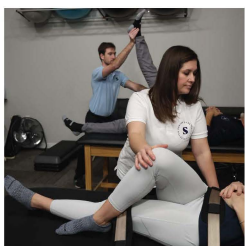
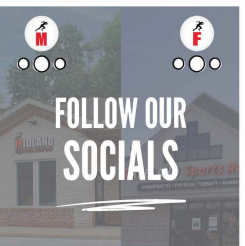




Professional Level Care
PG. 1



Becoming The Best Version Of Yourself
PG. 2



We Are Coming To Your Office
PG. 3

Good Things In Store
PG. 4

Follow Our Socials
PG. 5

Visit Our Partners
PG. 6



THE MSR METHOD

After years of experience working with professional sports teams and elite athletes, our doctors noticed one key to health, recovery, and maximizing physical wellness- daily comprehensive care and treatment. In this month's newsletter, learn how our team of doctors adopted principles observed in elite athletics, creating a unique method known as the "MSR Method."

MAY NEWSLETTER

Providing Professional Level Care

Becoming The Best Version Of Yourself Every Single Day

May 2024 Monthly Email/Newsletter from Midland Sports Rehab, Freeland Sports Rehab and the Stretch Center.

Elite Recovery

At Midland & Freeland Sports Rehab, our doctors have had the privilege of working closely with some of the most elite athletes and professional sports teams. Through these experiences, they've gained invaluable insights into the world of athletics, particularly in understanding the importance of health, wellness, and recovery. They've observed firsthand how elite athletes prioritize their well-being, not just during training sessions or games, but in their daily routines. Rather than only receiving care in the event of an injury, these elite athletes invest in their health and recovery by getting treatment every single day. By getting daily adjustments, massages, and stretches from their team of doctors, these athletes are constantly maintaining their peak physical condition, allowing them to compete to the best of their ability every single day.

The MSR Method

After working with the most elite athletes in the world, our very own Dr. Jeff Berard questioned why this incredibly successful maintenance and recovery method was not offered to everyday people. Enter the MSR method - a comprehensive approach to health and wellness that embodies the principles observed in elite athletics. At Midland & Freeland Sports Rehab, we incorporate this method to provide all-encompassing care to support every aspect of your health. Whether you're an elite athlete or simply someone who wants to feel their best, the MSR method is tailored to meet your needs. From chiropractic care to massage therapy, assisted stretching, physical therapy, acupuncture and more, we offer a range of services designed to optimize your physical well-being. Plus, our team of experienced professionals works together to develop personalized treatment plans that address your specific concerns and goals, mirroring the approach taken by training and recovery staff in professional sports teams.

"Whether you're an elite athlete or simply someone who wants to feel their best, the MSR method is tailored to meet your needs"

At Midland and Freeland Sports Rehab, we offer elite-level care so you can invest in the best version of yourself. The importance of the MSR method and comprehensive care cannot be overstated. It's not just about treating symptoms as they present themselves; it's about addressing the underlying causes of issues and promoting overall wellness every single day. By taking a proactive approach to health, individuals can prevent injuries, alleviate pain, and improve performance. At Midland and Freeland Sports Rehab, we are dedicated to doing everything we can to provide the care you need all under one roof so you can maximize your physical well-being and live a higher quality of life. Schedule an appointment with one of our clinics today to take the first step towards the best version of yourself.

**"maximize your
physical well-being
and live a higher
quality of life"**

A Note From Dr. Jeff Berard...

"We believe that everyone deserves access to the same comprehensive proactive care that elite athletes receive daily. That's the essence of the MSR method. When you visit our facility, you'll be met by one of our skilled providers who will start with a safe, gentle alignment of your joints. This is followed by precise manual therapy to address any problem areas. Helping you sleep better, perform better, and reduce aches and pains. Each visit ends with a 30 minute stretch session where you can unwind while a stretch therapist customizes your flexibility routine, easing stiffness and enhancing flexibility."



We Are Coming To Your Office!

Bring Stretch Center to your workplace for free assisted stretch sessions and/or educational wellness talks!

Assisted Stretching

Our certified Stretch Therapist utilize a proprietary technique to enhance flexibility, improve range of motion, increase circulation, manage pain, and improve posture. Unlike solo stretching where an individual relies solely on their own efforts, assisted stretching involves the assistance of a Stretch Therapist who understands the subtle differences between tissues causing restrictions, giving you a better and more effective stretch.

Company Stretch Events

Our company stretch events are intended to promote employee health and well-being. We recognize the physical toll that work can exert, whether you're at a desk or engaged in physically demanding tasks. That's why we offer the convenience of on-site stretch events where our experienced professionals will come to your office to provide employees with rejuvenating 20-minute stretch sessions. To ensure a seamless and personalized experience, we distribute a pre-event schedule, enabling employees to handpick their ideal stretch time slots. Then, on the day of the event, all that's left for you to do is sit back, relax, and get stretched! These events work great for company wellness days and/or employee appreciation days!

Contact us for more information and to set up an event today!



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freelandsportsrehab.com

GOOD THINGS IN STORE

Free Youth Injury Screens:

We offer FREE injury screens for children aged 6-18 years old. These screens typically involve a series of tests and evaluations aimed at identifying any weaknesses, imbalances, or predispositions to injury in the musculoskeletal system. By conducting these test, professionals can tailor training programs and rehabilitation efforts to help treat your athlete and get them back into their sport.

Midlandsportsrehab.com



FREE Injury Screens

Ages 6-18



Visit our website!

EVENTS & HAPPENINGS

The Tri-City area houses several places that allow us to get active within the community.

Midland Area:

Floyd 5K

- May 17th: 7pm-9pm, 1015 W. Chippewa River Road

Dow Run Walk

- June 1st: 7:30-10:30am, Greater Midland Community Center

Freeland Area:

Grit Your Grief Races

May 18th: 9am-12pm, MBS International Airport

Bay City:

Bay City Memorial Run Events

- May 18th: 9am-12pm, Veterans Memorial Park



CALL TO BOOK AN APPOINTMENT!



We are offering
Massage Therapy
on Saturdays! Call
to book an
appointment.



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bitly

FACEBOOK



bitly

INSTAGRAM

Visit Our Partners



GREATER MIDLAND
TENNIS
CENTER



SENIOR SERVICES
Embrace Your Age

X
X
X
X



TRI-STAR
TRUST

April Showers Brings May Races!

Children's Grief Center of the Great Lakes Bay Region

4th
Annual



May 18th
Virtual 5K
May 18-31st



All proceeds go directly to support grieving children, teens and their families
in the Great Lakes Bay Region

