



## Punching Out Parkinson's WFMJ Local News Feature

In May, Mangiarelli Rehabilitation physical therapist Bobby Mangiarelli was featured on our local WFMJ news, highlighting our therapeutic boxing program for Parkinson's disease patients.

Therapeutic boxing requires full-body movement, combining upper-body punching sequences with lower-body footwork. Parkinson's is a neurological disorder that can impair movement, coordination, and cognitive function over time.

Therapeutic boxing with a physical therapist offers an innovative, effective exercise intervention to enhance a Parkinson's disease patient's stride length, gait, strength, coordination, and balance. Check out the feature online at [wfmj.com](http://wfmj.com)!



## Physical Therapy for Postpartum Urinary Stress Incontinence

Mangiarelli Rehabilitation physical therapist Jen demonstrates three exercises you can do for urinary stress incontinence on our blog. Urinary stress incontinence is a common occurrence after pregnancy and childbirth. It occurs when an individual experiences involuntary urine leakage that happens when coughing, sneezing, laughing, squatting, or exercising.

Postpartum urinary stress incontinence can occur due to pelvic floor dysfunction and affects approximately 34% of women postpartum. However, physical therapy pelvic floor rehabilitation has been shown to be 80% effective at treating urinary stress incontinence. Pelvic floor rehabilitation involves a program of functional retraining to improve pelvic floor muscle strength, endurance, power, and relaxation.

### Walking After a Total Hip Replacement & Femoral Nerve Palsy

After undergoing a total hip replacement and suffering from femoral nerve palsy, Mangiarelli Rehabilitation physical therapy patient Kay has made incredible progress, advancing from walking with a brace with a walker to now walking with a cane.

Femoral nerve palsy post-hip replacement involves injury to or compression of the femoral nerve, one of the largest nerves in the leg that stimulates the quadriceps and hip flexor muscles as well as helping to bend or straighten the leg, knees, and hips. Physical therapy after a total hip replacement and femoral nerve palsy is essential. A physical therapist can help reduce compression on the nerve and help patients safely and gradually regain quadriceps muscle strength, relieve nerve pain, and improve walking ability.



### 3 Exercises to Address Shin Splints

Mangiarelli Rehabilitation physical therapist Sarah demonstrates three exercises to address shin splints on our blog. Shin splints are a common athletic injury that develops due to repetitive stress placed on the tibia, causing the surrounding muscles to strain and develop microtears where they connect to the shin bone.

Shin splints often develop at the start of a sports season, when an athlete overexerts themselves or increases the frequency, duration, and intensity of their training too quickly such that the body cannot adjust to the stressor, leading to injury.

Physical therapists can help athletes with shin splints recover pain-free movement, return to sport safely, and prevent future reinjury through a targeted exercise rehabilitation program.

### Check out Mangiarelli Rehabilitation on Social Media!



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