



**Maccio
Physical
Therapy**

NEWSLETTER

CELEBRATING 36 YEARS OF EXCELLENCE IN SPINAL CARE:
*THE CAPITAL REGION'S ONLY CERTIFIED MCKENZIE SPINE
AND EXTREMITY CLINIC*



**IS BACK PAIN
SLOWING YOU DOWN?**

*Maccio Physical Therapy
Can Help!*

INSIDE:

- Greta, Wills, & Fritz's Corner
- May Workshop
- Patient Success Story



IS BACK PAIN SLOWING YOU DOWN? *Maccio Physical Therapy Can Help!*

Back pain can cause you to limit your activities or stop enjoying the things you once loved. It can affect up to 80% of the population at some time in their life. Some studies suggest that up to 90% of low back pain (LBP) diagnoses are non-specific.

This means that not only do people suffer from back pain, but the exact cause may be difficult to identify. For some people, when left untreated, lower back pain can even lead to long-term pain, dysfunction, and even nerve damage.

The pain itself can hinder your ability to reach, lean, kneel, lift, or bend. It can also hinder your time spent with friends and family. The good news is that with guidance from Maccio PT, you can find solutions to your pain and how to manage it, so you can get back to living the life you enjoy!

What We Know About the Causes of Back Pain

Mechanical low back pain starts in and around the spine itself. The source of the pain comes from the back but we can feel the symptoms in the back, hips, leg(s), or even the feet. The symptoms can affect how we move our legs, affecting surrounding muscles and soft tissue.

The contributing factors often associated with back pain are:

- Improper posture or prolonged positions (i.e. prolonged sitting)
- Spinal muscle and tissue irritation (i.e. lifting strains or trauma from accidents)
- Limited hip, spine, and pelvis mobility

SAY GOODBYE TO BACK PAIN WITH MACCIO PT!

- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka “core” weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e. compensations due to injury)

A lot of people don't seek treatment when back pain arises. They might assume nothing—except for medication and rest—can solve their back pain problem. There is little to no evidence of the benefits of acetaminophen, skeletal muscle relaxants, and lidocaine patches in the treatment of chronic low back pain. Additionally, the best evidence-based guidance encourages gentle movement, not bed rest. Maccio PT can help you find the safest movements and stretches, individualized to your specific pain and concerns.

Physical Therapy Is an Effective Back Pain Solution!

You're in luck! Maccio PT has been helping the Capital Region control its back pain for 36 years. If we have helped you or a loved one with a different pain in the past, we can do the same for your back pain.

According to research on back pain, physical therapy treatments are effective for acute and chronic conditions. Physical therapy treatments for back pain include techniques like the McKenzie Method and posture correction, manual therapy, joint mobilization manipulation, exercise instruction, and education. These have all been proven to help alleviate pain and restore function.

At Maccio PT, we will assess your particular condition to identify the contributing factors and address ALL of them. Rather than focusing on one cause of your pain, your physical therapist will address all of the causes.

We are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

Back Pain Prevention

A little prevention goes a long way. If you want to avoid future back pain, you can make sure you're being good to your back.

Limit Sitting For Too Long

Prolonged sitting is not good for your back or your overall health. Although adjusting your posture while sitting can be helpful, a more effective option is to stand up periodically throughout the day.

Limit your sitting to 30-45 minutes at a time. The results will be noticeable!

Use Good Posture

Our spine is designed to move which means our posture should also move. The spine does not like to remain in any one position for extended times. Most people slouch and then hold that position for extended periods of time. By finding a “good” posture you can counteract the slouch.

When you're standing, imagine your chest bone is lifted towards the sky. This will naturally cause your spine to straighten out — lifting you up — keeping your hips, spine, shoulders, and neck aligned.

Use Strength Training

Your body has hundreds of muscles. These muscles protect and control your spine. Train the muscles of your hips, pelvis, and spine — your core muscles. If you are having pain or stiffness, it is not recommended to perform strengthening exercises until these other issues have been addressed.

