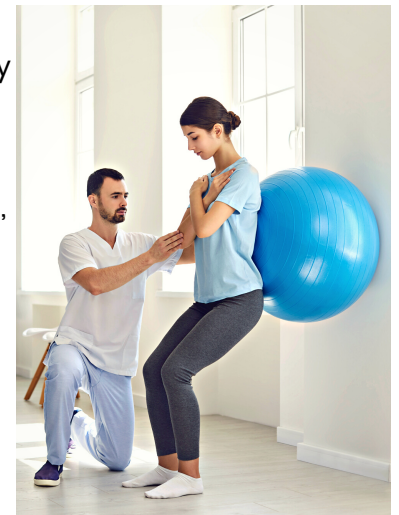




The Importance of Prehabilitation Before Surgery

Prehabilitation has numerous benefits for pre-surgery patients. Prehabilitation, or "prehab," is an individualized exercise conditioning program that prepares the body for the stresses of surgery, manages symptoms, and helps restore function in the injured area as much as possible prior to surgery. During prehab, the physical therapist assesses the patient for any deficits in strength, stability, range of motion, and balance that could impede their ability to recover from surgery and designs a program to address those deficits.

Prehabilitation works on improving a patient's movement, flexibility, and strength before surgery to set them up for a successful recovery after surgery. Prehab has been shown to shorten recovery time and a patient's hospital stay, reduce post-surgical pain and inflammation, and increase strength, stamina, and mobility.



Return to Throwing Using the Rebounder

Mangiarelli Rehabilitation physical therapist Bobby demonstrates a return to throwing progression using the rebounder to rehabilitate after a shoulder injury on the blog.

Throwing injuries to the shoulder among baseball players are very common, often due to overuse and the repetitive high stress of overhead throwing. Rehabilitation after a shoulder injury involves a gradual restoration of range of motion, strength, muscular endurance, dynamic stabilization, and neuromuscular control in the shoulder via targeted therapeutic exercise, manual therapy, rebounder therapy, and aquatic therapy.

When preparing for a return to throwing, using the rebounder can be a highly effective way to prepare the shoulder gradually and safely for the dynamic act of throwing.

The Role of Nutrition after Joint Replacement Surgery

Joint replacement surgery is a complex surgery that places significant stress on your body and increases your nutritional needs as you heal and recover. Adequate nutrition during recovery from surgery can help to control inflammation, provide the necessary nutrients to rebuild and restore injured tissue, decrease the risk of muscle atrophy, and preserve muscle strength.

Eating a high-quality protein, fiber, and antioxidant-rich, anti-inflammatory diet post-surgery can play a pivotal role in your body's healing process and recovery. Maintaining good blood sugar control after surgery is also important as elevated blood sugar can delay the healing process and put you at greater risk for infection. Eating well-balanced meals of protein, fiber, and complex carbohydrates can properly fuel your body for recovery and maintain balanced blood sugar during the post-surgery period.



Preventing Knee Pain during Spring Gardening

Gardening has numerous health benefits. However, gardening does place stress and strain on joints and muscles when digging, planting, weeding, mulching, and raking, particularly the knee.

Gardener's knee is a common gardening-related injury that involves inflammation, swelling, and pain in the bursa at the front of the kneecap.

To prevent knee pain when gardening, check out our gardening knee injury prevention tips:

- Always warm up before working in the gardening.
- Alternate your position often & take frequent breaks.
- Use knee pads, a padded cushion, or a gardening stool to reduce strain on the knee.
- Install raised beds or use a garden table to reduce need for extended kneeling.

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