



**Maccio
Physical
Therapy**

NEWSLETTER

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



HOW TO FIND RELIEF FROM SCIATICA



FREE SCIATICA RELIEF WORKSHOPS

MAY 13 & 14 — DETAILS INSIDE

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- Greta, Wills, & Fritz's Corner
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HOW TO FIND RELIEF FROM SCIATICA

Tara's pain was excruciating. She was not able to sit or stand for long periods. Her pain made it impossible to make it through her day comfortably and she was no longer able to enjoy the outdoor activities she loved, like skiing.

Unfortunately, Tara had attended a different physical therapy clinic, did not notice any significant improvement in her condition, and was considering surgery. At the suggestion of one of our previous patients, and Tara's friend, she decided to give PT one more shot.

She came to Maccio Physical Therapy with a diagnosis of 2 herniated discs and severe sciatic pain. Through the use of Mechanical Diagnosis and Therapy (MDT), or the McKenzie Method, we were able to find safe exercises effective at eliminating her pain and returning her to outdoor activities she loved. She shares: "I am now symptom-free and ready to ski!"

Do you experience leg or back pain like Tara? Have you tried other treatments without any lasting improvement? Before you consider more drastic treatments such as surgery, reach out to Maccio Physical Therapy. We can help you find relief with a customized treatment plan.

Call us today to schedule your initial evaluation!

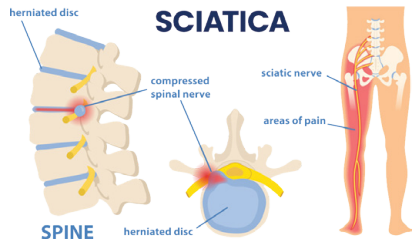
What Is Sciatica? Symptoms and Causes

Sciatica is a somewhat misunderstood condition. Many people refer to any radiating pain in the back and legs as "sciatica". In reality, sciatica only refers to pain stemming from pressure or irritation on the sciatic nerve. The sciatic nerve runs from your lower back down your legs to your feet.

Sciatica's main symptom is pain that starts in the lower back, radiates to the buttocks, and then runs down the back of one leg into the foot, following the path of the affected sciatic nerve. Often, the leg pain will be worse than the back pain.

However, other symptoms can be present as well, such as:

- Muscle spasms in the back
- "Pins and needles" sensations in the leg and/or foot
- Numbness in the leg and/or foot
- Shooting or burning pain deep in the buttocks or legs
- Weakness in the affected leg



How Physical Therapy Can Help With Sciatica Pain

When treating sciatica pain, our therapists will take you through the following steps:

- 1. Manage Pain:** We'll develop a plan to address your acute pain. This could involve spinal position or stretching/mobilization, pain relieving modalities, postural changes, and strengthening exercises to facilitate postural changes.

Continued inside.

HOW TO FIND RELIEF FROM SCIATICA

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2. Improve Mobility: Movement is crucial in addressing sciatica. Spinal mobilizations play an essential role here, allowing you to move the joint without exerting effort. We'll also incorporate active stretches and mobility work to help you ease range of motion restrictions and prepare your body for the next phase of treatment

3. Strengthening Your Back and Core: As your pain lessens, we'll begin working to build strength in your core muscles, which stabilize and support your spine. By strengthening these muscles, you can alleviate the pressure on your lumbar spine that contributes to sciatic pain

4. Educate to Prevent Future Pain: Finally, we can provide the tools to prevent a future bout of sciatica. We will help develop a home exercise program specific to your needs to keep your spine healthy and show you how to properly lift and maneuver throughout your day safely to avoid re-injury.



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-rays or MRIs with direct access patients, as the MDT mechanical examination is safe, effective, and rules out any serious concerns.

Find Sciatica Relief at Maccio Physical Therapy

Sciatic pain can be incredibly intense and often debilitating. Physical therapy using MDT will help you resolve pain — and the underlying causes — so you can get back to living a full, healthy life.

To get started with your own personalized sciatica treatment plan, call now to schedule an appointment!



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Therapy**

518.620.8605

MACCIPHERYSICALTHERAPY.COM

Sources:
<https://www.ncbi.nlm.nih.gov/books/NBK507908/>
<https://www.choosept.com/guide/physical-therapy-guide-heriated-disk>
<https://www.physio-pedia.com/Sciatica>

FREE WORKSHOP

Certified McKenzie Spine and Extremity Clinic



With:
JOSEPH G. MACCIO
MA, PT, Dip. MDT

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

Learn:

- The McKenzie Method
- How it works
- How it relates to sciatica
- How to start your pain free life!

SCIATICA RELIEF WORKSHOP

May 13th 1 PM
Zoom, 12:30 & 5 In
Clinic;
& 14th 5PM in clinic
1 New Hampshire Ave
Troy, NY 12180

Call to reserve your spot.
Spaces are limited.

518.620.8605

GRETA, WILLS, & FRITZ'S CORNER

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:

- **Excessive bending while gardening can increase low back pain.** Gardening in the morning is riskier than gardening later in the day, as discogenic injuries are more vulnerable in early morning hours due to the reabsorption of fluid in intervertebral discs at night. Performing routine back bends, press-ups, or neck retraction extensions are good tools to help prevent pain.
- **Don't overdo it.** Be mindful of how your body feels. If you experience an aching back or neck, slow down & stretch or stop & switch tasks. Use a garden cart or wheelbarrow to move tools & heavy planting materials.
- **Practice proper body mechanics.** Bending at your knees & maintaining a slight curve in your back helps you avoid strain. Change positions frequently to avoid stiffness or cramping. When kneeling, use pads to help absorb the pressure, and make sure you get up and change position frequently.

We can help you find safe ways to garden if you have an injury or are worried about becoming injured. Feel free to call us with questions!



Success Stories

"I am 72 years old and have suffered from sciatica on and off for years. I have been to Maccio for help twice and they have really helped! I am able to travel without pain and have returned to the gym for walking and weight machines with no pain!! I have gone to other PTs in the area, Maccio is really the only one that helps. Thank you." —**Jean**

"When I originally came to Maccio Physical Therapy, I was having a very difficult time with sitting, driving, and even watching TV without sciatic pain. Matt addressed the causes at hand and the exercises incorporated helped almost immediately. While coming to therapy I had mentioned persistent long-term pain on the right side of my neck. We also addressed this issue, and the pain has subsided and my range of motion and mobility in the neck region has increased immensely. Thank you for all the time and effort to relieve my aches and pains." —**James**

"As a former satisfied client of Maccio Physical Therapy, when I was diagnosed with sciatic nerve damage, I knew I would return. My first appointment was caring and informative. [My therapist] explained the course that my treatment was likely to follow...instructed me on the proper technique... and discussed and evaluated my progress and adjusted as necessary. ...My sciatic nerve pain is history..." —**Rosemarie**

PHYSICAL THERAPIST

WE'RE HIRING

FOR MORE INFORMATION OR CALL

<https://macciophysicaltherapy.com/physical-therapy-jobs/>
(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