



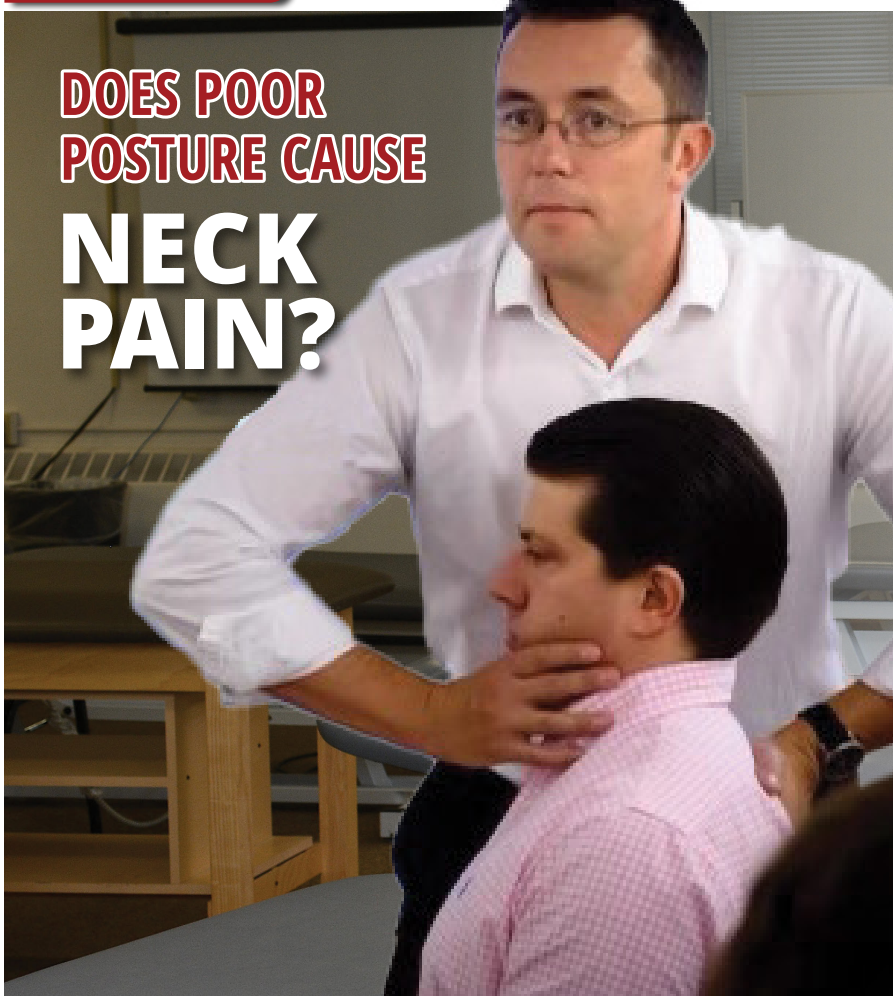
**Maccio
Physical
Therapy**

NEWSLETTER

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

**DOES POOR
POSTURE CAUSE**

**NECK
PAIN?**



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DOES POOR POSTURE CAUSE NECK PAIN?

Do you notice your neck seems to hurt more when you are reading or watching TV? Do you find yourself rubbing your neck after a difficult day on the job? You might be suffering from poor posture-related neck pain. During times of high stress and anxiety, our muscles tense up. As muscles tighten, the more pressure and pain they cause, due to poor posture.

The pain and tension can interfere with our ability to work and do our daily activities. It can also interfere with the enjoyment of your life including recreational activities and spending time with friends and family.

The good news is that with guidance from your physical therapist, you can find solutions for how to manage your poor posture and pain, so you can get back to living the life you enjoy!

Call Maccio Physical Therapy today to learn how we can help you to keep living the kind of life you want with less pain.

What Is Causing My Neck Pain?

Our neck does not like to remain in any one position for extended periods, like when we're driving, looking down at our phone, or using a computer. Too often the posture

we hold our neck is also contributing to our pain.

Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e. muscles, tendons, and discs) or negative changes to our blood flow.

The muscles of our neck function at their best when we move them. So holding our heads in one position leads to irritation of the muscles and affects our ability to move our heads and neck. This loss of mobility leads to pain and less enjoyment of your daily activities.

How Does Poor Posture Cause Neck Pain?

Poor posture-induced neck pain is fairly common. The effects of poor posture on the body include the release of stress hormones, including adrenaline and cortisol, that when elevated for long durations, are associated with increased pain sensitivity.

