



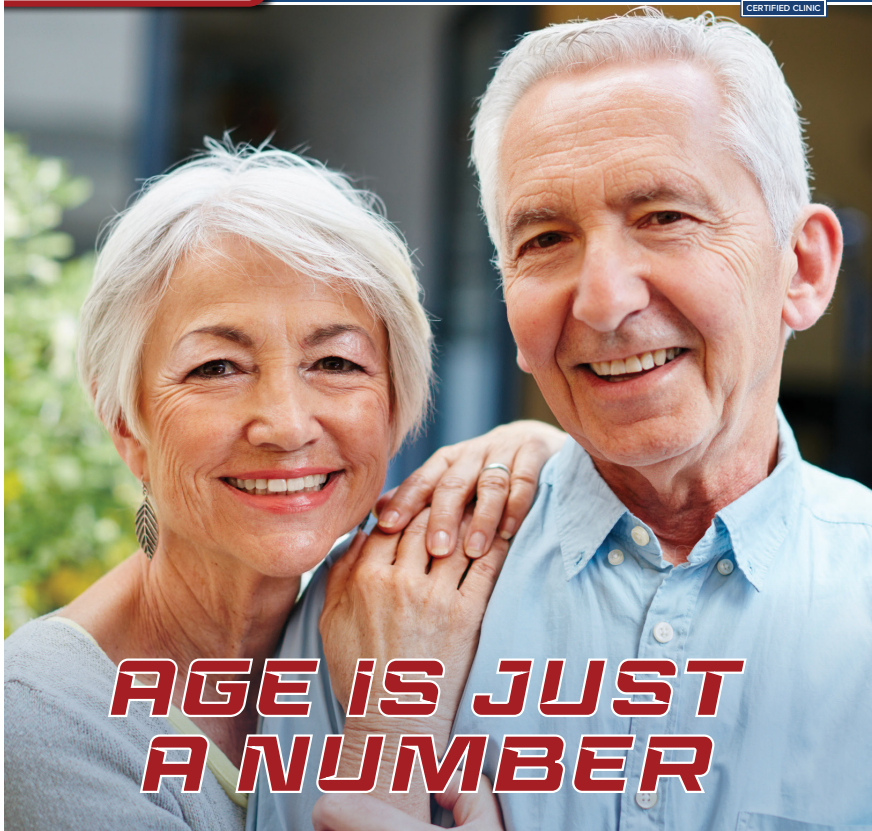
**Maccio  
Physical  
Therapy**

# NEWSLETTER

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



CERTIFIED CLINIC



**AGE IS JUST  
A NUMBER**

DISCOVER HOW PHYSICAL THERAPY CAN HELP  
COMMON HEALTH RISKS IN PEOPLE OVER AGE 60

## INSIDE

- Greta, Wills, & Fritz's Corner
- Free Workshop
- Patient Success Spotlight



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## AGE IS JUST A NUMBER

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THERAPY CAN HELP  
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IN PEOPLE OVER AGE 60

**Today, we're discussing an important topic: how physical therapy can benefit those over 60.**

Meet Christina, a lively 72-year-old who loves gardening, walking with her grandchildren, and shopping. Over the years, Christina noticed her legs weren't as strong, her back ached more often, and she dreaded long walks and stairs.

Like Christina, many of us in our 60s and 70s feel our bodies aren't as cooperative as they once were. The golden years we anticipated spending in leisure often come with new health challenges, making daily activities and hobbies harder to enjoy.

But it doesn't have to be this way! Imagine regaining your energy, strength, and the ability to stay active without worrying about aches, pains, or falls. This can be your reality!

Physical therapy can revitalize your body and spirit, one session at a time.

### What Happens When We Get Older?

As we age, our bodies go through several changes. People over 60 might notice stiffness, aches, and reduced mobility. Here are some common changes:

- **Joints:** Aging can make joints less flexible and more prone to conditions like osteoarthritis, causing achiness and reduced mobility.

- **Muscles:** We lose muscle mass and strength as we age, which impacts our reaction time and ability to handle daily tasks.
- **Balance:** Maintaining balance becomes tougher due to changes in muscles, joints, and vision, increasing the risk of slips and falls.

