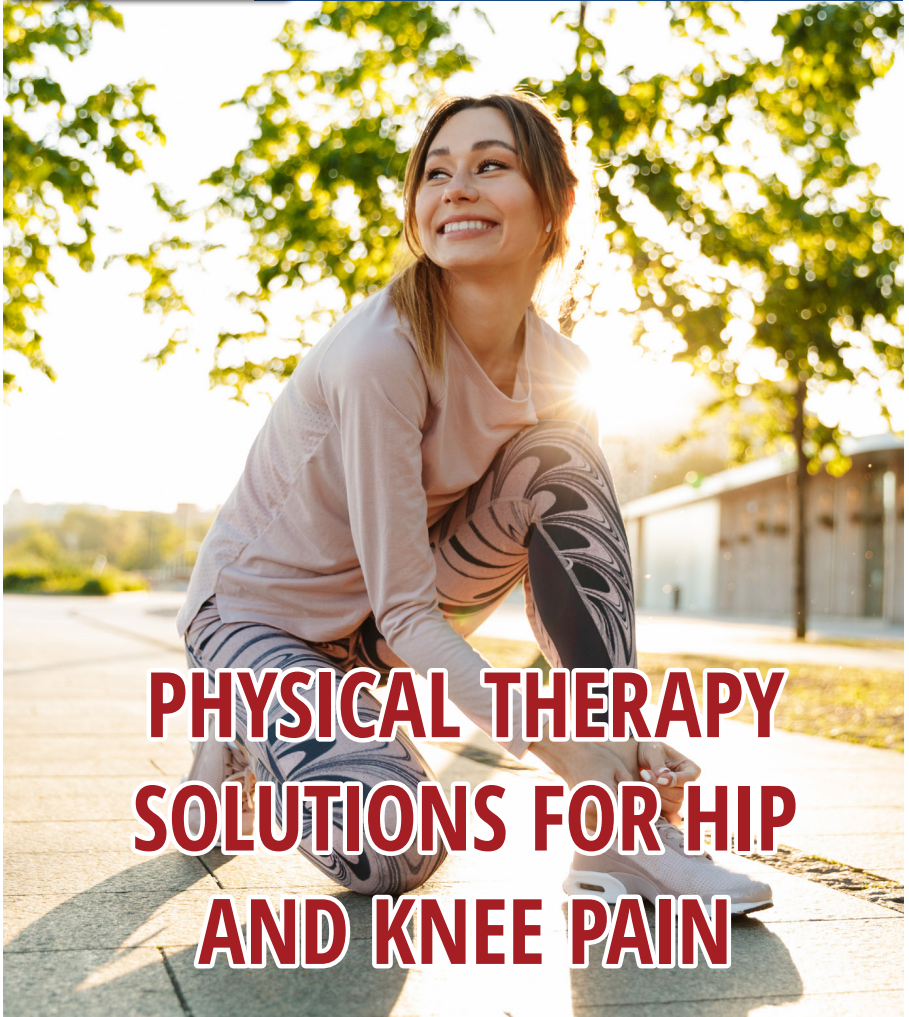




**Maccio
Physical
Therapy**

NEWSLETTER

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



PHYSICAL THERAPY SOLUTIONS FOR HIP AND KNEE PAIN

INSIDE:

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



**Maccio
Physical
Therapy**

N E W S L E T T E R

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



PHYSICAL THERAPY SOLUTIONS FOR HIP AND KNEE PAIN

Are you having difficulty getting up and down from your chair or going up and down stairs? Are you avoiding activities because of aches or pain in your hips and knees? Whether it's from an injury or just simply developed overtime, Maccio Physical Therapy is here to help!

Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need to enjoy an active lifestyle. But pain can flare up and make our basic activities of daily living a challenge.

The good news is that at Maccio Physical Therapy, your physical therapists can help you find solutions to your pain and help you get back to living the life you enjoy!

Call our clinic today to learn how we can help you to keep living the kind of life you want with less pain and movement restrictions.

Common causes of hip, knee, and leg pain

Hip, knee, and leg pain are surprisingly common. Thus, their source can come from a variety of things. If you're experiencing pain in any part of your leg, pinpointing the exact spot can help you determine the cause.

Joint injury or repetitive stress and overuse-type injuries are more common with tendon-related pains. Cartilage and/or ligament injuries are more commonly associated with slips, falls, and sports injuries. Also, it can be common for your low back referring pain into the areas of the hip, knee, & leg.

While many causes of pain exist, the most common are:

- Pain referred from the low back
- Arthritis
- Sprains and strains
- Tendonitis
- Cartilage injuries

518.620.8605 | MaccioPhysicalTherapy.com

SAY GOODBYE TO HIP & KNEE PAIN WITH MACCIO PT!

In rare or more severe cases, the causes can be:

- Fractures
- Dislocations
- Pinched nerves

While some causes are more serious than others, a physical therapist can identify what is causing your pain and help clarify what your next steps should be.

