



**Maccio
Physical
Therapy**

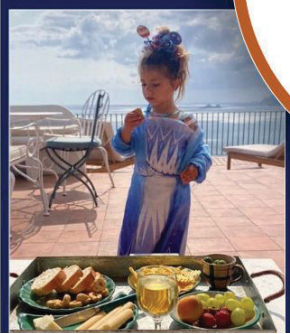
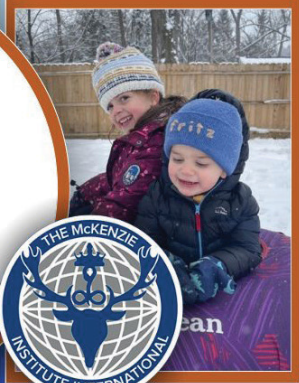
NEWSLETTER

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



**Maccio
Physical
Therapy**

Capital Region's Only Certified
McKenzie Spine and Extremity Clinic
The Power to Control Pain
1 New Hampshire Ave. Troy, NY 12180
(518) 620-8605 macciophysicaltherapy.com



*37 Years Serving Our Community
Thank you for Your Support!*

INSIDE

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

How to Avoid **Back Pain** When Gardening This Fall

Do you find yourself apprehensive and excited at the same time when fall gardening approaches? You may benefit from learning how to stay in "gardening shape!" At Maccio Physical Therapy, we can help guide you through the steps needed to prevent injuries and enjoy the season.

Gardening is a great way to get outside and take advantage of the fresh air, but it can also put a strain on your back. It's essential to take the necessary steps to protect your back from injury during gardening. Whether you're experiencing general back pain or sciatica pain, our physical therapists at Maccio Physical Therapy are trained in helping alleviate your discomfort. We will provide you with helpful tips for avoiding back pain while gardening (and doing other daily tasks) so you can comfortably enjoy your leisure activities.

Call today to schedule an appointment with one of our therapists!

How Gardening May Cause Back Pain

Back pain typically develops due to an injury, poor postural habits, or repetitive movements, like bending. This is why back pain is so common with fall gardening. The repetitive bending, digging, and reaching needed for gardening will often lead to lower back pain.

Although it is not often viewed this way, gardening is similar to a sports season. Just like athletes need to train in the offseason to have a productive, competitive season, gardeners need to learn how to prepare for their season.

Fortunately, our physical therapists can teach you the strategies to resolve injuries, old and new, and how to get into "gardening shape."

How To Prevent Back Pain While Gardening

Gardening offers the opportunity to experience the outdoors. However, it is essential to take the necessary steps to protect your back from injury while gardening. Below are three tips for pain-free gardening:

- 1. Warm-up first.** — It's important to warm up before gardening, just like any other physical activity. Morning gardeners should aim to walk or be active for about 45 minutes before bending or lifting.

Continued inside.



FREE WORKSHOP

For 37 Years we have helped patients get back to doing the things they love. Why live another day in pain?



MDT Neck and Headache Workshop

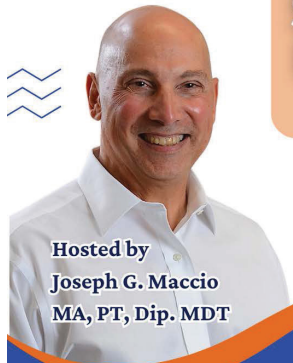
Spaces are Limited.
1 New Hampshire Ave
Troy, NY 12180
jmaccio@
macciophysicaltherapy.com

November 13th

- 12:30 PM and 2 PM In-Clinic
- 1 PM Zoom

November 14th

- 5 PM In-Clinic



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

MaccioPhysicalTherapy.com

Certified McKenzie Spine and Extremity Clinic



Call to Reserve your Spot!

(518) 273-2121

HOW TO AVOID BACK PAIN WHEN GARDENING THIS FALL

Continued from previous page.

- 2. When in doubt, stick your butt out!** — One common gardening mistake is improper technique, particularly in the lower back. This area is known as the lordosis curve. By sticking your butt out, you naturally increase this curve and protect your back from injuries while using tools like shovels, rakes, or spades. It is crucial to maintain your curves when bending to pull weeds as well.
- 3. Safety First** — Gardening safety made easy: take breaks, choose the right tools, and lift with your hips and knees, not your back.

