



**Maccio
Physical
Therapy**

NEWSLETTER

CELEBRATING 37 YEARS OF EXCELLENCE IN
SPINAL CARE: THE CAPITAL REGION'S ONLY
CERTIFIED MCKENZIE SPINAL PHYSIOTHERAPY CLINIC



Are you worried about falling?

TAKING STEPS TOWARD SAFETY PHYSICAL THERAPY'S IMPACT ON FALL PREVENTION

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- Greta, Wills, & Fritz's Corner
- December Workshop
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TAKING STEPS TOWARD SAFETY

PHYSICAL THERAPY'S IMPACT ON FALL PREVENTION

Do you frequently notice an imbalance, dizziness, or unsteadiness that makes you feel as if you may fall over at any given time? Have you suffered from a fall in the past? Are you worried that you may be at risk of falling? At Maccio Physical Therapy, our team will address your concerns and help you regain your confidence!

In older adults, falls are the leading cause of fatal and nonfatal injuries. Most people don't think about working on their balance until it is too late. The good news is that you can easily prevent most falls with guidance from a physical therapist.

Falls are a significant concern for seniors, and even without an injury, a fall can cause a loss of confidence and reduce a person's ability to carry on with daily activities. If you have recently sustained a balance-related injury, it is important

to seek the help of a physical therapist immediately to avoid additional injuries in the future.

Our team will give you the tools to recover from a recent fall or avoid additional injuries in the future. Call Maccio Physical Therapy today for an appointment, and let us help you get stronger and more confident so you can do the things you enjoy!

Are You At Risk Of Falling?

Some people have a higher risk of falling than others, and a combination of factors causes most falls. The more risk factors a person has, the greater their chances of falling. The most common risk factors include:

- Advanced age
- Dizziness or vertigo ("spinning" sensations, even when remaining still)
- Vision problems
- Impaired balance and gait control (whether age-related or due to illness)
- Muscle weakness and reduced physical fitness due to a sedentary lifestyle
- Neurological disorders (i.e., Parkinson's disease and Alzheimer's)
- Cardiovascular disease (i.e., heart attack, stroke, PAD)
- Cognitive impairments
- Depression
- Acute and chronic illnesses
- Previous history of falls

Your physical therapist will assess your medical history to determine how many risk factors toward falling you may have. They will educate you on what these factors mean, as well as steps you can take to decrease your risk.

Continued inside.





TAKING STEPS TOWARD SAFETY

PHYSICAL THERAPY'S IMPACT ON FALL PREVENTION

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Physical Therapy Can Keep You On Your Feet

Our physical therapists will perform a thorough physical evaluation to figure out the best treatment plan for you. We will start with an injury evaluation and a mobility, strength, and balance assessment to identify all the factors contributing to the injury. This will consist of a thorough history to understand more about the demands on the body, how many risk factors you may have, and your overall health status.

In addition, we will include a review of your fall history and fear of falling, as well as identifying any home hazards/ environmental factors that may contribute to your fall risk. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques for the individual.

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 examinations 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.

What To Expect In Physical Therapy

The good news is that you can prevent most falls. The key is to get guidance from your therapist, who will teach you the correct exercises to improve your balance.

Our recommendations aim to reduce your risk of falling, but they will also aid you in improving coordination, strength, flexibility, and overall movement.

Some common aspects of treatment include:

Pain management. Your physical therapist will work with you on relieving pain first before continuing any other forms of physical activity.

Balance training. Balance is a large part of fall prevention, as lack of stability is one of the main reasons falls occur. Your physical therapist will design a balance training plan for you as part of your treatment.

Strength training. Your physical therapist will then incorporate task-specific treatments with a safe and effective progression to assist you in a safe return to daily activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

Call Our Clinic For Help Today

Exercise is one of the most effective treatment methods for patients with an increased risk of falling. Our team will help guide you through the steps you need to regain your confidence and reclaim your life.

Contact Maccio Physical Therapy to schedule a consultation and get started today!

518.620.8605



Sources: <https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>; <https://www.bmj.com/content/347/bmj.t6234>; <https://bmjgeriatr.biomedcentral.com/articles/10.1186/s12877-019-1359-9>; <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-020-01041-3>

CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN

GRETA, WILLS, & FRITZ'S CORNER:



Wishing all the amazing patients of Maccio Physical Therapy a Happy Thanksgiving! We are truly grateful for your trust and dedication to your health. Enjoy a day filled with love, joy, and gratitude.

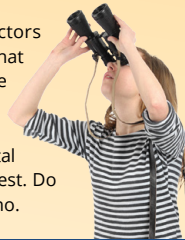


FALLS PREVENTION

During the winter season it is important that you are not at risk for falls. Slippery surfaces due to snow and ice as well as visiting relatives and being in unfamiliar surroundings are some of the challenges approaching. Not being able to stand up from a chair without using your hands, or not being able to reach greater than 10 inches forward with your feet together are some of the red flags for fall risks. There are a number of specialized tests that can test strength, mobility and ability to correct balance of fall risk problems.

RIGHT TO CHOOSE

With ongoing mergers and new doctors and insurance plans it is important that you exercise your right to choose your physical therapy provider. It is not uncommon for patients to be referred to clinics in which the hospital or physician group has a vested interest. Do your research. Don't be afraid to say no.



Success Spotlight

"My first day I came in with severe shoulder pain. This pain prevented me from working out, doing my hair, or even holding my kids. Joe set me up with a stretching regimen and **within a few short weeks my pain has been completely relieved, and my range of motion has returned to normal.** I am happy to say that I have returned to my normal activities. Joe and his team are remarkable!"

— *Nadine*

"When I first came in I had very bad balance, weak legs, and lower back pain. Now my balance, legs and back are 100% better. I could not walk on grass without a cane and now **I can walk on grass and uneven ground without a cane or walking stick.** I can walk now for a bit longer without my legs getting tired and my back pain is better."

— *Ralph*

FREE WORKSHOP

Certified McKenzie Spine and Extremity Clinic MDT Shoulder and Rotator Cuff Workshop



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



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

December 11th
• 12:30 PM and 5 PM In-Clinic
• 1 PM Zoom

December 12th
• 5 PM In-Clinic



Call to Reserve your Spot!

Hosted by
Joseph G. Maccio
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