



**Maccio
Physical
Therapy**

NEWSLETTER

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



COMMON CAUSES OF FOOT PAIN AND HOW PHYSICAL THERAPY CAN HELP



PERSONALIZED CARE

Since 1986, Maccio Physical Therapy has provided personalized care to our patients. By providing home exercises and knowledge about their situation, we can empower patients to take control of their health. Every appointment is with your own physical therapist who gets to know you and your goals. Regimens are tailored to your specific needs and provide you with the care you need. Our friendly staff will help you get on the right track to better health.



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N E W S L E T T E R

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COMMON CAUSES OF FOOT PAIN **AND HOW PHYSICAL THERAPY CAN HELP**

You want to go for a nice evening stroll or spend an afternoon at the mall. But that pain in your foot makes prolonged walking seem like an impossibility. Now what?

Foot pain is a common problem — and one that can have a significant impact on your day-to-day life. If severe enough, it becomes a risk factor for other concerns, particularly among older people, including decreased balance, increased fall risk, and general loss of mobility.

Fortunately, physical therapy at Maccio Physical Therapy can help you find relief. Our article “The Application of Mechanical Diagnosis and Therapy to the ankle-foot Complex: A Case Series” demonstrates the effectiveness of MDT for various conditions such as tendonitis, plantar fasciitis, edema, and pain referred from the back (Carlton et. al, 2018).

In our study, the patients experienced significant relief after an average of 6 visits. To ensure the best possible outcome, it's crucial to stick to your plan of care and perform the prescribed exercises as directed by your physical therapist. Taking control of your health and well-being is a proactive effort that can improve the quality of life. Every small step towards health goals is a step in the right direction. So, stay motivated and focused, and trust the process. With dedication and perseverance, you can achieve real results.

Our team of experts will dig down to identify the root cause of your pain. Then, we'll develop a customized treatment plan to resolve the underlying injury or condition, helping to ensure lasting relief.

What Are the Common Causes of Foot Pain?

When determining the source of your foot pain, you'll first want to pinpoint where the pain is coming from. Is it along the bottom of your foot? Is it along the top of your foot? In your heel? Could your back be involved?

Our therapists will conduct a detailed evaluation to ensure we fully understand your symptoms. We'll review your health history and recent activities and perform a physical examination that gives a complete picture of your condition. From there, we can determine the underlying injury or condition causing your pain.

While causes of foot pain can vary, here are some of the most common:

Limited Mobility: If the motion of your ankle, foot, or toes is restricted, this can affect your ability to walk or stand without pain. Limited ankle mobility is also a risk factor for increased risk of falls.

Lumbar Spine: The lumbar spine can refer pain to the ankle. While the symptoms may appear to be isolated to the ankle or foot only, our research found that the lumbar spine can cause foot pain even if your back is not what hurts.

Plantar Fasciitis: Occurs in about 10% of the general population. It causes pain and stiffness along the bottom

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of your foot and into your heel and occurs when certain tissue (the plantar fascia) becomes swollen and inflamed.

Achilles Tendonitis: Another example of inflammation in foot tissue, Achilles tendonitis causes pain and range of motion restriction in the tendon that runs along the back of your heel (the Achilles tendon).

Heel Spurs: This condition refers to a bony growth that develops on your heel bone due to stress and strain on the ligaments and tendons.

Stress Fractures: Stress fractures are small cracks in the bone that generally occur due to overuse. While they can happen anywhere, your feet are particularly susceptible as they absorb much of the impact from activities like running, excessive walking, and jumping.

What Physical Therapy Can Do To Help

Once our therapists have determined the source of your foot pain, we'll work with you to develop a customized treatment plan that manages symptoms, improves functionality, and resolves the underlying condition. We customize every plan to suit your unique needs, so you may not need some of the treatments listed below. A thorough examination will help your therapist determine the right plan of care for you.



