Maccio Physical Therapy

NEWSLETTER

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

THE McKENZIE INSTITUTE INTERNATIONAL
CERTIFIED CLINIC



WHY WE DO WHAT WE DO

MDT DIAGNOSTICS — BACKED BY RESEARCH

INSIDE

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

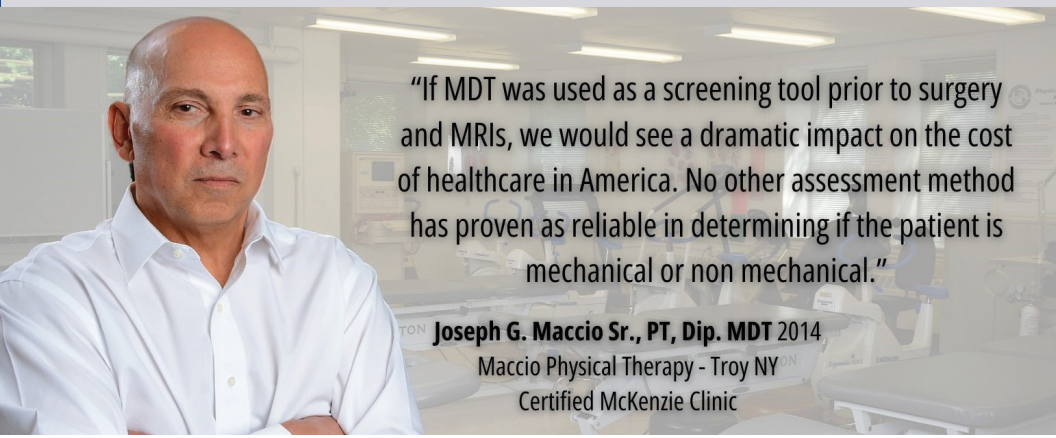
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WHY WE DO WHAT WE DO

MDT DIAGNOSTICS — BACKED BY RESEARCH



"If MDT was used as a screening tool prior to surgery and MRIs, we would see a dramatic impact on the cost of healthcare in America. No other assessment method has proven as reliable in determining if the patient is mechanical or non mechanical."

Joseph G. Maccio Sr., PT, Dip. MDT 2014
Maccio Physical Therapy - Troy NY
Certified McKenzie Clinic

We have recently heard from patients being told not to bother with physical therapy and go right to surgery. This is bad advice! After being in practice for the past 37 years we have seen numerous patients being taken off operational schedules for low back, neck, knee, shoulder, hip, ankle, wrist, and hand. At Maccio Physical Therapy we utilize the mechanical diagnosis and therapy (McKenzie) system to help patients avoid surgery altogether if possible. MDT is a **diagnostic tool** in itself and does not have the flaws that we see in using MRIs as a sole diagnostic screening device. Research conducted on MDT diagnostics is extensive.

What is MDT?

A Dynamic of Examination, Diagnosis, Intervention, and Prevention

MICHELIN

The Michelin Tire Co. uses MDT for their workers and has seen:

- 78% reduction in surgeries
- 50% Reduction in MRIs
- 38% Reduction in injections
- 65% reduction in recurrent events

JAMA Internal Medicine
Formerly Archives of Internal Medicine

Opioid Overdose Deaths Skyrocket In Women

(Mack et al., 2013)

From 1999 to 2010 deaths from prescription opioid pain relievers (OPR)

- From 1999 to 2010 deaths from prescription opioid pain relievers (OPR)
- Increased by 415% in women
- Increased by 265% in men
- ER visits from misuse/ abuse of OPR among women doubled from 2004 to 2010.

MDT is an effective approach for the treatment of musculoskeletal conditions without the use of opioids for pain management, empowering individuals and improving patient well-being.

