



**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 Can Help
You Get Active Again*

INSIDE

- Greta, Wills, & Fritz's Corner
- October Workshop
- Patient Success Spotlight



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



Physical Therapy Can Help You Get Active Again

Do you find it challenging to find the time to get healthier? Do you struggle with injuries and pain? You may benefit from working with a physical therapist to help you get back on track. At Maccio Physical Therapy, our therapists are experts at eliminating pain and resolving both old and recent injuries so you can enjoy a healthier life!

When you are in pain or tired after a long day at work, it can sometimes be challenging to find the energy to deal with injuries. As a result, your body may start to suffer the consequences of more injuries, pain, or severe health issues. Fortunately, the vast majority of these injuries can be successfully treated by a licensed physical therapist. Physical therapists are leaders in promoting health and wellness. Our therapists can help you by providing education and prescribing physical activity and exercise. They provide hands-on interventions to help you resolve your pain and injuries and return to a healthy life!

What Does it Mean to be Healthier?

Health is defined as the state of being free from illness or injury. It essentially means your body is operating at its highest levels of function. Any step you make toward

helping your body function at its optimum levels is a step toward becoming a healthier you. Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. Some tips you can do on your own to become healthier, stronger, and more active include:

- 1. Joint and muscle mobility.** Stretching helps keep you moving and feeling better. Knowing the proper exercises and specialized treatments can relieve your joint and muscle pain and improve your overall health.
- 2. Getting enough sleep.** Sleep is the most effective strategy and has one of the most significant effects on your overall well-being. To keep your body functioning normally, try and get between 7 and 8 hours of sleep per night. The more regular your rest, the better you will feel.

Continued inside.

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PHYSICAL THERAPY CAN HELP YOU GET ACTIVE AGAIN

Continued from previous page.

- 3. Strength training.** Strength training is one of the most effective injury prevention strategies to help stay injury-free.
- 4. Cardiovascular exercise.** Get your heart rate up and make sure you walk or are active and moving every day! Frequent exercise can boost your metabolism and improve your mood.
- 5. Nutrition matters.** Make sure you're putting the right kinds of things in your body. Avoid fad diets, sugar, and processed foods.
- 6. Stay hydrated.** Hydration is essential for injury prevention and the proper function of your body. Water keeps your body's systems functioning at an optimum level.
- 7. Practice meditating.** Meditation is beneficial for physical and mental well-being. Try practicing things like meditation and yoga regularly. The downtime will help you feel better.

Your physical therapist can provide you with exercises and stretches to help increase your health and help you feel physically better overall.

How Physical Therapy Can Help You

Our physical therapists evaluate and treat abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. We play a leading role in preventing, reversing, and managing lifestyle-related conditions.

Every program is designed based on your individual needs. Learning how to safely move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly. We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve overall health.

Are you looking for assistance with improving your health and increasing your strength and physical activity? Our team at Maccio Physical Therapy would love to help you live the highest quality of life possible.

Contact us today to begin your new chapter toward becoming a healthier you!

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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 our 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

MDT Knee Pain Workshop

Certified McKenzie Spine and Extremity Clinic

Call to Reserve your Spot!

(518) 273-2121

Spaces are Limited.
1 New Hampshire Ave
Troy, NY 12180
jmaccio@macciophysicaltherapy.com

October 16th

• 12:30 PM and 5 PM In-Clinic
• 1 PM Zoom

October 17th
• 5 PM In-Clinic

MaccioPhysicalTherapy.com



For 36+ years we have helped thousands of patients get back to doing the things they love. Why live another day in pain?



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

CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN

GRETA, WILLS, & FRITZ'S CORNER:

BACK TO SCHOOL BACK-PACK SAFETIE TIPS FROM WILLS, AND FRITZ!

- 1. Wear BOTH Straps!** The use of one strap causes one side of the body to bear the weight of the backpack
- 2. Wear the backpack over the strongest mid-back muscles!** Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back
- 3. Lighten the load!** Keep the load at 10-15% or less of the child's body weight. The contents of the backpack should be organized with the heaviest items closer to the back.

Going to School From Home?

1. Set up an appropriate workstation so that you are sitting straight, your head is not forward and your shoulders and elbows are at 90-degree angles.
2. Avoid sitting on a bed or couch while doing online studying.
3. Take frequent breaks.



HISTORY LESSON WITH GRETA

A Brief History of Maccio Physical Therapy

In 1996, we became the first clinic to have a Diplomat in Mechanical Diagnosis and Therapy, offering the Capital Region a unique and valuable spinal specialist.

A short time later, we became the area's only Certified McKenzie Spine and Extremity Clinic. We have remained an independent therapy center for over 36 years and continue to strive for excellent patient relations and outstanding results. Thank you for your ongoing support.

Why We Do What We Do

An article featured in the Journal of Manual and Manipulative Therapy "The cost impact of a quality-assured mechanical assessment in primary low back pain care."

In this study, over 5,000 claims were analyzed comparing patients with lower back pain assessed by an advanced form of Mechanical Diagnosis and Therapy (MDT) versus community medical care.

Here are the results:

- 51.5% in total cost savings
- 40% reduction in injections
- 50% reduction in MRI imaging
- 78% reduction in surgeries

The study was conducted in a certified Mechanical Diagnosis and Therapy clinic demonstrating the importance of using MDT first.

Donelson R, Spratt K, McClellan WS, Gray R, Miller JM, Gatmaitan E. The cost impact of a quality-assured mechanical assessment in primary low back pain care. J Man Manip Ther. 2019 Dec;27(5):277-286. doi: 10.1080/10669817.2019.1613008. Epub 2019 May 19. PMID: 31104572; PMCID: PMC8868215.

Success Spotlight

"I could not turn to left when I first came. After two or three visits I could see improvement. Finally, here I am when I drive, I can actually look both ways. It was dangerous before my treatment." —**Raymond P.**

"I herniated and tore three disks in my back in the military and developed degenerative disc disease. I struggled with it for 4 years and thought it was hopeless after no other PT, Chiropractor, or doctor could help. But Maccio PT gave me my life back and now I can go through life without pain, with joy, and ever pursue things I thought were forever lost to me! Thank you, Lindsay! Life became living again. Thank you! You guys are this veteran's heroes!" —**Jason A.**

"This was my first visit in 23 years. The method is so successful. The pain only returns when I fail to keep my daily exercise routine. The back has been so happy with this method I start feeling tip top, so I relax my exercise routine and eventually I am back for a refresher course. My first visit I could not even stand straight up nor could I lift my legs up. I was so doubtful that these simple movements were going to help. Now I am a believer that this method provides the relief I need and I can do them anywhere. Now I am walking straighter and if I start to slouch, I stop and do the exercises needed —anywhere — including the Target exit. Thank you for making my life more enjoyable." —**Donna M. J.**



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