



## Physical Therapy for Rotator Cuff Tears

Physical therapy plays a critical role in recovery from a rotator cuff tear, helping individuals regain strength, mobility, range of motion, and coordination in the shoulder.

Rotator cuff tears involve a partial or complete tearing of a rotator cuff tendon or muscle due to an acute trauma to, chronic overuse of, or age-related degeneration of the shoulder joint.

Exercise rehabilitation is the cornerstone of physical therapy treatment for rotator cuff injuries. The physical therapist's goal is to restore full, pain-free range of motion, flexibility, muscle balance, and scapulothoracic and glenohumeral muscular control and stability for full function and mobility in the injured shoulder and rotator cuff complex.



## Best Exercise to Address Ankle Stiffness

Mangiarelli Rehabilitation physical therapist Bobby explains how to assess your ankle mobility and the best exercise to address ankle stiffness.

The ankle is a hinge joint connecting the foot and lower leg that allows the foot to move through a wide range of motion and perform daily activities of walking, squatting, and climbing stairs. Ankle mobility refers to the amount of motion available at the ankle joint.

Mobility of your ankle is critical to not only accommodate movement, acceleration, and sudden changes of direction in daily tasks and sports, but also to take stress off of and prevent injury to the knees, legs, and hips.

### Physical Therapy for Vertigo

Vertigo can dramatically affect an individual's quality of life and ability to perform daily activities. Vertigo involves a false sense of motion, a sensation in which the individual feels that they or their environment is spinning even when sitting or standing still. Vertigo is most commonly caused by BPPV, a displacement of inner ear crystals that results in balance issues and a spinning sensation.

Physical therapy can reduce and eliminate the symptoms of vertigo, assess and treat the underlying cause of vertigo, retrain the brain to adapt to vestibular dysfunction, and help individuals regain balance and coordination safely. A physical therapist can address BPPV-related vertigo through repositioning maneuvers, which are head movements that work to reposition and move the displaced crystals back to the inner ear.



### Aquatic Therapy Balance Training

Mangiarelli Rehabilitation physical therapy assistant and aquatic therapist Sue demonstrates several exercises you can do to improve your balance through exercising in our warm water therapeutic pool.

Balance is essential to your daily life, allowing you to maintain a stable, upright position when standing, walking, sitting, and climbing stairs. Balance training provides a safe environment for patients to improve their balance without risk of injury or falling.

Improving balance and stability is a key goal of aquatic therapy. Aquatic therapy utilizes the physical properties of water to help patients heal and regain strength, balance, and function without placing unnecessary pressure on healing joints in a safe environment.

### Check out Mangiarelli Rehabilitation on Social Media!



[facebook.com/Mangiarelli  
Rehabilitation](https://facebook.com/MangiarelliRehabilitation)



[instagram.com/mangiarelli  
rehabilitation/](https://instagram.com/mangiarelli<br/>rehabilitation/)



[twitter.com/MangiarelliPT](https://twitter.com/MangiarelliPT)



Youtube:  
[@mangiarellirehabilitation](https://youtube.com/@mangiarellirehabilitation)