

# PREPARATION PAYS OFF!



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## PREVENTIVE CHIROPRACTIC: PREPARE TO PLAY

What's the first thing that comes to mind when you think of chiropractic? Probably rehabilitation. You play. You get injured. You get help to recover. While that's a smart course of action—and one that yields excellent results—what if you could prevent the injury from happening in the first place? That would mean more time on the field. More shots on the court. More victory laps around the bases.

Chiropractic care can make that happen. Through careful examination of the physical demands placed on athletes, chiropractors can proactively work with players to reduce the chance of common injuries.

## RIGHTING WRONGS, THE CHIRO WAY

Chiropractors are specially trained to understand the unique demands each sport places on the body. Combining this knowledge with their expertise of the musculoskeletal system, they can examine your body to identify any physical limitations that may put you at risk for injury—such as spinal misalignments, muscle imbalances, or pre-existing injuries and conditions.

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## MAIN ARTICLE

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### Spinal Adjustments

Your spine serves as the neural pathway that allows your brain to send signals to every part of your body. When your spine is out of alignment, those signals are thrown off course or interrupted. This can compromise your tissue health, your body's ability to heal itself, and your coordination. All this combined puts you at a higher risk for injury on and off the field.

During a spinal adjustment, a chiropractor will use a gentle thrusting technique to restore movement to the spine and the restricted joints that may be causing an issue. This will realign the vertebrae, stimulate the nervous system, stretch soft tissues, and reduce inflammation, muscle tension, and pain. When the spine is properly aligned, nerve flow is restored, allowing your body to move properly which reduces the risk of injury.

Even if you're not in pain, it can be a good idea to visit a chiropractor for a check-up. Sometimes, you might not even know your spine is out of alignment. But if you don't address it, you could start to develop symptoms that could have been prevented with regular chiropractic care, such as pain, discomfort, stiffness, and lack of energy.



### Exercises to Improve Range of Motion

Your chiropractor can provide manual manipulations to increase your mobility and prescribe exercises that will help in this effort. An improvement in range of motion can reduce the risk of injury because it's then easier for your body to perform as expected. Instead of reaching for that once-in-a-lifetime catch and pulling your shoulder muscle, you'll be able to reach out with ease due to a higher range of motion.



### Boost Your Energy

Exhaustion on the field can lead to costly mistakes—ones that could cause injury. Using a holistic approach to healthcare, your chiropractor will look at your entire life—your body, emotional health, and nutrition—to see if any improvements can be made.

Spinal manipulation can jump-start your central nervous system, allowing the nerves to flow more freely than before. This alone can do wonders for your energy levels. However, if that's not enough, chiropractors can offer nutrition and mental wellness practices that can reduce fatigue—allowing you to remain sharp on the field, which can further reduce the risk of injury.

### Treat Existing Injuries

Unfortunately, having one injury makes you more susceptible to developing additional injuries. Your body might overcompensate on one area trying to protect your injured area, which can lead to aches and pains outside of your injured area. Your chiropractor will identify and treat your existing injury to ensure you're always operating at peak performance.

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### MAIN ARTICLE

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[MCR Chiropractic is the Official Chiropractic Partner of the Massachusetts Youth Soccer Association.](#) With injury prevention at the core of this partnership, our clinics work closely with the local town affiliate programs to assessments of athletes before injuries occur and provide guidance on stretches and exercises the athletes can be doing to reduce the likelihood of injuries getting in their way of a great season.

### CHOOSE WISELY. CHOOSE CHIRO FIRST.

The preventive care given by chiropractors might not just save you from injury—it might save you a few bucks too.

In fact, based on the 2017 Gallup-Palmer Chiropractic Annual Report, the general out-of-pocket cost for chiropractic care is lower than the cost of an MRI. In addition, [one study](#) showed that seeing a chiropractor before seeking surgical procedures reduced the odds of having spinal surgery from 42.7% to 1.5%. That can add up to significant savings, and would protect you from the potential side effects and long recovery time associated with surgery.



### Seeking Additional Care

It can be difficult to understand whether your pain or injury requires the expertise of a specialist. We can help with that, too. Your chiropractor will take a holistic look at your body and identify the root cause of the issue. They'll help you understand the scope of the injury and whether additional care is necessary.

If your condition requires further medical attention, they'll refer you to a trusted specialist. But their work doesn't stop there. They'll continue to coordinate with your specialist to keep up to date on your condition. Based on your progress, they'll continue to design tailored programs in tandem with your physician's recommendations to speed up your recovery.

### BEFORE. DURING. AFTER. ALWAYS HERE FOR YOU.

You might be focused on your next game or match—but we're focused on you. Everyone has different alignment issues, muscle imbalances, and range of motion. You might not recognize issues that could cause injury, but your chiropractor can spot them quickly and make adjustments to keep you playing longer and stronger.

