



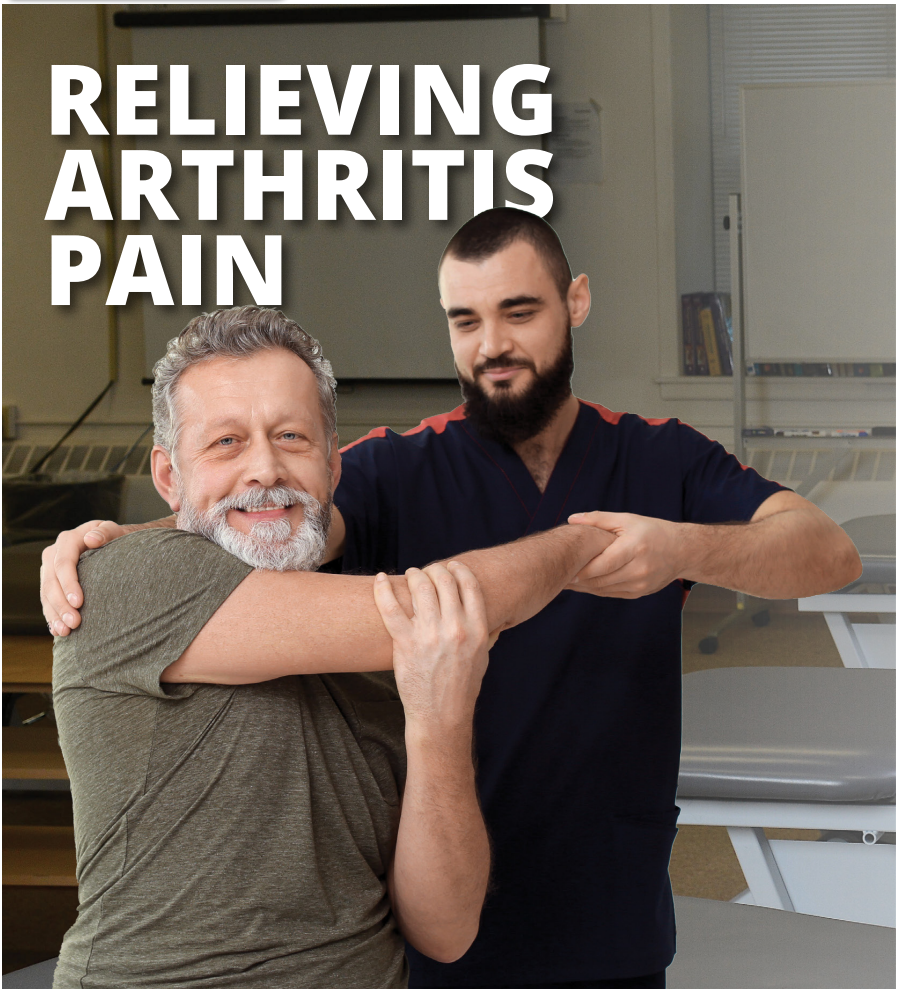
**Maccio
Physical
Therapy**

NEWSLETTER

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

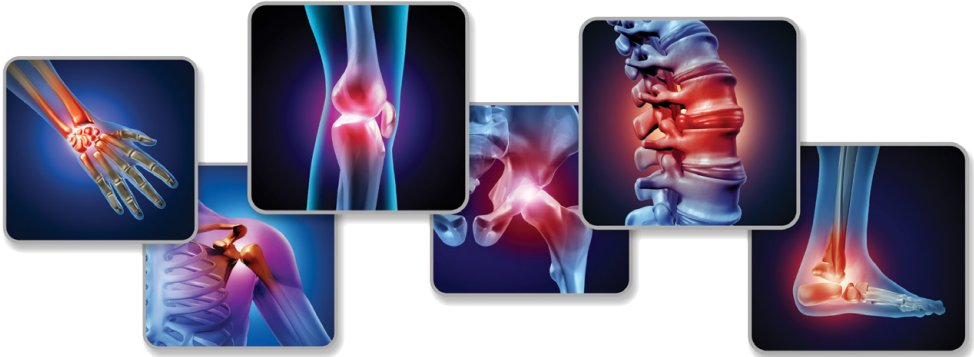


RELIEVING ARTHRITIS PAIN



INSIDE

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



RELIEVING ARTHRITIS PAIN

Are you experiencing pain in your hip/knee or stiffness in your back? Do you find it painful to go up and down stairs? Are these symptoms making it difficult for you to go about your daily routine?

You Could Be Suffering From Osteoarthritis.

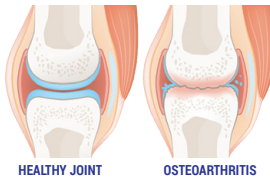
Osteoarthritis is the most common form of arthritis, affecting nearly 30 million nationwide. OA is a degenerative joint disease often described as “wear and tear” arthritis. Repetitive movement and prior injuries also contribute to the condition.

Early on, the condition most commonly is associated with stiffness and ache after prolonged rest and inactivity. As the condition advances, inflammation leads to pain and loss of motion in the joints.

While arthritis can be debilitating, there’s a lot that you can do to alleviate the pain and improve your function, joint movement, muscle strength, balance, and coordination. It’s even possible to eliminate symptoms, depending on the amount of arthritis you have.

Call our clinic today to make an appointment. With guidance from your physical therapist, you can find solutions to your pain and get back to living the life you enjoy!

