



Punching Out Parkinson's with Therapeutic Boxing

Mangiarelli Rehabilitation physical therapist Bobby incorporates therapeutic boxing into his treatment program for Parkinson's disease patients. Therapeutic boxing involves the patient throwing a series of punches against focus mitts worn by the physical therapist while moving around the Astroturf. The therapist calls out instructions to hit the focus mitts in a certain sequence using a number system, which requires the Parkinson's patient to not only cognitively process the numbers and translate those to punches, but also requires full body movement, combining upper-body punches with lower-body footwork.

Parkinson's disease is a neurological disease that can impair movement, coordination, and cognitive function over time. Therapeutic boxing offers a fun, innovative, and effective way to help Parkinson's patients improve their mobility, coordination, posture, gait, strength, and stride length safely under the guidance of a physical therapist.



Spring Donation Drive Thank You

This spring, Mangiarelli Rehabilitation partnered with the St. Vincent de Paul Society of Trumbull County and Bella Women's Center for a donation drive. We collected baby toys, books, diapers, clothing, and stuffed animals for Bella Women's Center and shampoo, conditioner, tooth brushes, socks, and undergarments for the St. Vincent de Paul Society.

Thank you to all our patients and wellness members who generously donated to support our community.

At Mangiarelli Rehabilitation, we are proud to partner with Bella Women's Center and the St. Vincent de Paul Society to support your service to our community!

Physical Therapy for Sciatica

Sciatica is nerve pain that radiates from the low back through the buttocks and down the length of the leg due to compression of the sciatic nerve. Originating in the low back, the sciatic nerve is most commonly compressed by a herniated or slipped disc, which causes shooting pain, tingling, and numbness through the back and leg.

Physical therapy is one of the most effective treatments for sciatica, reducing inflammation, managing and minimizing pain, improving your physical function and mobility, and preventing the reoccurrence of sciatica symptoms. The therapist first helps relieve pain and inflammation through manual therapy, ice, dry needling, and electrical stimulation treatments to prepare the body for active treatments, such as targeted exercise, stretching, traction, aquatic therapy and strength training.



3 Exercises for Plantar Fasciitis

Mangiarelli Rehabilitation physical therapist Sarah demonstrates three exercises to reduce plantar fasciitis pain and restore function in the foot on our blog.

Plantar fasciitis is a common cause of foot and heel pain that develops due to repeated activities that strain the plantar fascia, a thick band of tissue that runs along the bottom of the foot and supports the arch of the foot. A common symptom of plantar fasciitis is pain along the bottom edge of the foot along the arch and heel, especially when you take your first steps in the morning.

Physical therapy is highly effective in treating plantar fasciitis, using manual therapy and therapeutic exercise to reduce pain, restore function and strength in the foot, and improve foot mechanics.

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