But if injuries happen—and they do happen—you can count on us to get you back on the field as quickly as possible. From preventive measures, to ongoing treatment, to rehabilitation, you can count on your chiropractor to help keep you fit, active, and healthy.



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### SEASONAL TIPS

## CARE FOR EVERY MEMBER OF YOUR FAMILY

### PREVENTIVE CARE ISN'T JUST FOR ATHLETES!

We spoke a lot about how chiropractic care can prevent injuries in sport. But that's not even the half of it. No matter what stage of life you're in, a chiropractor can help you proactively improve your health and prevent injury.

### CHILDHOOD

A child's formative years are a crucial time to ensure they're primed to function independently, remain active, and 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 build a tailored program to address and prevent:

- Acid reflux
- Chronic Ear Infections
- Colic
- Nursing Dysfunction
- Plagiocephaly
- Sleep issues
- Torticollis

### ADULTHOOD

Unfortunately, adulthood often comes with some aches and pains you didn't have to deal with when you were younger. It happens. But it doesn't have to last.

### Ease Chronic Pain

Pain can become chronic when the cause of the initial pain isn't recognized or treated as a problem. Basically, if you ignore your pain and allow it to continue untreated, the prolonged pain can cause a disconnect between the brain and body. Your body might accidentally trick your brain into thinking it's hurt all the time. With innovative techniques, manipulations, stretches, and education, chiropractic care will give you the tools and care you need to fight your pain before it becomes chronic.



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## SEASONAL TIPS

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### Avoid Surgery When Possible

Many people suffer from lower back pain and choose to undergo surgery to remediate the situation. However, based on the positive results seen in patients undergoing chiropractic care, the Journal of the American Medical Association (JAMA) has suggested that patients seek chiropractic and other conservative treatments to manage their back pain before seeking invasive treatments such as surgery.

In fact, the success rate of patients using chiropractic as a first-line method of treatment is so high, that many health plans (such as the University of Pittsburgh Medical School) now mandate a course of manipulation (such as chiropractic) for back pain before authorizing surgical intervention.

### Surgery Needed? Prepare Before and Recover Faster.

Sometimes, surgery is the only answer—and that's ok! Engaging chiropractic prior to surgery can significantly improve your recovery process, as certain adjustments and techniques will prepare your body to handle surgical side effects such as pain, inflammation, and decreased strength.



### THE GOLDEN YEARS

Chiropractors can give you the proper training and education to encourage safety and independence.

At this age, balance and stability are key to preventing falls and injuries. Chiropractors can benchmark the needs of this older generation of adults versus their peers or patients of a younger age. This will allow the chiropractor to determine specific thresholds related to fall, injury, or disability risk. Once these areas of risk are identified with an individual patient, they're able to preemptively adjust the spine to improve flexibility to increase balance and reduce the risk of fall.

### MCR CHIROPRACTIC - YOUR PARTNER IN HEALTH

If you could take steps to prevent issues and injuries before they happen, why wouldn't you? Whether it's aligning your back to help you pick up your toddler or keeping your body in tip-top shape to help you live independently longer, at MCR Chiropractic, your treatment is a partnership. We'll work with you through every stage of life to make sure your body is primed for whatever comes next.



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## EXERCISES OF THE MONTH

## GET READY TO PLAY!

You don't have to be an athlete to prepare your body for your favorite recreational activities. Whether you play rec softball, coach your child's basketball team, or prefer to head out for leisurely walks with your neighbors, these exercises can help you strengthen important muscles to protect your joints and keep you moving at your best. This month, we've provided some exercises to help prepare you for your next big adventure.

**Check with your chiropractor first if you have any questions or concerns when performing these exercises. We recommend doing these exercises in a safe and comfortable setting.**



## CLAMSHELL

## What is it?

Hip strengthening exercise for your gluteus muscles that provides a more stable base for your knees and ankles while walking, standing, and doing stairs

## How to do it!

- Lay on your side with your hips stacked tall
- Bend your knees slightly with your feet aligned with your buttocks
- Keep your feet together and lift your top knee up, then lower your knee back down in a slow and controlled motion
- Perform 3 sets of 10 repetitions and repeat on the other side
- Optional: For an added challenge, tie a resistance band just above your knees



## AIR SQUAT

## What is it?

Functional strengthening targeting lower extremity muscles including glutes, hip abductors and adductors, quadriceps, and hamstrings

## How to do it!

- Stand with your legs hip-width apart
- Keep your chest up and shift your weight back onto your heels like you're going into a sitting position
- Keep your knees behind your toes and sit your hips backward while allowing your knees to bend
- Return to the starting position
- Perform 3 sets of 10 repetitions



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## EXERCISES OF THE MONTH

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**PLANK****What is it?**

Core exercise that helps strengthen abdominal and back muscles to promote balance and stability