Continued inside.

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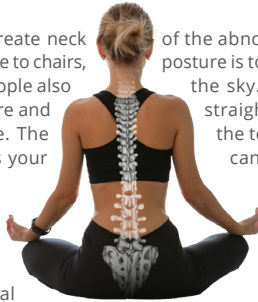
DOES POOR POSTURE CAUSE NECK PAIN?

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In addition, office environments tend to create neck pain problems. Modern offices confine people to chairs, poor posture, and little mobility. A lot of people also spend a lot of time driving with poor posture and added stress due to traffic and road rage. The combination of all of these factors makes your chances of neck pain higher.

How Physical Therapy Can Help My Neck Pain

Neck pain can be alleviated with physical therapy. Neck pain is often caused by poor postural habits or sustained positions. Relief of this pain typically occurs immediately following the correction



of the abnormal postures. An easy way to find good posture is to imagine your breastbone is lifted towards the sky. This will naturally cause your spine to straighten out - lifting you. This helps alleviate the tension immediately and is something you can do multiple times a day!

Physical therapists can target your pain's source by examining your symptoms. Then, they can offer exercises that correct poor posture and relieve neck pain in the process.

For example, sit in a chair with your back resting against the back of the chair and simply lean your chest and shoulder back (i.e. over the top of the backrest). Keep your eyes forward and lean straight back. This is called a neck retraction and is very effective at alleviating pain!

In some cases, manual techniques including mobilizations or therapeutic massage are used to alleviate your pain and allow you to tolerate stretching. A custom-tailored program of neck exercises will assure your neck stays loose, limber, and healthy.

Your physical therapist can also teach you how to arrange your working environment ergonomically and recommend various strategies to ensure a healthy life.



Contact Our Clinic Today!

If you're dealing with neck pain, you're not alone. Call our office today and schedule an assessment. We'll work side by side with your goals, creating the proactive, effective programs you need to achieve mobility once more. 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/>, Treat Your Own Neck Fifth Edition by Robin McKenzie (2011).

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 results 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.

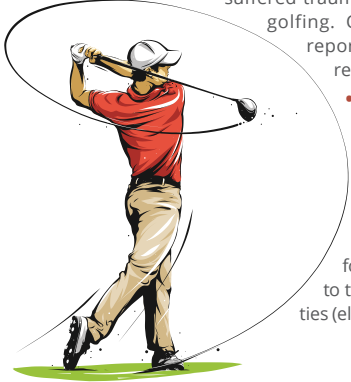
CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN

GRETA, WILLS, & FRITZ'S CORNER: GOLFERS BEWARE!



Happy Father's Day to all the amazing dads out there from Maccio Physical Therapy! We appreciate all that you do and hope you have a wonderful day filled with love and appreciation. Father's Day is also a popular golf day and we thought we would re-run our "Golfer's Beware" article to prevent injury:

- The warm weather is finally here, which means that you avid golfers are out there ready to hit up the course once again! One recent study showed that during a two-year period, 60% of golf professionals and 40% of amateurs suffered traumatic injuries while golfing. Over 80% of the reported injuries were related to overuse.



- Low back pain is the most common injury or complaint among both professional and amateur golfers, followed by injuries to the upper extremities (elbow and shoulder).

Professional golfers experience a higher number of wrist injuries, and amateur golfers experience more elbow problems. Both groups have a relatively high rate of shoulder injuries. The good news is that rapid resolution of symptoms has been observed in the spine, arms, and legs when using principles of MDT to restore the normal resting position of the painful joint.

- MDT has been shown to rapidly change the results of orthopedic special tests. It is becoming clear that mechanical derangements can mimic pathological conditions, such as tennis elbow, meniscal tears, and osteoarthritis, and recognition of this is essential to decrease patient exposure to undue harm and increase costs as the proper treatment for mechanical derangements is repeated or sustained movements rather than surgical intervention, injections or medication.

Enjoy Your Day!

Success Spotlight

"I had such a bad headache that became constant with neck pain. Physical therapy has helped me with these issues. **The headache went away with just a few simple moves. The pain was terrible, but I feel so much better.** Lindsay gave me the perfect movements and exercises that lessened the pain and resolved the headache. **I feel 10x better and like I can handle it if the pain should come back.** Thank you!" — *Darina F.*



Neck Workshop

Certified McKenzie Spine and Extremity Clinic



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

MDT Neck Workshop

July 10, 2023

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

July 11, 2023

- In Clinic: 5PM

Call To Register: 518-273-2121

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.

518.620.8605