



## Addressing Gait Dysfunction with Physical Therapy

Mangiarelli Rehabilitation physical therapist Bobby demonstrates several gait training exercises to address gait dysfunction after a lower extremity knee injury on our blog.

Gait dysfunction refers to changes in your normal walking pattern, often related to lower extremity injury, disease, or an underlying medical condition. These conditions can negatively impact your positional awareness, your ability to keep yourself upright, and your normal mode of walking and running.

Physical therapists are experts at addressing the root cause of your gait dysfunction and designing customized treatment to restore your gait and improve your function.

Gait training involves a set of exercises implemented by your physical therapist to help you walk more safely and with correct alignment, improving your mobility, strength, and balance in your lower extremity joints. Check out our video on our blog & social media channels!



## Tips for Managing Swelling After Injury

Swelling is a natural part of the inflammatory process after an injury to help protect the injured area and facilitate healing as the body sends white blood cells and supportive fluids to the injured side to repair and heal.

However, prolonged swelling can be detrimental. It's essential to manage and limit your swelling safely after an injury:

- Use ice to reduce swelling. Ice causes the blood vessels to constrict and reduce fluid delivery and thus swelling to the site.
- Elevate the injured area above the heart to reduce blood flow & swelling.
- Gently exercise as moving your muscles acts as a biological pump to push fluid out of the injured area.

### Physical Therapy for Spondylolysis in Teens

Spondylolysis is a lumbar stress fracture in the pars interarticularis, the bony bridge that connects the upper and lower facet joints of the vertebrae.

Spondylolysis is a common cause of low back pain in adolescent athletes, caused by repetitive loading, backward bending, and twisting of the lower back. This type of injury can be seen in teen athletes playing football, hockey, gymnastics, cheerleading, and dance.

Physical therapy can successfully manage spondylolysis in adolescent athletes, helping to reduce pain, improve strength and function in the low back, and safely return athletes to sports competition. A recent systematic review found that non-surgical treatment consisting of activity restriction, rest, and physical therapy was effective, with 92% of the individuals in the study able to return to sport with little to no pain within six months.



### Chronic Knee Pain Causes & Treatments

Chronic knee pain affects one in four Americans and involves ongoing, pain, swelling, and sensitivity in the knee for more than 4-6 months.

Chronic knee pain can result from a traumatic injury like a fall or direct blow to the knee that healed incorrectly or from medical conditions like osteoarthritis, bursitis, or excess weight that places additional stress on the knee.

Physical therapy can help you manage chronic knee pain long-term without the need for surgery to reduce pain and improve your mobility and function. The aim of the physical therapist is to uncover the root cause of your chronic knee pain to manage your pain more effectively.

### Check out Mangiarelli Rehabilitation on Social Media!



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