

MANGIARELLI REHABILITATION



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MANGIARELLI REHABILITATION RENOVATIONS

For Mangiarelli Rehabilitation, 2020 marks ten years of service to the greater Youngstown-Warren community and a newly renovated facility. The Mangiarelli Rehabilitation clinic is a 6,500 square foot facility that offers all the current modalities for rehabilitation, including a warm water therapy pool.

The 2020 additions and renovations to the already expansive facility include:

- A new warm water therapy unit to improve aquatic therapy and ensure patients utilizing the water therapy pool can do so in comfortably-heated water and room temperature
- Remodeled patient locker rooms
- Expanded area for treating injured worker rehabilitation patients and hand and wrist injuries

The clinic currently has four private treatment rooms, four treatment tables, balance bars, and comprehensive physical therapy equipment for exercise therapy. With the additions to the facility, Mangiarelli Rehabilitation physical therapists can accommodate and treat all types of orthopedic injuries and post-surgery patients.

Mangiarelli Rehabilitation will be hosting an open house in Fall 2020 for the community to come and see the facility and meet Mangiarelli Rehabilitation staff.



FROZEN SHOULDER & PHYSICAL THERAPY

Frozen shoulder occurs when the shoulder capsule tissues thicken and become stiff, tight, and inflamed. The exact cause of frozen shoulder is unknown. However, certain factors contribute to its development, such as a period of enforced immobility of the shoulder joint due to trauma, overuse injuries, or surgery.

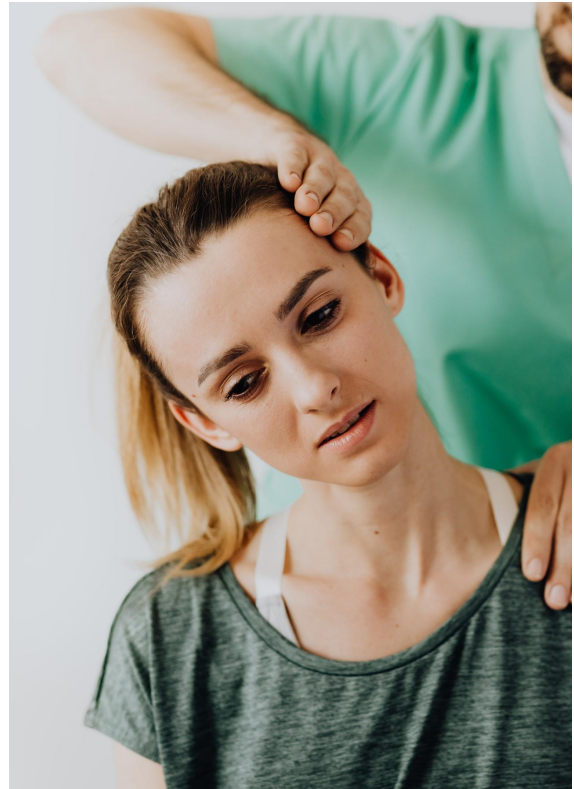
Physical therapy is the first line of treatment to manage and address frozen shoulder, bring pain relief, and help patients with frozen shoulder regain normal range of motion. A physical therapist works with the patient to perform stretching techniques for greater movement and flexibility as well as strengthening exercises that target the shoulder and core muscles. Manual therapy is also used to reduce pain and improve range of motion, while heat and ice modalities help relax muscles and relieve pain.

TIPS TO RELIEVE NECK PAIN

Neck pain is among the most common musculoskeletal issues in the United States with 35% of the population experiencing chronic neck pain. Neck pain is commonly felt in the back of the neck just below the head as stiffness and pain.

There are three types of neck pain: mechanical neck pain that occurs due to joint, muscle, and ligament issues; pinched nerve due to a compressed or irritated nerve in the neck; and whiplash of the neck, which often results from a car accident or sports injury.

Physical therapy is the most effective treatment for neck pain. It involves neck stretching and strengthening exercises, posture improvement, manual therapy, dry needling, cervical traction, and core strengthening exercises.



MANGIARELLI REHAB WELLNESS PROGRAM RE-OPENS

Mangiarelli Rehabilitation is reopening its Wellness Program on August 3, 2020. The Wellness Program is a program offered to former patients following their physical therapy to continue their health and fitness journey, utilizing our physical therapy exercise equipment or the heated water therapy pool. Mangiarelli Rehabilitation is committed to protecting our patients' health and ensuring their safety by requiring all wellness members to wear a mask, providing cleaning and sanitizing supplies for sanitizing equipment, and limiting the number of wellness members per hour to ensure safe social distancing.