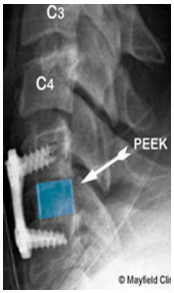


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Herzog 2016

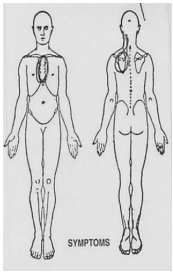


MRI scans don't always tell the right story.

- Middle-aged female with low back pain and associated radicular symptoms obtained 10 MRIs were over a 3-week period
- All 10 images were different, no one report had agreement on conclusive findings
- One found no Herniated nucleus pulposus (HNP), 2 found HNP at all five levels, remaining 7 reports found HNP at one or more levels

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The Application of Mechanical Diagnosis and Therapy in Failed Anterior Cervical Discetomy and Fusion: A Case Report by Lindsay Carlton, Joseph R. Maccio, Jaime Handford, and Pinal Patel (2017)



A female with neck and arm pain had a cervical fusion. Four months later she was still having the same symptoms. A friend told her about MDT and she was 50% better in one visit and back to the gym by visit 4. She is still pain free 6 years later!

For more information on our research, reach out to us directly!

THANK YOU REFERRAL TEAM!

Thank you Maccio Physical Therapy Referral Team!

Stop by the clinic to pick up your 37th-year anniversary gift. An amazing **60% of patients** find our clinic through family and friends who were treated by the team at Maccio Physical Therapy. Thank you for another outstanding year! We could not have done it without you. We extend our sincerest thanks to everyone who referred patients to us in the past year. We greatly appreciate you helping us to strive in the area of Mechanical Diagnosis and Assessment.

THANK YOU!

Maccio Physical Therapy

FREE WORKSHOP



CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN

GRETA, WILLS, & FRITZ'S CORNER:





Greta, Wills, & Fritz's Shoveling Snow Tips

1. **Leverage:** Hand placement on the shovel handle is very important! Don't place hands close together. Distance between hands gives you more leverage & makes it easier to lift.
2. **Keep the shovel close to your body & scoop small amounts of snow, then walk to where you want to dump it.** Holding a shovelful of snow with your arms outstretched puts too much weight on your spine.
3. **Good posture:** Maintain the natural curve of your spine. Keep feet shoulder-width apart for balance, bend your knees & lift with your legs — not your back! Dump snow in front of you, don't throw it over your shoulder! If you need to move snow to the side, move your feet — don't twist!
4. **Take frequent breaks** to stretch your back & extremities.
5. **If you have a history of low back pain, it's important to perform press-ups/backbends before & after shoveling.**

Remember: early morning bending & twisting puts your lower back at greater risk for injury.

NEW YEAR, NEW CHOICES

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

518.620.8605

Success Spotlight

"Last January I fell on my shoulder while skiing and broke my right arm very close to the ball joint. It could not be put in a cast, so I had to immobilize it for 6 weeks. At that time riding in a car to my appointments was painful. Walking was also painful if my arm was not in a good position. I thought I may never get to do things I like, golf, skiing, and painting. Also, I couldn't babysit, which is what I was doing full-time. It has been a long road to recovery, but Maccio has helped me get back to all those activities. I continue to do my exercises every day and if I need help or advice, they are always available to talk. They have always accommodated my needs be it physical or just in scheduling. Also, my accident didn't only affect my arm and shoulder. I also had back and neck issues which were both addressed and worked on. I now feel I can get back to yoga and biking to get in shape for the ski season! Thank you to all the therapists at Maccio Physical Therapy." ***—Kathy***

"I have scoliosis, which was causing daily back pain and soreness. I had tried massages and chiropractic care for years and they only helped for a few days at best. Matt gave me the tools to fix my back pain on my own, and they are the most effective things I have ever done to manage my back pain. I never would have imagined such simple and quick exercises could be so effective! I am much better able to manage pain flare-ups and do core strength functional exercises now, I am very thankful!" ***— Skyler***

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MACCIOPHYSICALTHERAPY.COM