Call our clinic today

Visit Maccio PT for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you have a history of back injuries, pain, or minor aches, don't hesitate to talk to your physical therapist.

We offer the results you are looking for! Don't take our word for it, just listen to what Kathrine has to say.

Patient Success Spotlight

“I came to Maccio PT with acute back pain. I described my symptoms to the staff over the phone and she offered me an appointment the next day without having to wait for a referral from my doctor. The stretches and exercises Matt and Lindsay gave me to practice helped improve my symptoms immediately, with complete relief within a few weeks. All of my staff interactions have been very friendly and supportive. The therapists answered all of my questions and helped me to better understand the mechanics of what was causing the pain and how to combat it in the future.” — *Katherine S.*



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CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN

GRETA, WILLS, & FRITZ'S CORNER: WINTER IS OVER, HELLO SPRING



This playing in the dirt sounds like something we are going to enjoy. Senior says common gardening tasks such as digging, planting, weeding, mulching & raking can cause stress & strain on muscles & joints. The shoulders, back, neck & knees are prime targets.

Following these tips can help you minimize the risk of injury:

- 1. Excessive bending while gardening can increase low back pain.** Gardening in the morning is riskier than gardening later in the day, as discogenic injuries are more vulnerable in the early morning hours due to the reabsorption of fluid in intervertebral discs at night. Performing routine back bends, press-ups, or neck retraction extensions are good tools to use to help prevent pain.
- 2. Don't overdo it.** Be mindful of how your body feels. If you experience an aching back or neck, slow down & stretch or stop & switch tasks. Use a garden cart or wheelbarrow to move tools & heavy planting materials.
- 3. Practice proper body mechanics.** Bending at your knees & maintaining a slight curve in your back helps you avoid strain. Change positions frequently to avoid stiffness or cramping. When kneeling, use pads to help absorb the pressure, and make sure you get up and change position frequently.

We can help you find safe ways to garden if you have an injury or are worried about becoming injured. Feel free to call us with questions!

Certified McKenzie Spine and

Extremity Clinic *Back Pain Workshop*

Hosted by Joseph G. Maccio MA, PT, Dip. MDT
For 36+ years we have helped thousands of patients get back to doing the things they love. Why live another day in pain?
Call us to reserve your spot. Spaces are limited.



05/15: In-Clinic @ 12 pm

Zoom @ 1pm

05/15: In-Clinic @ 5

Register for FREE: 518-273-2121

RE-CREDENTIALLED FOR 2023-2024

We have been re-credentialed for 2023-2024, as the area's only certified McKenzie Spine and Extremity Clinic.

The certification process validates the highest level of achievement regarding Mechanical Diagnosis and Therapy (MDT). As a result, we receive direct referrals from Dartmouth-Hitchcock, Cleveland Clinic Hospital for Special Surgery, Temple University, Bassett Medical Center, and Upstate Medical Center.



Patient CHOICE

PATIENT CHOICE — You have a choice to pick whatever physical therapy provider you wish. It is imperative to do your research in this area to be able to make this important choice.

At Maccio Physical Therapy, all patients are evaluated and treated by a licensed physical therapist. We do not utilize assistants or aides in our treatment plan so every visit is reassessed by your primary physical therapist.

DIRECT ACCESS — Most insurance companies will allow you to see a physical therapist first before seeing your doctor.

WHY CHOOSE PT FIRST — "Positive MRI result should not be an indication for surgery unless the history and physical examination were found to be consistent with the MRI result" (Robert F. LaPrade, MD — Steadman Research Institute).

"There is poor correlation between a patient's clinical presentation and the reported MRI findings" (Richard Herzog, MD, FACR — Hospital for Special Surgery).

It is extremely rare that we refer out for X-rays or MRIs with direct access patients, as the MDT mechanical examination is safe, effective, and rules out any serious concerns.

518.620.8605