**How to do it!**

- Start with your forearms on the floor and your feet hip-width apart (on your toes)
- Make sure your elbows are in line with your shoulders
- Brace your core muscles and tuck your hips underneath you to maintain a straight spine
- Hold for 10 seconds to start, working up to 30 second holds
- Repeat 5 times

**BRIDGE****What is it?**

Lower extremity exercise that targets glute muscles and hamstrings

**How to do it!**

- Lay on your back with your knees bent, placing your hands by your sides
- Squeeze your glutes and lift your hips upwards without extending your back
- Slowly lower your hips back to the floor and repeat
- Perform 3 sets of 10 repetitions

**SINGLE LEG STANCE WITH TOE TAPS****What is it?**

Balance exercise that assists with proprioception and postural control of the body to prevent falls and improve stability during dynamic movements

**How to do it!**

- Stand next to a stable surface, such as a counter or chair (to use for support if you lose your balance)
- Stand on one leg
- Lift the opposite leg off the floor and slowly reach forward to tap the floor in front of you, then out to the side, then backward
- Repeat the circuit 10 times, then repeat on opposite side



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## STAFF SPOTLIGHT

### SPENCER HACKETT, DC CHIROPRACTOR OF MCR WEYMOUTH

Dr. Hackett has had a passion for health and wellness for as long as he can remember, as he is the son of two Doctors of Chiropractic! A native of Cheshire, Connecticut, Dr. Hackett grew up playing sports of all kinds before deciding to continue his athletic career by playing lacrosse at Sacred Heart University in Fairfield, Connecticut. There, he studied pre-med/pre-physical therapy with a focus on exercise science, biomechanics, and physiology.

After graduation and with the conclusion of his competitive athletic years, Dr. Hackett's health and wellness focus shifted to the fields of longevity and prevention. His belief that health span (the number of years a person lives with full function) should be as, if not more important, than lifespan (how long a person lives). By combining all aspects of preventative health including nutrition, exercise, sleep, and chiropractic care with great patient education, Dr. Hackett hopes to achieve freedom of disease, injury, and stress for his patients.

During one of his internships during chiropractor school, Dr. Hackett completed a 12-week clinical rotation at the Community Health Center in Stamford, CT. There, he worked closely with young patients, pregnancy patients, and post-pregnancy patients through OB/GYN doctors' referrals to decrease pain in these patients without drugs or surgery.

Dr. Hackett has also extensive experience working as both a spinal and extremities rehab specialist at Modern Health and Wellness in Hamden, CT. While working there, he helped patients of all ages and all levels of athletics heal from musculoskeletal conditions, including but not limited to, lumbar disc herniations, frozen shoulder, plantar fasciitis, and acute sporting injuries. He worked with other doctors to develop rehabilitation exercise programs to fit the goals of each of his patients and to transition them to a life of fitness and improved movement.

In his free time, Dr. Hackett enjoys resistance training, golfing, and cooking. He also enjoys staying up to date on the most current literature on both exercise and nutrition as well as exploring the greater Boston area with friends and family.



Meet more of our staff by  
visiting our website!  
[mcrchiro.com](http://mcrchiro.com)



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## CLINIC NEWS

### 2022 PAN-MASS CHALLENGE WEEKEND

The 43rd Pan-Mass Challenge weekend has come to an end. Congratulations to all the riders and especially the Bay State Physical Therapy Riding Team. We are so proud of you all and appreciate all the hard work you put in to raise money for Dana-Farber Cancer Research.

A special shoutout to Bay State Physical Therapy's Pedal Partner, Celia, for being such an inspiration to us all and cheering on the BSPT Riding Team throughout their ride. Thank you to all the volunteers for supporting the riders and braving the heat. PMC wouldn't be the same without you!

Thank you to all who have donated to our fundraising efforts. If you haven't had the chance to donate to the Pan-Mass Challenge, there is still time as fundraising continues until October 1st!

Donate Today!



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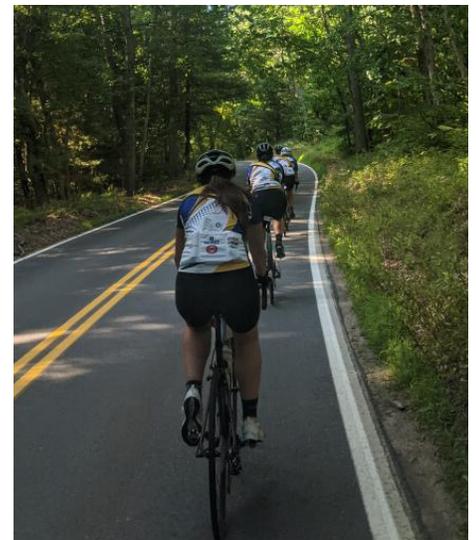
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## PREVENT INJURIES & STAY IN THE ACTION WITH THE INJURY PREVENTION EXPERTS

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

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