

MANGIARELLI REHABILITATION



IN THIS ISSUE

ADDRESSING FRAILTY
WITH PHYSICAL
THERAPY

PHYSICAL THERAPY FOR
DIABETIC PERIPHERAL
NEUROPATHY

MANGIARELLI REHAB
ON WFMJ MORNING
NEWS

SVDP DONATION
DRIVE THANK YOU

CATHOLIC CHARITIES
WINTER DONATION
DRIVE

Addressing Frailty with Physical Therapy



Frailty is a common syndrome among older adults that involves loss of muscle strength, exhaustion, low levels of physical activity, and increased risk of falling.

Inactivity and the subsequent sarcopenia, or a decrease in the amount and quality of muscle, is a major cause of frailty in older adults. There are five factors of frailty: unintended weight loss (losing more than 10 pounds in the last year), general feeling of exhaustion three or more days of the week, muscle weakness/sarcopenia, slow walking speed, and low levels of physical activity. If you have three of the five factors, you are considered to have frailty syndrome.

Physical therapy can help those with frailty restore overall mobility, strength, and cardiorespiratory capacity safely through a customized therapeutic exercise, strengthening, and balance training program. Research has shown that combining strength training and aerobic exercise is effective in successfully treating frailty.

Physical Therapy for Diabetic Peripheral Neuropathy



Peripheral neuropathy is a common complication of diabetes in which nerve function is diminished or lost due to uncontrolled high blood sugar levels. It is commonly experienced in the hands and feet and can cause feelings of numbness and tingling in the affected limbs, a loss or absence of sensation, burning or sharp pain, and increased sensitivity to touch in the affected area. The chronic hyperglycemia of diabetes impairs microvascular circulation by disrupting cellular communication, causing thickening of the nerve fibers, decreased capillary blood flow, and alteration of neurotrophic expression and growth factor deficiencies that influence nerve growth, regeneration, protection, and survival.

Physical therapy plays a vital role in helping those with peripheral neuropathy improve and maintain function, enhance overall quality of life, and alleviate symptoms of neuropathy. Physical therapy interventions can help restore the health of neurons, improve circulation, integrate internal and external sensory input, offer patient education on sensation loss and fall risk and home modification instruction, and involve strengthening muscles and improving joint range of motion.

Mangiarelli Rehab on WFMJ News

In November, Mangiarelli Rehabilitation owner and physical therapist Paula and aquatic therapist Sue were featured on WFMJ early morning news, sharing tips for managing arthritis in the cold.

Arthritis is the leading cause of joint pain in the United States. Winter can exacerbate arthritic pain and stiffness due to the cold temperatures, precipitation, and decreased barometric pressure of the cold weather season.

Paula explained how physical therapists can help you manage your arthritic pain this winter through a targeted exercise program. Exercise keeps joints from becoming too stiff, strengthens muscles around joints, and maintains bone and cartilage health.

Sue explained how aquatic therapy in our clinic's warm water therapy pool can ease arthritic pain as warm water reduces pressure on joints by minimizing weight-bearing stress and decreasing swelling as well as helping you build strength safely due to the greater resistance of exercising in the water.



SVDP Donation Drive Thank You

This autumn, Mangiarelli Rehabilitation partnered with the St. Vincent de Paul Society for our annual canned food donation drive. Thank you to all of our patients, staff, and wellness members who so generously participated in and donated to this year's donation drive!

We are proud to partner with and support the St. Vincent de Paul Society of Trumbull County and the great work that they do in service to our community!

CATHOLIC CHARITIES OF TRUMBULL COUNTY

DONATION DRIVE FOR PERSONAL ITEMS FOR ADULTS, CHILDREN, & INFANTS

- DEODORANT
- BABY FORMULA
- SHAMPOO/CONDITIONER
- BABY BOTTLES
- COMBS & BRUSHES
- DIAPER CREAM/DIAPERS
- SHAVING ITEMS
- BABY SHAMPOO/LOTION/WASH

Catholic Charities Winter Donation Drive

Each winter, Mangiarelli Rehabilitation partners with a local organization to support those in need in our community. This winter, we are partnering with Catholic Charities of Trumbull County. The donation drive runs from November 21-December 19.

Join us this winter in supporting our community and the great work of our local Catholic Charities. For each donation item, you receive a raffle ticket for our three holiday raffle baskets!