



**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



REAL SOLUTIONS FOR BACK PAIN CAUSED BY HERNIATED DISCS

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REAL SOLUTIONS FOR BACK PAIN CAUSED BY HERNIATED DISCS

Are you struggling with intense lower back pain? Do you notice straightening up all the way is painful or impossible? Did this pain start after lifting something heavy or twisting your back? If you nodded 'yes' to these questions, you might have a condition known as a herniated disc. Don't worry; there are proven strategies that can help you feel good again!

Herniated discs are not always painful, but they can be excruciating when they are. Due to the severity of pain associated with a herniated disc, people will try to avoid hurting themselves more and avoid activity. Unfortunately, misguided healthcare practitioners still recommend rest or, worse, bed rest, which is why getting proper treatment is essential!

At Maccio Physical Therapy, our team of specialized physical therapists is fully equipped to guide you toward the relief you've been seeking, allowing you to get back to the activities you genuinely love without pain!

Understanding the Nitty-Gritty of a Herniated Disc

To understand what a herniated disc is, it's important first to understand the role of spinal discs. Your discs are like shock absorbers in your spine, absorbing compressive forces and permitting smooth, free movements like bending forward, backward, and rotating.

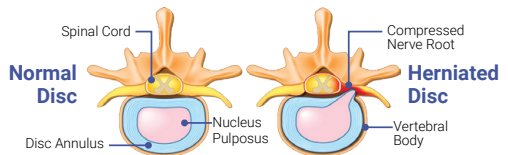
However, as we age, our discs naturally degenerate, begin to dry out, become more stiff, and weaken, becoming more susceptible to herniation. Think of your discs as being like grapes when you're young and then drying up to be more like raisins as you age.

In addition to age, several variables can elevate your risk of experiencing a herniated disc, including:

- **Smoking:** Cigarettes are thought to reduce the supply of oxygen to the disc, causing it to break down more quickly than it normally would.
- **Occupation:** Those engaged in jobs requiring repetitive motions like lifting, bending, and twisting are also more susceptible.

- **Sedentary Lifestyle:** Long durations of sitting, especially in incorrect postures, contribute to increased risk.
- **Genetics:** Family history may play a role in increasing the risk of developing a herniated disc.

A herniated disc occurs when the soft, gel-like substance in the middle of the disc breaks through the inner aspect of the disc and protrudes out, usually in the back wall of the disc. This bulging out can pinch the nearby spinal nerves, leading to inflammation and excruciating pain that might even radiate down your leg or arm.



Even when the disc doesn't affect the nerves, it is infamous for causing sharp and intense pain in the lower back, affecting your ability to move, especially standing upright, and interfering with your overall quality of life. For some, the pain is so unbearable that it hampers even the simplest daily tasks, like sitting, moving, or lying down to sleep.

The silver lining? Our skilled physical therapists can teach you how to manage your debilitating pain and provide the tools to return to a pain-free life!

Effective Solutions for Herniated Disc

At your first visit, one of our experienced physical therapists will perform a comprehensive assessment, including a medical history and physical examination. Afterward,

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your physical therapist will design a personalized treatment plan specifically for your unique situation that may include the following:

- **Mechanical Diagnosis and Therapy MDT (The McKenzie Method):** Our physical therapists are proficient in utilizing the McKenzie Method to diagnose, treat, and prevent back pain, including conditions resulting from herniated discs.
- **Stretching and Mobility Exercises:** Targeted stretches to improve spine mobility and muscle flexibility are often the starting point. As you move better, you'll feel better!
- **Core Strengthening:** Exercises like planks and bridges can help stabilize the spine and help in improving proper techniques when performing movements like squatting or lifting activities.
- **Neural Mobilization:** Our therapists may use neural mobilization or "nerve gliding" exercises to relieve nerve tension, which can reduce the radiating pain commonly associated with herniated discs.
- **Understanding the condition and its management is crucial.** Our experts often educate the patient about

body mechanics, lifestyle changes, and long-term exercise strategies to prevent future episodes. We know that your first step to recovery starts with understanding.

- **Manual Therapy:** Our physical therapists use passive movement techniques, called mobilizations, to improve the range of motion in the spine, reducing stiffness and pain.

Why Wait? Call Maccio Physical Therapy today for a comprehensive evaluation and learn the steps you can actively take to recover from a herniated disc and guard against future occurrences. Book your life-changing appointment today!

518.620.8605



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 friends, and I am so grateful to everyone at Maccio Physical Therapy, PLLC. God bless you all." —Susan

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.

518.620.8605

CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN

GRETA, WILLS, & FRITZ'S CORNER

Spine Savvy

CROSSWORD PUZZLE



CERTIFIED CLINIC



			1							
	2									
			3							
			4							
5										



ANSWERS: 1. Paresthesia 2. Cervical 3. Spine 4. Lumbar 5. Thoracic

1. Sensations like tingling or numbness; can be addressed in physical therapy sessions using McKenzie Method techniques (11 letters)
2. The region of the spine addressed in physical therapy, focusing on exercises and treatments to alleviate neck pain and improve mobility (8 letters)
3. The central structure of the musculoskeletal system addressed in physical therapy, often targeted in the McKenzie Method for alignment and mobility (5 letters)
4. The lower region of the spine is addressed in physical therapy, often focusing on exercises and treatments to alleviate low back pain and improve mobility (6 letters)
5. The middle segment of the spine addressed in physical therapy sessions, often associated with upper and mid-back pain (8 letters)

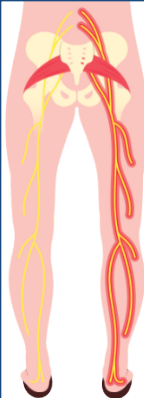
FREE SEPTEMBER WORKSHOP

The Capital Regions **ONLY** Certified McKenzie Spine and Extremity Clinic
Sciatica and Back Pain Workshop

September 16th 1 PM
 Zoom, 12:30 & 5 PM in Clinic;
 & 17th 5 PM in clinic

1 New Hampshire Ave
 Troy, NY 12180

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?

518.620.8605

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