



## Punching Out Parkinson's with Therapeutic Boxing



Parkinson's disease is a multifaceted neurodegenerative disease that impairs movement, coordination, and cognitive function over time.

Physical therapy-led exercise is a critical component of managing Parkinson's disease, helping to manage symptoms and even slowing progression of the disease.

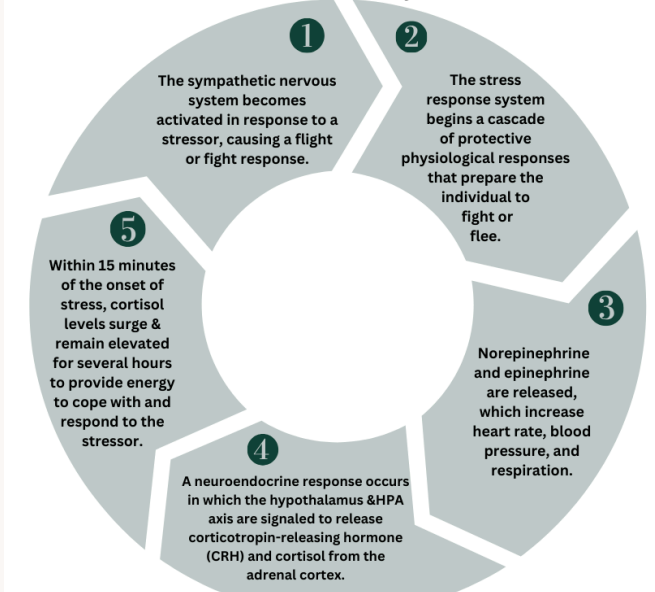
Therapeutic boxing is a unique targeted exercise therapy, requiring full-body movement, combining upper-body punching sequences with lower-body footwork to build strength, counter rigidity, and improve hand-eye coordination, balance, posture, and ability,

On the blog, Mangiarelli Rehabilitation physical therapist Bobby demonstrates therapeutic boxing with a Parkinson's patient!

↓ In this newsletter you will find:

Punching Out Parkinson's with Therapeutic Boxing, Completing the Stress Cycle with Exercise, 3 Exercises to Alleviate Piriformis Syndrome Pain, & Spring Donation Drive Thank You

## The Stress Cycle



## 3 Exercises to Alleviate Piriformis Syndrome Pain



Mangiarelli Rehabilitation physical therapist Sarah demonstrates three exercises to address piriformis syndrome: the piriformis stretch, the clamshell with resistance band for strengthening, and a nerve mobilization exercise.

Piriformis syndrome is a condition that develops due to tightening of the piriformis muscle, which can irritate and compress the sciatic nerve and lead to significant pain in the buttocks, hip, lower back, and back of the leg.

## Completing the Stress Cycle with Exercise

Stress is defined as an experience that is emotionally or physically challenging that poses a threat to homeostasis in your body.

When you experience a stressor, your body responds with the stress response system, which activates the sympathetic nervous system, causes a fight or flight response, and increases cortisol and adrenaline in your body to survive the threat.

It is essential to complete the stress cycle, as remaining in a chronic state of stress can have significant negative effects mentally and physiologically.

Exercise is one of the best ways to complete the stress response cycle by engaging your body in movement, which communicates to your body that you are fleeing or surviving the threat.

## Spring Donation Drive Thank You



Mangiarelli Rehabilitation is proud to partner with the St. Vincent de Paul Society of Trumbull County and Bella Women's Center to serve our community this spring!

This Spring, Mangiarelli Rehabilitation staff and patients gathered food, personal care, and baby items for the St. Vincent de Paul Society (SVDP) and Bella Women's Center. Pictured above are SVDP employees with donations at Mangiarelli Rehabilitation.

Thank you to the many patients, wellness members, and staff who so generously donated to our spring donation drive!

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