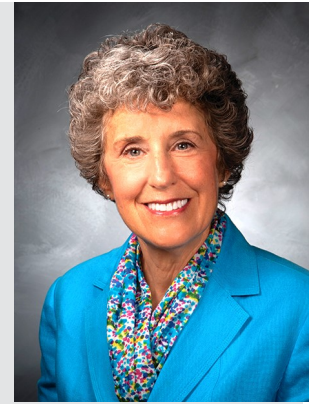


MARY MAESCH, PT



Physical Therapy Degree,
University of Maryland,
1974

Continuing Education & Experience:

- LSVT-BIG for Parkinson's Disease
- Myofascial Release
- Muscle Energy Technique
- Proprioceptive Neuromuscular Facilitation
- Strain/Counter-Strain Technique

Special Interest:

- Amputee/Limb loss
- Gait & balance training
- Geriatrics
- Posture, alignment and body mechanics

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When patients describe their experience with Mary Maesch, PT, they say that her personality is what sets her apart. It's been said that she puts people at ease, and they feel that they can really open up to her about their life and their condition. "I enjoy learning about people. I love hearing their stories and what's going on in their lives," says Mary about her patients.

Mary has always had a curiosity in how the body works ever since she was young.—That is what led her to get her degree in physical therapy. Mary is originally from Lancaster, Pennsylvania and is a graduate of the University of Maryland. She has been a practicing physical therapist for over two decades and has a wealth of knowledge and experience under her belt. She has a special interest in post-operative joint replacement and feels that it is important to instruct her patients on home ergonomics following surgery to avoid injuries. She enjoys working with geriatric patient population and focuses on teaching her patients about proper posture and body mechanics. She has taken multiple education courses and utilizes a variety of manual therapies and techniques in her practice. She most recently took a course called LSVT-BIG for the treatment of Parkinson's Disease.

Mary is an active person who enjoys biking, Nordic pole walking and pickle ball. She also tries to emphasize the importance of physical activity with her patients. "My goal with each patient is to encourage them to do some sort of physical activity and to keep it up life long. I have a number of patients who have continued on with their program and keep in touch with me, letting me know how they are doing. If I can motivate people to keep moving, then that is great!" stated Mary.

Mary is a cancer survivor and has made a passionate interest to learn and do research on how nutrition affects the body. "I try to pass on what I learn to my patients. I think how we feed our body makes a big difference in how we feel and how we recover," said Mary.

Mary's practice philosophy is to be resilient, optimistic but help patients understand realistic outcomes. "People can get discouraged because they can't do the things they used to do. Our job as physical therapists is to help them do the things they want to do but in new ways that don't affect their condition or injury. I often joke with my patients telling them that our bodies don't come with unlimited warranties," states Mary.