Preparing for the gardening season can be fun and enjoyable or painful and frustrating. Our therapists are here to help make sure you can do what you love!

How Physical Therapy Can Help Back Pain

Fortunately, physical therapy can effectively treat and/or prevent back pain. Our licensed physical therapists will determine the source of your pain and then create a plan to resolve it once and for all.

Your treatment plan will focus on pain relief, which may include any combination of mobility exercises, posture improvement, or any other treatment that your physical therapist deems fit.

As you progress and improve, your physical therapist will expand on your exercises and stretches to help you reach your goals.

We will also design a comprehensive exercise and education program to get you back to comfortably doing what you want to do!

Physical therapy can help speed up your recovery by giving you the tools to succeed. At Maccio Physical Therapy, our therapists want to empower you to prepare for the fall gardening season with a program tailored to your individual needs!

Call today to set up an appointment with one of our therapists!

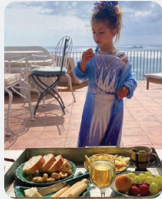
518.620.8605

CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN

37TH
ANNIVERSARY

GRETA, WILLS, & FRITZ'S CORNER:

We are celebrating our 37th year in business here in Troy, NY! We opened on Hoosick St. in 1986 and have grown significantly, serving thousands of patients from the Capital Region and beyond. Thank you for your unwavering support over the years. We consistently receive a high number of new patients each year, mostly referred by our former patients. We are committed to delivering top-quality healthcare and will continue to do so for years to come.



GRETA, WILLIAMS, & FRITZ'S TIPS ON AVOIDING ACHES & PAINS WHILE FALL GARDENING

This playing in the dirt sounds like something we are going to enjoy. Senior says common gardening tasks such as digging, planting, weeding, mulching & raking can cause stress & strain on muscles & joints. The shoulders, back, neck & knees are prime targets.

Following these tips can help you minimize the risk of injury:

- Gardening can worsen low back pain if you bend too much. It's riskier to garden in the morning because your intervertebral discs reabsorb fluid at night, making them more susceptible to injuries. To avoid pain, try doing back bends, press-ups, or neck retraction extensions regularly.
- Take it easy and pay attention to your body's signals. If you start feeling back or neck pain, take a break, stretch, or switch to a different task. Make use of a garden cart or wheelbarrow to move heavy tools and planting materials
- Improve your body mechanics by bending at the knees and

maintaining a slight curve in your back to prevent strain. Change positions often to prevent stiffness or cramping. When kneeling, use pads for pressure absorption and remember to get up and change position regularly.

Looking for safe gardening options? Have an injury or concerned about getting hurt? We're here to help! Call us with any questions.

518.620.8605

Success Spotlight

"I came to Maccio Physical Therapy after experiencing pain in my lower leg. It was the kind of pain that seemed to get better for a short time, then come back with tremendous intensity. I was no longer able to work in my garden or care for my elderly mom without lots of pain. I came to therapy feeling discouraged and afraid that at my age of 75, I might not be able to live life without pain any longer. **So I was delighted when I felt relief during the first therapy session with my therapist, Joe.** Joe's continued encouragement and assigned exercises made me feel much stronger and able to perform my daily routines with much less pain. At the end of week four, I actually exclaimed to myself "I am cured". At week five I am done with therapy. **I feel a sense of confidence and well-being thanks to this amazing therapy that was able to address my individual needs according to my natural disposition."** —Liliana

"I hurt my back doing yard work; lifting heavy stones. I was in severe pain, could not sleep well, sit for more than a short time, and get in and out of my car. I called Joe after a week, and he had me come in that day. He said I had compressed the joints and they were stretched closed. **We started the program and I was like new in 2 weeks' time. I can now ride my bike, walk 5 miles, and sleep without any discomfort!** Joe is "THE BACK" man and his office staff is great as well. You don't wait like the other offices when you have an appointment. I appreciate them all." —Denise



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