



**Maccio
Physical
Therapy**

NEWSLETTER

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



How You Can Avoid Surgery After a Sports Injury

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- Greta, Wills, & Fritz's Corner
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CELEBRATING 36 YEARS OF EXCELLENCE IN SPINAL CARE:
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How You Can **Avoid Surgery** After a **Sports Injury**

Are you an athlete with a nagging injury? Did you hurt yourself performing a repetitive sports movement and now you're worried you need surgery? Sports injuries are common, no matter the level of the athlete. Our therapists are musculoskeletal experts and know how to keep you on the field or how to get back on the court!

You don't have to be a professional or even an amateur athlete to suffer a sports injury. Our team of physical therapists excels at knowing how to deal with an injury and how to prevent them as well!

Call Maccio Physical Therapy today to make an appointment. With guidance from our Athletic Trainer and physical therapists, you don't have to worry about what you should be doing. We'll get you back to playing the game you love safely!

What Are The Most Common Sports Injuries?

The most common type of injury seen in sports occurs in the soft tissues. Soft tissues include muscles, tendons,

and ligaments. These injuries often occur during sports and are the main reason people seek help.

It can be challenging to know when an athlete's aches and pains are warning signs of an injury. It can also be challenging to know when to rest and when to keep playing. Our Athletic Trainer and therapists are highly skilled in determining the best route of care and will use an injury assessment to help athletes and families determine if a sprain or strain needs intervention.

Identifying injuries early allows for an "active recovery" to assist you in returning to sports rather than waiting to do nothing or hoping it gets better on its own.

Continued inside.

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HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

Continued from previous page.

What Is The Difference Between A Sprain And A Strain?

SPRAINS — A sprain is an injury or dysfunction related to the ligaments. A sprain is an injury or dysfunction related to the ligaments. Sprains can be caused by numerous factors, and will cause the joint to move out of its normal range of motion resulting in injury to ligament. This can occur at any joint.



STRAINS — A strain is an injury or dysfunction related to a muscle and/or tendon. Strains can occur in any muscle and often arise from overstretching or overreaching.



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.

Your Athletic Trainer or physical therapist will first assess your injury to determine what course of treatment is the best option. The emphasis should be to relieve pain and restore mobility, followed by simple exercises that progress you back towards sport participation.

How Physical Therapy Can Help With A Sprain Or Strain Injury

Identifying injuries early allows for an “active recovery” to assist the athlete return to sports rather than waiting to do nothing (passive recovery).

Your Athletic Trainer and physical therapists will create a specific individualized exercise plan based on your needs to resume sports and prevent further injury. Even if you have an old injury, it is essential to have it evaluated by our Athletic Trainer and physical therapists to prevent long-term problems.

We can also help with injuries like tendonitis, arthritis, stress fracture, or muscle pain. Our Athletic Trainer and therapists can design an individualized treatment plan tailored to address your pain, mobility loss, and weakness and promote improved sport-specific function and minimize the risk of re-injury.

What You Can Expect In Physical Therapy

In addition to rehabilitating an injury, our Athletic Trainer and physical therapists will help teach you the tools you need to prevent injuries and help your overall well-being.

While sports injuries can occur, they should not stop you from being active. Call our Athletic Trainer and physical therapists today to help get you back to your game in a healthy manner.

Contact Us For An Appointment

At Maccio Physical Therapy, our Athletic trainer and therapists are dedicated to helping you avoid surgery and keeping you in the game! Call today for a comprehensive assessment and treatment program.



Meet our Athletic Trainer, Lindsay!

Lindsay Carlton, ATC, DPT, Dip. MDT,

518.620.8605

CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN

GRETA, WILLS, & FRITZ'S CORNER:

WILLS RECENTLY TRIED YOGA

HERE ARE HER TIPS



Breathe deeply: Remember, yoga is not just about the physical poses but also about connecting with your breath. Take slow, deep breaths to stay present and calm throughout your practice.

Start with gentle stretches: Warm up your body with gentle stretches before diving into more challenging poses. This will help prevent injuries and improve flexibility.

Listen to your body: Everybody is unique, so honor your limits and don't push yourself too hard. Modify poses or take breaks whenever needed. It's all about finding what feels good for you.

Focus on alignment: Pay attention to proper alignment in each pose. This will ensure that you get the most out of your practice and avoid strain or injury.

Stay consistent: Consistency is key in yoga. Aim for regular practice, even if it's just a few minutes each day. This will help you build strength, flexibility, and mindfulness over time.

Remember, yoga is a journey, not a destination. If you are struggling, seek assistance, embrace the process, be kind to yourself, and enjoy the wonderful benefits yoga brings to your mind, body, and soul.

Namaste!

FREE 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 To Reserve your Spot! Spaces are Limited!

(518) 273 - 2121
1 New Hampshire Ave
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MDT, Back Pain WORKSHOP

September 12th
12:30 PM & 5 PM in Clinic;
1 PM Zoom
September 13th
In Clinic 5 PM

Success Spotlight

"After enduring persistent ankle pain following a sprain two months ago, I sought help at Maccio Physical Therapy. Through their personalized approach, a skilled therapist designed a targeted exercise for my recovery. I experienced a remarkable transformation. Today, I am thrilled to report that my ankle is completely pain-free, thanks to the exceptional care and expertise at Maccio." —Yanshen L.

My name is Kiel this is my story. On Sundays I usually play flag football. One day I rolled my ankle and kept playing through it. When I got home my ankle was the size of a baseball and the pain was unbearable. I called out to work to say how bad my ankle was and I was recommended to Maccio Physical Therapy. I could barely walk, or stand for long periods of time and anything that required physical labor made the pain worse. As time went on they were able to get me back to walking normally, jogging, and running. I didn't know how long the pain would last, but thanks to Maccio Physical Therapy I am back to my regular activities and am thankful for everything they've done. 10 out of 10 recommend for anyone who has a serious injury." — Keil S.



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