



**Maccio  
Physical  
Therapy**

# NEWSLETTER

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



## CONQUER YOUR NECK PAIN!

ALLEVIATE PERSISTENT NECK PAIN  
WITH PHYSICAL THERAPY

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CELEBRATING 37 YEARS OF EXCELLENCE IN PATIENT CARE:  
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## Conquer Your Neck Pain!

### ALLEVIATE PERSISTENT NECK PAIN WITH PHYSICAL THERAPY

Have you ever had one of those days at work or school when your neck just won't stop bothering you? Or maybe turning your head to check for cars is difficult or painful. Neck pain can really impact your day and make life less enjoyable. Good news! At Maccio Physical Therapy, we've got a team that knows just how to help you feel better and give you tips to keep the pain away.

Most of the time, neck pain happens because there's something wrong with a muscle or joint. Figuring out what the real source is can be difficult, but with the help of our experienced therapists, you can get to the root of your problems, and more importantly, get the solutions you're looking for.

Our therapists will use treatments like specific stretches, hands-on techniques, and strength exercises that are tailored for immediate and lasting relief. Our ultimate goal? To help you return to a life you can enjoy to the fullest.

**Take action today! Request an appointment and set the wheels in motion for the lasting relief you deserve.**

#### Source of Neck Pain: Causes and Symptoms

Neck pain is a multifaceted condition, and its origins can vary widely from person to person. Whether your discomfort starts from an unfortunate car accident or something you do every day, like maintaining an improper posture while working at your desk, our team can help.

What may appear to be a minor issue, such as a recurring crick in your neck, could potentially develop into a chronic issue that disrupts your daily life.

For some individuals, the issue lies deeper within the structure of the spine (for example, changes to the discs, and the cushions between vertebrae). Disc degeneration can lead to pain and difficulty moving the neck. Problems such as bulging or herniated discs can be particularly painful and can even lead to nerve compression. This often results in additional symptoms such as sharp, radiating pain or numbness extending into the shoulders or arms. Luckily, our physical therapists are skilled at identifying these contributing factors and formulating an effective treatment plan tailored to alleviate your specific symptom.

#### Physical Therapy: Your Pathway to Relief

We'll start with a comprehensive evaluation, including gathering as much information about your health,

*Continued inside.*

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# Conquer Your Neck Pain!

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previous history of neck pain, and information about your most recent episode.

Next, we'll conduct a physical examination, including an assessment of your neck and upper back muscles. We'll assess your posture and movement patterns to identify any restrictions or limitations contributing to your pain.

Our treatment programs are built on several key elements, all aimed at facilitating the health of your neck:

- **Posture Correction:** Poor posture is a significant contributor to neck pain. Working with you, our therapists will guide you through the steps to correct your posture, effectively alleviating muscle strain on your neck and shoulders.
- **The McKenzie Method:** Our expert therapists use specialized treatments to free up restrictions and alleviate tension in soft tissues. We'll also develop personalized exercise routines aimed at targeting the source of your pain to improve mobility and strength.



## 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.*



- **Ergonomic Evaluation:** Our therapists will provide practical recommendations for your work and home environments that can help minimize any physical strain on your neck and shoulders.

We are committed to working closely with you to craft effective, proactive programs to restore mobility and contribute to overall well-being.

### Ready to Take the First Step Toward a Pain-Free Neck?

Don't let neck pain hold you back any longer. At Maccio Physical Therapy, our team of experts is here to give you the personalized help you need to feel better and stay that way. Let's work together to create a plan that fits you perfectly.

**Contact us today to schedule your appointment with our amazing physical therapists and start your journey to a more comfortable, pain-free life!**

Sources: <https://www.jospt.org/doi/10.2519/jospt.2017.0302>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>

## FREE WORKSHOP

Maccio  
Physical  
Therapy



CERTIFIED CLINIC

Certified McKenzie Spine and Extremity Clinic

# Neck and Headache Workshop

**June 10th**  
Noon and 5PM in-clinic,  
1PM Zoom.

**June 11th**  
5PM in-clinic.  
1 New Hampshire Ave,  
Troy, NY 12180.

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



**Maccio  
Physical  
Therapy**

Capital Region's Only Certified  
McKenzie Spine and Extremity Clinic

**The Power to Control Pain**

1 New Hampshire Ave, Troy, NY 12180  
(518) 620-8605 [macciophysicaltherapy.com](http://macciophysicaltherapy.com)

# 518.620.8605

# GRETA, WILLS, & FRITZ'S CORNER



## Happy Mother's Day to All the Amazing Moms Out There!

Today we celebrate you and all that you do for your families. Thank you for your unwavering love, patience, and guidance. Enjoy your special day!

**PHYSICAL THERAPIST**

**FOR MORE INFORMATION OR CALL**

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

**WE'RE HIRING**

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](mailto:jmaccio@macciophysicaltherapy.com)

## Success Stories

"I came to Maccio PT for a pinched nerve in my left neck which affected my left arm and had left-hand tingling. This problem began at the end of June 2023. I was unable to lay down or sit comfortably. I could not attend my exercise classes. Working with Matthew at Maccio PT helped so much. The exercises I was given helped me get back to my normal routines without pain and discomfort. I'm so appreciative of the hard work Matthew puts in each and every visit to help me reach my goal of being pain-free." — **Lynn**

"My neck and shoulders have been bothering me for years. Working at the computer, looking at my phone, and driving to work were causing me to get these constant dull headaches. I couldn't sit comfortably on the couch after work because my neck and head were so uncomfortable. Doing the exercises Joe gave me has helped so much. The stretches relieved so much pressure from my neck. My dull headaches are completely gone, and my neck only gets tight when I've had poor posture for a long period of time (being on the computer for 1.5 hours, for example). I am so thankful I came here." — **Alyssa**