



**Maccio
Physical
Therapy**

NEWSLETTER

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



A COMPREHENSIVE LOOK AT HOW POSTURE AFFECTS THE SHOULDER

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A COMPREHENSIVE LOOK AT HOW **POSTURE** AFFECTS THE **SHOULDER**

Shoulder pain is an all-too-common complaint, making routine activities like dressing, lifting, typing, and even sleeping difficult. **More than 70% of shoulder pain seen by Maccio Physical Therapy was actually caused by the neck and upper back and related to poor postural habits.**



How Posture Impacts the Shoulder

Poor postural habits and prolonged slumped postures put the shoulder in a vulnerable position, making it susceptible to pain or injury. The good news is our therapists at Maccio Physical Therapy have extensive training in identifying all the factors contributing to your shoulder pain and, most importantly, how to resolve them all!

The classic signs of poor postural habits include:

- **Forward head posture:** The head is positioned forward in relation to the shoulders.
- **Rounded shoulders:** The shoulders are rounded forward, causing the upper back to appear hunched.
- **Increased thoracic kyphosis:** The upper back has an increased curvature, leading to a rounded appearance.
- **Protracted shoulder blades:** The shoulder blades are positioned more forward and away from the spine.
- **Tight pectoral muscles:** The muscles in the chest area are tight and may contribute to the rounded shoulder posture.

- **Weak scapular stabilizers:** The muscles that stabilize the shoulder blades are weak, leading to altered movement patterns and difficulty maintaining proper posture.

These issues often lead to shoulder pain, limited range of motion, and impaired muscle function. Although the signs are common in a lot of people, not everyone with these signs will have the same symptoms. This is why it is essential to consult one of our physical therapists to identify your specific needs and design a tailored treatment plan that addresses your situation.

The Role of Physical Therapy in Resolving Your Pain

The first step to resolving your shoulder pain is a comprehensive evaluation. Our physical therapists will conduct a thorough history and physical exam that includes an assessment of your posture as well as the range of motion of your neck and shoulder to identify any limitations or movements influencing your symptoms.

Continued inside.

A COMPREHENSIVE LOOK AT HOW POSTURE AFFECTS THE SHOULDER

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Based on the assessment, our physical therapists will design tailored exercise regimens that address not only improve range of motion, but also improve posture and restore strength and function of your shoulder. We will also develop a maintenance and prevention plan for more lasting relief and functional improvement.

Our team uses the McKenzie Method rooted in evidence and results. We consider the interaction between your spine and shoulder joints. This allows us to not only identify and address any immediate concerns, but also find a solution for long term success.

These exercises may include work on your spinal joint mobility and strengthening exercises to correct any postural dysfunctions contributing to your conditions. Our team spends a lot of time educating you about how you are holding and moving your body to ensure you have the tools to train your body in the proper movement patterns that help correct imbalances and offer lasting relief.

Take the First Step Towards Lasting Relief Today

If you're experiencing persistent shoulder pain, limited range of motion, or discomfort in your upper body, the time to act is now. These signs are not just distressing; they can have a long-term impact on your quality of life and overall well-being.



518.620.8605

Reach out to Maccio Physical Therapy today for a comprehensive assessment and personalized treatment plan designed to restore balance to your muscles, improve your posture, and, most importantly, alleviate your pain!

Sources: <https://trialsjournal.biomedcentral.com/articles/10.1186/s13063-020-4159-9>, <https://www.jospt.org/doi/10.2519/jospt.2020.0501>, <https://www.jospt.org/doi/full/10.2519/jospt.2020.8498>, Maccio JR, Carlton L, Levesque K, Maccio JG, Egan L. Directional Preference of the Extremity: A Preliminary Investigation. J Man Manip Ther. 2018. doi: 10.1080/10669817.2018.1505022.

FREE WORKSHOP

Certified McKenzie Spine and Extremity Clinic

MDT Neck and Headache Workshop

**For 37 Years we have helped patients
get back to doing the things they love.**

Why live another day in pain?

March 11th

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

March 12th

- 5 PM In-Clinic

Call to Reserve
your Spot!

*Spaces are
Limited!*

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Hosted by
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MaccioPhysicalTherapy.com

CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN

DID YOU KNOW...

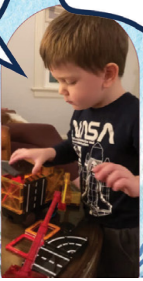
THERE IS POOR CORRELATION BETWEEN A PATIENT'S CLINICAL PRESENTATION AND THE REPORTED MRI FINDINGS¹

ONLY 8% OF PATIENTS WITH LOWER BACK PAIN ARE REFERRED TO PHYSICAL THERAPY BY THEIR DOCTORS²

THAT A STUDY IN THE MEDICAL JOURNAL SPINE DEMONSTRATED THAT THE MCKENZIE ASSESSMENT WAS SUPERIOR TO MRIS IN DISTINGUISHING PAINFUL FROM NON-PAINFUL DISKS³

GRETA, WILLS, & FRITZ'S CORNER:

Happy Valentine's Day



FALLS PREVENTION

Winter season can be treacherous with slippery surfaces due to snow and ice. Visiting relatives and being in unfamiliar surroundings can add to the challenge. To avoid falls, watch out for signs of increased falls risk such as:

- Difficulty standing up from a chair without using your hands
- Being unable to reach forward more than 10 inches with your feet together.

Specialized tests are available to assess strength, mobility and ability to balance and address fall risk problems. If you think you could be at risk for falls, call us today for a thorough assessment and individualized exercise program.

1 Richard Herzog, MD, FACR — Hospital for Special Surgery.
 2 Fritz JM, Childs JD, Wainner RS, Flynn TW. Primary care referral of patients with low back pain to physical therapy: impact on future health care utilization and costs. Spine (Phila Pa 1976). 2012 Dec;13(7):2521-14-21. doi: 10.1097/BRS.0b013e3182552925. PMID: 22614792.
 3 Ron Donelson, MD,MS-Spine

NEW YEAR, NEW CHOICES

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.

Direct Access — Most insurance companies will allow you to see a physical therapist first before seeing your doctor.

Why Choose PT First

"Positive MRI result 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-ray or MRIs with direct access patients, as the MDT mechanical examination is safe, effective, and rules out any serious concerns.

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Success Stories

"I came to Maccio Physical Therapy due to shoulder pain that limited my work and caused pain all day long. It sometimes felt as though my arm would fall off. A shot in my shoulder did not ease the pain. At therapy - a different approach to stretch to get my shoulder aligned again - after several weeks I no longer have to baby my shoulder. Most times I don't feel any pain, I have increased mobility. Any flare-ups can be managed with techniques I've learned. Also, preventative exercises should help for the long term." -Joshua

"I had pulled a muscle in my neck, and it caused my whole back to seize up in pretty severe pain and drastically reduced my range of motion. After about a week of this, I tried [physical therapy] and the stretches and exercises almost immediately helped reduce the pain and increase range of motion. Now after several visits, I have full range of motion and no pain." —Asa.



Maccio Physical Therapy

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