



Physical Therapy for Frozen Shoulder

Physical therapy is the first line of treatment for frozen shoulder and is highly effective in speeding up the recovery process and regaining shoulder mobility at any stage of the condition.

Frozen shoulder is characterized by structural changes in the shoulder joint, primarily thickening of the tissues of the shoulder joint capsule which "freezes" movement and range of motion in the shoulder. This can result from conditions like diabetes or due to a period of enforced immobility of the shoulder due to surgery, trauma to the shoulder or overuse injuries of the shoulder.

Numerous research studies have demonstrated that physical therapy interventions for frozen shoulder have resulted in improvements in pain, range of motion, and functional arm use in those with frozen shoulder.



SPRING DONATION DRIVE

with the St. Vincent de Paul Society & Bella Women's Center

When: March 1-April 12, 2023

Please drop off all donations at
Mangiarelli Rehabilitation
8935 E Market St.
Warren, OH 44484

DONATION ITEMS NEEDED

St. Vincent de Paul Society	Bella Women's Center
<ul style="list-style-type: none">New underwear for men, women & childrenNew socks for men, women, & childrenEssential hygiene products:<ul style="list-style-type: none">toothpastetoothbrushesdeodorantsoap & lotionshampoo	<ul style="list-style-type: none">New small stuffed animalsNew small children's toysPlug outlet coversChildren's booksBaby shampoo & washBaby lotion

Join our Spring Donation Drive!

Each spring, Mangiarelli Rehabilitation holds a donation drive to benefit organizations serving those in need in our community. This year, we are partnering with the St. Vincent de Paul Society and Bella Women's Center for a donation drive from March 1 until April 12.

All donations are being gathered at our clinic. For each donated item, you will receive a raffle ticket for our Spring raffle baskets. Raffle winners will be chosen on April 13.

Please see our list for donation recommendations. We are gathering new socks and underwear as well as essential hygiene products for men, women, and kids for the St. Vincent de Paul Society. For Bella Women's center, we are gathering baby shampoo, wash, and lotion as well as new stuffed animals, small children's toys, and children's books.

How Physical Therapy Can Slow the Aging Process

Aging can be accompanied by physiological changes in the body that may limit your physical function, strength, balance, and mobility. However, research has shown that physical exercise can prevent age-related decline, delay loss of physical function, and reduce the risk of fall-related injuries.

Physical therapy can help slow the aging process through customized and targeted exercise interventions that help seniors maintain and improve strength, function, mobility, balance, and vitality safely. A physical therapist performs a thorough assessment of the senior's current physical function, prescribes targeted exercise treatments to address dysfunction and weaknesses and build strength and mobility, and gradually progresses the senior to more advanced exercise interventions as they improve while carefully monitoring them.



How to Prevent an Ankle Sprain

Ankle sprains are one of the most common injuries, occurring when the foot twists beyond its normal range of movement and causes the ankle's ligaments to overstretch or tear.

It's essential to work with a physical therapist to address the ankle sprain and restore ankle joint biomechanics, strength, and balance safely.

To prevent an ankle sprain, improve your balance and proprioception, do preventative ankle-strengthening exercises, use a brace or tape your ankle before activity, always warm up before exercise, use correct footwear for your activity, and be mindful of the terrain where you are exercising.

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