



### Tips for Managing Arthritis This Winter

Winter can exacerbate arthritic pain and stiffness due to the colder temperatures, precipitation, and decreased barometric pressure.

Cold temperatures can heighten pain sensitivity as these temperatures slow blood circulation, causing muscles to tighten and increasing the thickness of synovial fluid in the joint, leading to increased joint stiffness.

Decreases in barometric pressure due to dramatic temperature shifts and snowstorms in winter also increase arthritic pain as these changes can cause joints to swell, placing more pressure on the nerves around them and increasing pain.

To manage your arthritic pain this winter, try starting the day with a heating pad or hot shower to increase joint mobility by increasing blood flow and relaxing muscles. Wear arthritic gloves that offer compression and warmth to aching hands and eat a balanced diet rich in anti-inflammatory foods. Stay active, exercising regularly in warm water to build strength and relieve pain and swelling.

#### 8 Tips for Managing Arthritis This Winter

- 01 Heat**  
Use heat at the start of the day to increase joint mobility & decrease pain before activity. Use a heating pad or take a warm bath or shower.
- 02 Arthritic Gloves**  
Use arthritic gloves that provide compression and warmth to aching hands, especially when going outside.
- 03 Bundle Up**  
Bundle up when going outside with winter coat, hat, gloves, and warm boots to protect your joints from the cold air, which can contribute to stiffness & pain.
- 04 Footwear**  
Wear appropriate footwear with good traction and be watchful of ice and slick surfaces to prevent falls.
- 05 Balanced Diet**  
Eat a healthy, balanced, and nutritious diet, rich in vitamin D and calcium to support & maintain bone and cartilage health. Stay sufficiently hydrated.
- 06 Healthy Weight**  
Maintain a healthy weight to take the pressure off of joints. Losing 3 pounds can take as much as 9-12 pounds of pressure off your knees when walking.
- 07 Warm Water Therapy**  
Engage in warm water therapy in a warm water pool to help reduce swelling, relieve pain, and take pressure off of joints while maintaining strong muscles and joints.
- 08 Exercise**  
Stay active and exercise to strengthen the muscles around joints, maintain bone strength, and keep joints flexible and mobile.

Mangiarelli Rehabilitation

### Wellness Program Update

Starting January 2023, only pool wellness program members are required to schedule online.

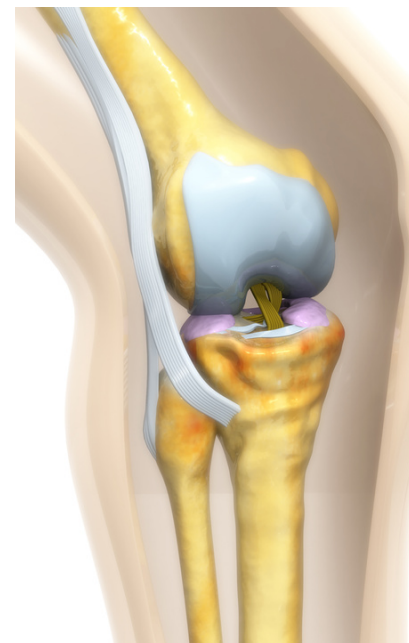
Land wellness members are not required to schedule in January as a one-month trial to assess land wellness needs.

Pool wellness online scheduling is currently available for the month of January.

### Meniscus Tear Recovery with Physical Therapy

Meniscus tears are one of the most common sports injuries and most frequent knee injuries. The meniscus is a shock-absorbing pad of cartilage in the knee that lubricates, protects, and supports the bones of the knee joint. The meniscus can tear during any movement that puts excessive pressure on the knee or pushes the meniscus past its normal rotational range of motion, such as when twisting, squatting, or making quick positional changes. A meniscus tear can also occur in older patients due to degeneration of the cartilage of the meniscus from age and long-term wear and tear on the knee.

Physical therapy can help to facilitate optimal healing after a meniscus tear, restore full functionality, and achieve complete recovery through targeted strengthening and extensive rehabilitation if surgery is necessary for a safe return to sport and activity. Physical therapists use ice, manual therapy, neuromuscular electrical stimulation, targeted strengthening, and a return to sport protocol to help patients recover from a meniscus tear.



### Winter Donation Drive Thank You

This past holiday season, we partnered with Catholic Charities of Trumbull County to support those in need in our community through a holiday donation drive for personal items for adults, children, and infants.

Thank you to all of our patients and wellness members who so generously donated to support our community!

Thank you to Catholic Charities for partnering with us and for your service to our community!

### 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)