIONS NEAR YOU

Attleboro • Braintree • Brockton • Dorchester • Fall River • Newton • Norwell • Pembroke • Quincy • Raynham • Saugus • Somerset • Stoughton • Taunton • Walpole • Westwood • West Roxbury • Weymouth • Wrentham

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