



**Maccio  
Physical  
Therapy**

# NEWSLETTER

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



# IS YOUR HEAD SPINNING?

DISCOVER HOW MACCIO PHYSICAL  
THERAPY CAN HELP YOUR VERTIGO

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**N E W S L E T T E R**

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# IS YOUR HEAD SPINNING?

DISCOVER HOW MACCIO PHYSICAL THERAPY CAN HELP YOUR VERTIGO

Have you ever had a sudden sense that you're spinning in place — even though you're standing perfectly still? If so, then you've experienced vertigo, an unnerving sensation that often indicates an underlying issue with your vestibular system.

A single incident of vertigo probably isn't anything to worry about, as the sensation isn't typically harmful in and of itself. However, multiple vertigo attacks could indicate an underlying issue with your vestibular system, which helps manage your balance and spatial awareness. Frequent vertigo can also increase fall risk, leading to potential injury or hospitalization.

While vertigo can feel hallucinatory and strange, it is more often than not rooted in a physical issue — one that the physical therapists at Maccio Physical Therapy can help address. Our team's understanding of your body's vestibular and balance systems ensures you can find the relief you need to live a full, healthy life.

## Understanding Vertigo: What It Is, What It Feels Like, and What Causes It

Many people use the terms "vertigo" and "dizziness" interchangeably, but vertigo is a specific type of dizziness. Dizziness can refer to a range of sensations: wooziness, lightheadedness, etc. Vertigo refers to a particular sensation in which you feel like you or the space you're in is spinning.

Vertigo is closely associated with your vestibular system, which is located in your inner ear (the peripheral vestibular system) and in your cerebellum (the central vestibular system). Most people with vertigo have an impairment

in the peripheral vestibular system: the structures and canals of the inner ear.

What sort of impairments? Here are a few of the most common:

- **Benign Positional Paroxysmal Vertigo (BPPV):** The most common source of vertigo, this occurs when tiny crystals build up in the inner ear canal.
- **Meniere's Disease:** This results from fluid buildup in your inner ear. In addition to vertigo, you might experience hearing loss or muffled hearing, tinnitus, and a sense of fullness in the ear.
- **Labyrinthitis:** This is an inner ear inflammation resulting from an infection.

It's important to remember that vertigo isn't really a condition in and of itself — it's a symptom. If you can't find an obvious inner ear issue that could be causing your vertigo, you may have **central vertigo**, vertigo that's rooted in your cerebellum. The following can cause central vertigo:

- Stroke
- Migraines
- Vascular disease
- Traumatic brain injury

Our physical therapists will work with you and other providers, if needed, to determine the exact root of your vertigo attacks.

*Continued inside.*

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# IS YOUR HEAD SPINNING?



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## Physical Therapy's Role in Treating Vertigo

Many people are surprised that physical therapy is a standard treatment for vertigo, but it's true, especially if you have peripheral vertigo. Our therapists will blend several different treatments to help manage your vertigo attacks while working to improve your overall balance and stability:

- **Vestibular rehabilitation** is a specialized form of physical therapy that consists of exercises specifically designed to address issues with the vestibular system, including relaxation techniques, gaze stabilization exercises, and more.
- **Repositioning maneuvers** help people with BPPV. We can dislodge the crystals causing your symptoms by positioning your head in certain ways.
- **Balance training** is an integral part of any vertigo treatment plan. We'll walk you through exercises designed to challenge — and improve — your overall balance, which helps reduce your fall risk.
- **Conditioning programs** are another important piece in the vertigo puzzle. Muscular weakness, or tightness, can contribute to balance issues; a tailored exercise program will help you build the strength and mobility you need to stay on your feet.

- Finally, **patient education** ensures you understand the cause of your vertigo and have the tools you need to manage it. For example, we can help you identify and avoid vertigo triggers and provide strategies to make it through vertigo attacks.

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

## Say Goodbye to Vertigo. Call Maccio Physical Therapy Today!

Although it's not life-threatening, vertigo can profoundly impact your overall quality of life. Many people with frequent vertigo are less likely to go out or participate in their favorite recreational activities for fear of an ill-timed attack. But our physical therapists can help control — and even resolve — your vertigo, ensuring you live a rich, active life.

**Ready to learn more? Call to schedule an appointment today.**

Sources: <https://www.choosept.com/guide/physical-therapy-guide-vertigo>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5954334/>  
<https://www.ncbi.nlm.nih.gov/books/NBK482356/>

## 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.*

## SUCCESS STORIES

"I called emergently; I was in desperate need of PT for BPPV. Not only did Maccio PT accept me as a new patient, but they also helped me the same day I called. My symptoms were dizziness, nausea, and balance issues. Today after my 4th appointment and balance test I am happy to report that Joe Maccio was able to completely relieve all my symptoms. He educated me and provided me with a home exercise plan. His kindness and assistance were beyond any care I have ever received. Thank you, Joe and the team. You are simply the best." — **Mary**

"When I first came in, I was experiencing vertigo, dizziness, and light-headedness with head movements and bending over. I no longer have any of those symptoms. Joe gave me back, neck, and balance exercises. I recently noticed that I can stand for longer periods of time without fatigue. I also noticed I no longer go downstairs one step at a time but rather walk down progressively. This has been encouraging for me." — **Vera**

**518.620.8605**

# GRETA, WILLS, & FRITZ'S CORNER



## HAPPY Father's DAY



**Happy Father's Day to all the amazing dads out there from Maccio Physical Therapy!** We appreciate all that you do and hope you have a wonderful day filled with love and appreciation. Father's Day is also a popular golf day and we thought we would re-run our "Golfer's Beware" article to prevent injury:

- The warm weather is finally here, which means that you avid golfers are out there ready to hit up the course once again! One recent study showed that during a two-year period, 60% of golf professionals and 40% of amateurs suffered traumatic injuries while golfing. Over 80% of the reported injuries were related to overuse.
- Low back pain is the most common injury or complaint among both professional and amateur golfers, followed by injuries to the upper extremities (elbow and shoulder.) Professional golfers experience a higher number of wrist injuries, and amateur golfers experience more elbow problems. Both groups have a relatively high rate of shoulder injuries. The good news is that rapid resolution of symptoms has been observed in the spine, arms, and legs when using MDT principles to restore the painful joint's normal resting position.
- MDT has been shown to change the results of orthopedic special tests rapidly. It is becoming clear that mechanical derangements can mimic pathological conditions, such as tennis elbow, meniscal tears, and osteoarthritis, and

recognition of this is essential to decrease patient exposure to undue harm and increased costs as the proper treatment for mechanical derangements is repeated or sustained movements rather than surgical intervention, injections or medication.

**Enjoy your day!**

## FREE WORKSHOP



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

The Capital Regions **ONLY** Certified  
**McKenzie Spine and Extremity Clinic**  
**VERTIGO RELIEF**  
**WORKSHOP**

July 18th 1PM  
Zoom, 12:30 & 5th  
Clinic

& 14th 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?*

### Learn:

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

Call to reserve your spot.  
Spaces are limited.

**(518) 273-2121**