Here are a few techniques we might incorporate depending on your needs:

Mechanical Diagnosis and Therapy (MDT): As published authors and highly trained in the McKenzie Method, our therapists will use MDT to determine a directional preference to relieve your pain quickly and efficiently. Following a prescribed treatment plan, some patients have found relief as soon as the first day.

Manual Therapy: Manual therapy offers drug-free pain management and a gentle way of improving foot mobility. Techniques like myofascial release, soft tissue manipulation, and joint mobilization offer unique benefits.

Therapeutic Exercise: We'll provide a targeted, personalized exercise program to stretch and strengthen your foot and ankle muscles. Depending on your needs, we can also work on balance, overall mobility, coordination, and gait training.

Modalities: Various treatment modalities, such as heat and cold therapy, electrostimulation, and ultrasound techniques may provide additional pain relief.

Lifestyle Modifications: Often, foot pain stems from lifestyle factors, such as wearing improper footwear or starting a new high-impact exercise regimen. We'll help you identify these factors and suggest strategies to modify them.

Using our years of research, your therapist will help you to determine if your pain is mechanical in nature. After your plan is developed and refined, your therapist will discharge you with a plan and the tools to prevent recurrence and self treat.

The first step in resolving your foot pain is correctly identifying its cause. To learn why your foot is hurting, call Maccio Physical Therapy to schedule your initial evaluation. We'll have you on your way to an active lifestyle in no time!

Sources:

Carlton, L., Maccio, J. R., Maccio, J. G., Braga, A., Tomanio, E., & Belikov, A. (2018). The application of Mechanical Diagnosis and Therapy to the ankle-foot complex: a case series. *The Journal of manual & manipulative therapy*, 26(3), 181–188. <https://doi.org/10.1080/10669817.2018.1456028>
<https://www.ncbi.nlm.nih.gov/books/NBK431073/>
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<https://orthoinfo.aaos.org/en/diseases-conditions/stress-fractures-of-the-foot-and-ankle/>

IT'S YOUR 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.

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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GRETA, WILLS, & FRITZ'S CORNER

HAPPY
ST. PATRICK'S DAY!

MaccioPhysicalTherapy.com



PHYSICAL
THERAPIST

WE'RE HIRING

FOR MORE
INFORMATION

<https://macciophysicaltherapy.com/physical-therapy-jobs/>
OR CALL (518) 273-2121

We are looking for Physical Therapists who have a verifiable history of getting things done and who have a strong purpose to help people. This person must be a team oriented person who can multi-task and communicate effectively with staff, patients and referral sources. We offer an excellent mentorship program. New grads welcome.

Enjoyable work conditions with friendly dedicated staff. Maccio Physical Therapy, PLLC started in 1986 and is recognized as a leader in its field. We have a very loyal and dedicated patient and referral base. We are located 1/2 mile off of Route 787. We offer competitive salary with bonus program and benefits including profit sharing/401K plan.

Note: Please send your resume and cover letter to jmaccio@macciophysicaltherapy.com



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Success Stories

"After ankle orif surgery resulting in 19 screws and 2 plates, I was unsure I would ever return to my normal activities. At 22 I was afraid I wouldn't be able to walk normally or run like I used to. With help from Matt Myers, I was able to make a full recovery and return to my normal activities. I am so grateful for the team at Maccio PT! They have helped me achieve all my goals and return to a life I didn't think possible anymore. I would absolutely recommend them (especially Matt)!"

—Caitlin

"When I started coming here I had extreme pain walking (plantar fasciitis) and a sore back. After just a few weeks, my back & foot are feeling great. More importantly to me, I was given exercises to do to keep the pain away." —Michael

"Prior to my PT at Maccio with Lindsay, I was struggling with basic walking and daily activities due to my ankle pain. Through therapy I was able to gain my strength and endurance back, allowing me to regain my ability to complete my daily activities with minimal pain or discomfort. Lindsay's approach to adjusting my recovery to what I still wanted to do on a daily basis allowed for an easy and enjoyable experience."

—Tyler

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