



Managing Diabetes Through Targeted Exercise

Exercise plays a critical role in diabetes management and the prevention of type 2 diabetes. Diabetes is a condition characterized by the body's inability to manage blood sugar levels properly. The body either does not produce enough insulin or does not respond normally to insulin, causing glucose levels in the blood to become too high.

Exercise has numerous benefits for those with diabetes, including lowering excessively high blood sugar levels, improving a patient's HbA1c, improving vascular health and blood pressure, lowering inflammation, and enhancing nerve function and joint health.

Physical therapists can help diabetic patients improve their physical fitness and engage in exercise safely through a targeted exercise program. Physical therapists design a customized exercise program tailored to the patient's abilities, allowing diabetic patients to learn how their body responds to exercise under the supervision of the therapist while building endurance, strength, and mobility.



Hip Stabilization Exercises

Mangiarelli Rehabilitation physical therapist Sarah demonstrates three hip stabilization exercises to strengthen the front, back, and side of the hip on the blog.

Hip stability means the musculature of each side of the hips works equally with every movement you take with muscles that aren't too loose or too tight. The hip is one of the largest, most dynamic joints in the body, designed to stabilize and mobilize the lower extremity.

Physical therapy can help you improve your hip strength and stability through targeted hip stabilization exercises. Strengthening the hip musculature helps to reduce strain on the bones of your hip and the low back muscles and ensures proper knee alignment, all of which reduces the risk of injury.

Strong hip muscles not only increase the range of motion and overall mobility of the hip, but also allow ease of movement to walk, run, jump, squat, lift, climb, and change directions.



Slowing Alzheimer's Disease Progression with Physical Therapy

Alzheimer's disease is a progressive neurodegenerative disease in the elderly associated with dementia, memory loss, severe cognitive impairments, and eventually physical limitations. Alzheimer's disease develops due to microscopic changes that take place in the brain, such as amyloid beta protein plaques, increased neuro-inflammation, decreased nerve growth factors, oxidative stress, and decreased synaptic connections in the brain, all of which damages brain cells and nerves and leads to the physical and cognitive symptoms of the condition.

Physical therapy can slow Alzheimer's disease progression and help individuals maintain physical and cognitive function as much as possible through a targeted exercise program.



WINTER DONATION DRIVE WITH DOROTHY DAY HOUSE OF YOUNGSTOWN
DECEMBER 1-DECEMBER 22, 2023

DONATION DRIVE FOR PERSONAL ITEMS

- MEN'S T-SHIRTS (ALL SIZES)
- MEN'S UNDERWEAR (ALL SIZES)
- BODY WASH
- SHAMPOO
- TOOTHPASTE
- RAZORS
- SHAVING CREAM
- TOILET PAPER (1-PLY BUT ACCEPT ALL TYPES)
- FEMININE HYGIENE PRODUCTS
- TISSUES
- PAPER TOWELS

PLEASE DROP OFF ALL DONATIONS AT MANGIARELLI REHABILITATION.

FOR EACH ITEM YOU DONATE, YOU WILL RECEIVE A RAFFLE TICKET FOR OUR HOLIDAY RAFFLE BASKETS. RAFFLE WINNERS WILL BE CHOSEN ON DECEMBER 22.

Winter Donation Drive with Dorothy Day House Youngstown

Each December, Mangiarelli Rehabilitation partners with a local organization to gather donations for those in need in our community.

This winter, we will be hosting a winter donation drive to benefit the Dorothy Day House of Youngstown.

We will be gathering personal items at our clinic from December 1-22, 2023. For each item you donate, you receive a raffle ticket for our holiday raffle baskets.

Check out Mangiarelli Rehabilitation on Social Media!



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