Aging is natural, but it brings changes that can affect our daily lives. Thankfully, Maccio Physical Therapy's skilled therapists can help you continue enjoying your favorite activities and explore new ones, keeping you healthy and happy.

### How Our Physical Therapists Can Help

Like Christina, many people feel less steady as they age. Our physical therapists can help you regain your strength and stability. Here's how:

- **Comprehensive Evaluation:** We start with a thorough evaluation, including a physical exam and medical history review to understand your current needs and health status.
- **Customized Programs:** Based on the evaluation, we create a personalized program, which may include:
- **Mobility Exercises:** Gentle stretches and movements to ease joint aches and improve flexibility.

*Continued inside.*



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# AGE IS JUST A NUMBER

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- **Strengthening Exercises:** Targeted exercises to build muscle strength, enhancing your ability to perform daily activities safely.
- **Balance and Gait Drills:** Specialized exercises to improve stability and walking, reducing the risk of falls.

Our experienced therapists guide you toward a healthier

## 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.*

life, where morning walks and playing with grandchildren are enjoyable and pain-free

### Stay Healthy and Active with Maccio Physical Therapy

If you or a loved one is over 60 and wants to maintain good health, Maccio Physical Therapy can help you take care of your body and enjoy life to the fullest.

**Remember, age is just a number. With the right support, everyone can live a wonderful, active life!**

Sources: [https://www.thelancet.com/pdfs/journals/lanh/PIIS2666-7568\(21\)00079-9.pdf](https://www.thelancet.com/pdfs/journals/lanh/PIIS2666-7568(21)00079-9.pdf); <https://pubmed.ncbi.nlm.nih.gov/32525097/>; [https://journals.lww.com/jgpt/Fulltext/2022/04000/APTA\\_Geriatrics\\_Guiding\\_Principles\\_for\\_Best.3.aspx](https://journals.lww.com/jgpt/Fulltext/2022/04000/APTA_Geriatrics_Guiding_Principles_for_Best.3.aspx); <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6247475/>; <https://pubmed.ncbi.nlm.nih.gov/33782360/>

## SUCCESS STORIES

"Over the course of the past couple of years, my shoulder and upper back became inflamed. Routine work and leisure became very difficult. Sleep was next to none. In the weeks just prior to visiting Maccio, there were days I was in tears. I felt as if I could barely move without pain in a very physical line of work and a wonderful life, abundant with young grandchildren. I was of the mindset that physical therapy was not the answer. Matt @ Maccio PT proved me wrong. I walked in barely moving without pain. Within my first week, the smile had returned. I could move 50% better! It progressed weekly using the tools Matt gave me. I am so thankful to him and all of the wonderful people that have helped me along the way at Maccio." —**Kristen S.**

"I have been a client of Joe's on and off again for 40 years. I have been treated for neck, back, shoulder, and knee. I missed his therapy sessions when I lived in Florida for a few years and had to have therapy after knee surgery. I am glad to be back. Joe and all of his staff are very professional and responsive to every need, concern, and question I ever have. I have avoided surgery and some medication due to therapy and exercises I can do at home. I recommend them to everyone, and I am so grateful to everyone at Maccio Family Physical Therapy, PLLC. God Bless you all." —**Susan**

**518.620.8605**

# GRETA, WILLS, & FRITZ'S CORNER



**On behalf of all of us here at Maccio Physical Therapy, we wish you a happy and safe 4th of July holiday.**

However you choose to celebrate, we hope you take a moment to reflect on our nation's freedoms.

As part of that, remember that you have the freedom of choice. With all of the consolidations of hospitals and medical practices, it may seem like you have little choice. It is your legal right to "choose your physical therapy provider." Choose wisely.



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## FREE WORKSHOP

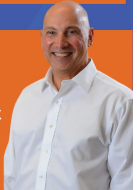
# SHOULDER WORKSHOP



CERTIFIED MCKENZIE  
SPINE AND  
EXTREMITY CLINIC

## MACCIO PHYSICAL THERAPY

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



### WHEN:

August 12th  
Noon and 5PM in-clinic,  
1PM Zoom.  
August 13th  
5PM in-clinic.



**BREAK THE CYCLE OF SHOULDER PAIN! CALL MACCIO PHYSICAL THERAPY TODAY!**

### WHERE

1 New Hampshire Ave,  
Troy, NY 12180.

**(518) 273-2121**