



**Maccio
Physical
Therapy**

NEWSLETTER

CELEBRATING 37 YEARS OF EXCELLENCE IN
PATIENT CARE: *THE CAPITAL REGION'S ONLY*
CERTIFIED MCKENZIE SPINE AND EXTREMITY CLINIC



Stand Up to Your Pain!

TIPS TO
ALLEVIATE
YOUR BACK
PAIN AND
IMPROVE YOUR
SPINE HEALTH

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TIPS TO ALLEVIATE YOUR BACK PAIN AND IMPROVE YOUR SPINE HEALTH

Are you living with back pain? Do you notice your pain worsens when you have to stand/sit for more than 10 minutes or when you have to walk long distances? At Maccio Physical Therapy, our physical therapists are experts at helping you resolve your pain and get back to doing what you love!

The severity of back pain can range from minor dull aches to sharp stabbing pains. Pain that radiates from the spine to the buttocks and down the leg(s) may be a sign of sciatica. At Maccio Physical Therapy we will perform an MDT assessment to understand why you are having pain and what to do about it.

Your spine does a lot for your body — it protects your spinal cord, allows you to breathe correctly, and it is what allows your body to move. Almost every function in your body is directly connected to the health of your spine.

When we think of health, we typically focus on nutrition, exercise, and heart health — but spine health is also essential. At Maccio Physical Therapy, our therapists can help you resolve your pain and get your spine healthy and keep it healthy!

Call today to schedule an appointment with one of our experts and rest assured that you're in good hands in our clinic!

The Importance of Good Spine Health

Your spine is made up of bones, joints, muscles, discs, and nerves. Back pain can be avoided by improving your spinal health.

Optimal spinal health means achieving:

- Good joint and muscle mobility
- Good posture and spinal curves
- Strong trunk muscles (i.e., core, gluteus, and spinal muscles)
- Good balance and coordination ability

Of course, much like anything else, maintaining great spine health is easier said than done. Fortunately, our team of physical therapists know how to make sure you understand what to do to keep it functioning at it's peak level!

How Physical Therapy Can Improve The Health of Your Spine

We will start with an evaluation and a movement assessment to identify all the factors contributing to your pain. This will consist of a thorough history to understand more about your typical daily routine, the demands on your back, and your overall health status.

We will use this information to develop a comprehensive program that includes targeted

Continued inside.



TIPS TO ALLEVIATE YOUR BACK PAIN AND IMPROVE YOUR SPINE HEALTH

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techniques, mobility work, strengthening, and any appropriate pain relief techniques.

Your physical therapist will then incorporate activity-specific treatments with a deliberate, individualized progression that ensures a safe return to your normal activities. Every therapy program will include injury prevention strategies that ensure you stay doing what you love!

What To Expect At Your Physical Therapy Visits

Your body is meant to move — this is the most important purpose of the spine. Our physical therapists will provide you with the tools to resolve your pain and improve your spinal health.

We will tailor your program to address your specific needs. We will then monitor and progress you based

on your response to this program. Our supervised programs could include:

- Targeted stretches for pain relief and improved mobility
- Postural education and instructions for finding your unique ideal posture
- Manual therapy techniques for pain relief and enhanced mobility
- Strength exercises for core, gluteus, and spinal muscles

Understanding the source of your pain and managing it can help you be proactive and find a solution. We will help you modify the painful activities and tasks to give you the confidence and freedom to resume the things you have been avoiding or modifying.

Call Today For An Appointment

If you have been living with back pain, or you'd like to avoid potential back pain, contact Maccio Physical Therapy today. Don't live with the limits of back pain — improve your spine health with us.

518.620.8605

Sources: <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD006555.pub2/full?hlghlightAbstract=back%7Cexercise%7Cpain%7Cexercise>, <https://bjsm.bmj.com/content/55/9/468>, <https://www.sciencedirect.com/science/article/abs/pii/S014067618304896>

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.

Success Spotlight

“I have been educated about the McKenzie method. With this valuable information, I have been able to reverse several acute issues with my back. I've never been able to do that for all the years of having low back issues. **I believe the difference is the approach to PT this time around.** Thanks, Lindsay!” — **Shannon**

“Had back (upper) between shoulder blades and along rib cage after fall. Walking, sitting, and sleeping caused a lot of pain. Also had trouble lifting anything or just keeping my arms up without anything in them. **After 3 sessions and of course, doing the daily exercises given I am pain-free back to my 3x daily walks lifting weights at cardiac rehab. And most of all I am able to get a good night's sleep again.** Thanks so much!” — **Debra**



CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN

FREE WORKSHOP



New Year, New Back Pain Relief!

Start the year right with our back pain relief 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

(518) 273 - 2121 | 1 New Hampshire Ave, Troy, NY 12180 | MaccioPhysicalTherapy.com

January 16th

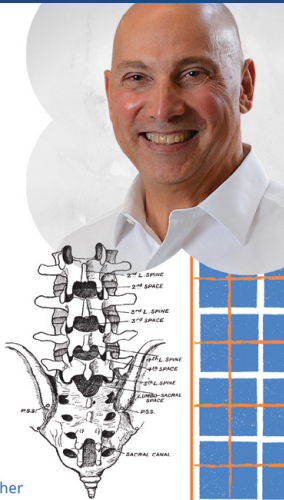
- 12:30 PM and 5 PM In-Clinic
- 1 PM Zoom

January 17th

- 5 PM In-Clinic



Scan QR code for more information.



GRETA, WILLS, & FRITZ'S CORNER:

1. Don't let back, hip, or knee pain stop you. Most people we see with hip or knee pain are simply rapidly reducible derangements. Did you know that 45% of knee pain is actually referred from the lower back? No MRI is needed.
2. In a Canadian study up to 40% of patients who had constant knee pain and were diagnosed as bone on bone responded well to Mechanical Diagnosis and Therapy (MDT).
3. This is a no brainer. Ride PHAT and ski PHAT. Remember! (Protect Head at All Times)

GRETA, WILLIAMS, & FRITZ WISH YOU A HAPPY HOLIDAY SEASON!

Each and every day we are truly proud of what we do. The fact that our patients so often speak of us with such high regard is the best gift we could ask for!

We wish all of our valued patients a very joyous Holiday Season and New Year!



2023 HALLOWEEN CONTEST Winners!

1 Cinderella and her Mouse

2 Matt the Lumbar-jack

3 Joe Sr as John Dutton

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