What do my symptoms mean?

Aching or stiffness around the groin is likely coming from the hip joint. Although some think the outer aspect of their pelvis is the “hip,” they are really referring to muscles and not the joint itself. Clarifying the location of your pain will help your

physical therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner aspect of the knee is commonly thought to be where most people experience early joint pain or cartilage injury. Pain along the outer aspect of the knee is typically due to tendon-related injury or inflammation.

A decreased range of motion and difficulty bearing weight can also be signs of deeper problems which may indicate a more serious condition that warrants seeking help sooner than later. Ignoring your pain, or waiting too long to be seen can make the problem worse and eliminate simple solutions.

Often it's inactivity and avoiding movement that can contribute to immobility and pain. We know that our joints need movement for blood flow and nutrition to stay healthy. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

How physical therapy helps

Education and exercise are cornerstones of a successful outcome. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them.

Physical therapists are skilled at mechanical assessment to create an individualized treatment plan and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

In many cases, individualized physical therapy can help patients increase mobility, strength, and function. Your therapist will design a program to restore lost motion, build your strength and teach you strategies for reducing pain and increasing your activity level.

Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life.

Contact one of our providers today, and tell us about your symptoms. We offer the results you are looking for!

Sources:

<https://pubmed.ncbi.nlm.nih.gov/33560326/>

<https://pubmed.ncbi.nlm.nih.gov/30126395/>

<https://www.usnews.com/news/health-news/articles/2021-07-29/more-than-half-of-americans-plagued-by-back-leg-pain>

<https://pubmed.ncbi.nlm.nih.gov/25591130/>

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.

CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN

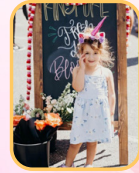
THE UNDENIABLE IMPORTANCE OF STAYING ON TRACK WITH PHYSICAL THERAPY

Physical therapy plays a crucial role in restoring our body's function, strength, and mobility. It's a vital part of the healing process, whether you're recovering from an injury or surgery, or managing a chronic condition. But, the journey to full recovery requires dedication and consistency. Staying on track with your physical therapy is paramount to achieving the best possible outcome. Here's why:

- **Accelerates Recovery:** Consistently following your prescribed physical therapy sessions and exercises allows your muscles, ligaments, and tendons to heal and regain strength at an optimal pace. Skipping sessions or not adhering to your therapist's advice can slow down your progress.
- **Prevents Reinjury:** Physical therapy is designed to target specific areas of weakness and instability. Staying on track with your program ensures a gradual return to normal function, which helps reduce the risk of reinjury or aggravating existing issues.
- **Improves Overall Fitness:** Regular physical therapy sessions not only help you regain lost function but also contribute to your overall physical fitness. As you progress through your program, you'll experience increased strength, flexibility, and endurance.
- **Boosts Mental Health:** The journey through physical therapy can be challenging, both physically and emotionally. Staying on track and witnessing your progress can be incredibly motivating and uplifting, helping to improve your overall mental health and well-being.
- **Enhances Quality of Life:** Lastly, consistently participating in physical therapy sessions can significantly improve your quality of life. As you regain mobility, strength, and function, you'll be able to return to the activities you love, without pain or limitations.

In conclusion, staying on track with your physical therapy is essential for a successful recovery journey. It's your commitment that will bring you closer to your goals, so stay focused, and never underestimate the power of consistency.

GRETA, WILLS, & FRITZ'S CORNER: HAPPY MOTHER'S DAY!



Happy Mother's Day to all the amazing moms out there! Today we celebrate you and all that you do for your families. Thank you for your unwavering love, patience, and guidance. Enjoy your special day!



Success Spotlight

"My knee had fluid on the kneecap, then it turned into tendonitis, my primary referred me to Maccio Physical Therapy. I could barely walk one mile without pain at 21 years old. Within a couple of months of coming to physical therapy, I can finally go back to the gym and work out again, without any pain! Thanks to Maccio Physical Therapy, I have no pain and I can enjoy being young while working out." — **Gabriella C.**

"I was having pain in my knee and hip every time I walked upstairs. I live in a home with stairs so I had to do something. Due to other successes at Maccio Physical, I came here first before going to ortho. I have been able to get to walking upstairs with almost no pain. Doing the exercises I have been taught should help me to keep any discomfort to a minimum. I am very grateful for this physical therapy treatment." — **Ann D.**



**Maccio
Physical
Therapy**

Certified McKenzie Spine and Extremity Clinic

Hosted By Joseph G. Maccio MA, PT, Dip. MDT

MDT Knee Workshop

June 12, 2023

- In Clinic: 12PM & 5PM
- Zoom: 1PM

June 13, 2023

- In Clinic: 5PM

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.



Maccio
Physical
Therapy



Call To Register:
518-273-2121

518.620.8605