What Is Arthritis, Exactly?



Osteoarthritis is also known as degenerative joint disease. The main characteristic is the loss of articular cartilage and joint disability. It is known as the “wear and tear” form of arthritis.

The breakdown of the cartilage affects the whole joint, causing inflammation, bone/joint structural changes, and bone spur formation.

Primary osteoarthritis has no known cause, but almost 30–65% is thought to be genetically determined. Secondary osteoarthritis mainly comes from traumatic events. Despite the differences in the causes, the two types of osteoarthritis progress in similar directions, ultimately resulting in the loss and destruction of articular cartilage.

Continued inside.

RELIEVING ARTHRITIS PAIN



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Typical symptoms include pain, muscle weakness, joint instability, brief morning stiffness, crepitus (i.e., noises like snaps and pops), and physical inactivity.

However, pain from osteoarthritis can improve through joint movement, muscle strength, balance, and coordination, reducing pain and inflammation.

What Causes Osteoarthritis?

There are some physical risk factors associated with increased osteoarthritis including:

- Joint injury
- Participation in certain occupational activities (i.e., repetitive movements like bending or prolonged positions like sitting/driving)
- Participation in sports or recreational activities
- Muscle weakness and joint pain
- Joint malalignment

How Physical Therapy Can Help Arthritis

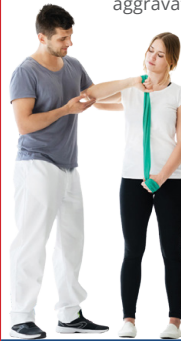
Your physical therapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of arthritis, physical therapy plays a significant role in treating arthritis symptoms and should be the first step.

Your therapist can educate you on how regular physical activity and individualized exercise programs can reduce your pain, prevent the condition from worsening, and improve daily function.

In many cases, physical therapy can help patients by choosing specific exercises and designing appropriate strengthening exercises that improve your function without aggravating your pain. 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!

518.620.8605



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.

FREE Workshop

Certified McKenzie Spine and Extremity Clinic

MDT Shoulder Workshop

Hosted By

Joseph G. Maccio

MA, PT, Dip. MDT

August 14, 2023

August 15, 2023

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

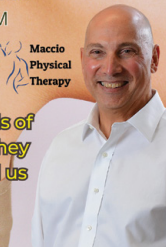
- In Clinic: 5PM

Call To Register: 518-273-2121



Maccio
Physical
Therapy

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.



CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN

GRETA, WILLS, & FRITZ'S CORNER:

On behalf of all of us here at Maccio Physical Therapy, we wish you a happy and safe 4th of July holiday.



However you choose to celebrate, we hope that you take a moment to reflect on all the freedoms our nation enjoys. As part of that, remember that you have the **freedom of choice**. With all of the consolidations of hospitals and medical practices, you may not be given the option. It is your legal right to "choose your physical therapy provider." Choose wisely.

FRIENDS DON'T LET FREINDS GOOGLE EXERCISES TO RELIEVE MECHANICAL PAIN... MAKE THE RIGHT MOVE!

People these days are looking to the internet for health information before deciding to get care or treatment. But what if that information was wrong? While it may feel empowering to research and figure out how to fix your pains on your own, it may not be safe. A study published in 2019 found that websites discussing treatment for low back pain were only accurate 43% of the time! That's less accurate than flipping a coin! The McKenzie Method has been found to be highly accurate, with 92% agreement between McKenzie-trained therapists. All staff members at Maccio are trained and Certified or are Diplomats of The McKenzie Method, which is the highest level of training.

This consistency in care applies to all body areas including the back, neck, shoulder, knee, ankle, wrist, and elbow. This also applies to headache, sciatica, "pinched nerves", arthritis, stenosis, spondylotic changes, torn meniscus or labrum, torn or pulled muscles, strains, sprains, sport- or training-related injuries, and acute injuries.

Give us a call today and we can help you find the best, accurate information. If you or someone you know is experiencing pain, it's time to make an appointment. Don't let pain ruin your summer plans!

518.620.8605

Success Spotlight

"Training in the gym is a big part of my life. When my shoulder started hurting, I was unable to effectively train my upper body. After Maccio I immediately had effective exercises to correct the issue and was back in the gym after my first appointment. I am now nearly fully recovered doing what I love in the gym without discomfort." —**Caleb S.**

"Over the course of the past couple of years, my shoulder and upper back became inflamed. Routine work and leisure became very difficult. Sleep was next to none. In the weeks just prior to visiting Maccio, there were days I was in tears. I felt as if I could barely move without pain in a very physical line of work and a wonderful life, abundant with young grandchildren. I was of the mindset that physical therapy was not the answer. Matt at Maccio PT proved me wrong. I walked in barely moving without pain. Within my first week, the smile had returned. I could move 50% better! It

progressed weekly using the tools Matt gave me. I am so thankful to him and all of the wonderful people that have helped me along the way at Maccio." —**Kristen S.**

"I came to Maccio Physical Therapy for my bad strained shoulder and after the first day of treatment and stretches I felt so much better, and I couldn't wait until my next appointment. After 2-3 weeks of therapy, my shoulder got better and I was able to continue my regular routine without any pain. Maccio Physical Therapy was the best option for me, and I recommend anyone to come to this place. The staff and everyone was welcoming and sweet. This place gets a 4/4 rating." — **Vernell A.**



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