



Managing Achilles Tendinopathy with Physical Therapy

Mangiarelli Rehabilitation physical therapist Bobby demonstrates 4 exercises you can do to address Achilles tendinopathy on our blog. Achilles tendinopathy is a common athletic injury caused by repetitive stress and overuse of the Achilles tendon, causing inflammation and irritation of the tendon. The Achilles tendon is the largest, strongest tendon in the body, connecting the calf muscles at the back of the lower leg to the heel bone and allowing you to walk, run, jump, and raise your heel.

Achilles tendinopathy is caused by an imbalance between the stress and load placed on the Achilles tendon and the tendon's ability to handle the stress. It most often occurs due to a sudden increase in training volume or intensity without adequate recovery time.

Physical therapy exercise rehabilitation is the best intervention to address Achilles tendinopathy, restore strength and function in the lower extremity, and ensure a safe return to sports competition.



Managing Lymphedema After Breast Cancer with Physical Therapy

Women who undergo treatment for breast cancer are at a heightened risk of developing lymphedema as both breast cancer surgery and radiation therapy can disrupt the functioning of the lymphatic system.

Lymphedema is a build-up of fluid under the skin due to inadequate drainage of the lymphatic system that leads to swelling in the affected area.

Physical therapists play a key role in helping women manage breast cancer-related lymphedema, utilizing complete decongestive therapy, and therapeutic exercise to relieve pain, improve mobility and range of motion, and enhance overall quality of life. At Mangiarelli Rehabilitation, our lymphedema specialist Sue can provide complete decongestive therapy for lymphedema.



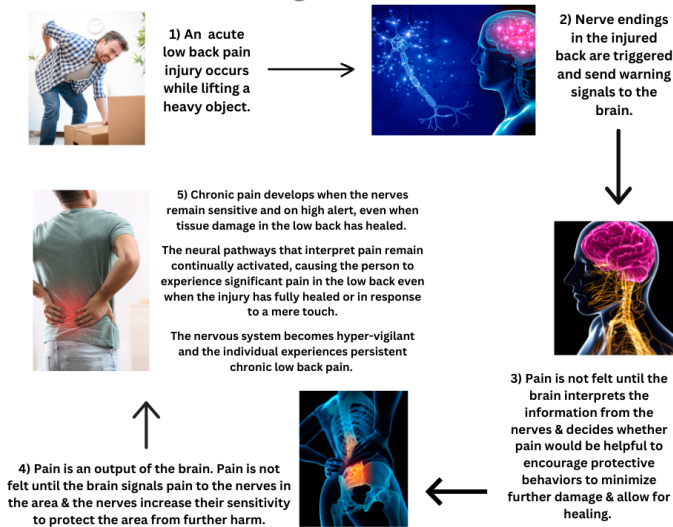
3 Posture Training Exercises to Improve Postural Alignment

Mangiarelli Rehabilitation physical therapy assistant Patti demonstrates 3 exercises to improve posture and enhance body alignment. Good posture refers to proper alignment of the body in static and dynamic positions, holding the body against gravity with the least strain and tension on your muscles, joints, and ligaments.

Poor posture can contribute to muscular imbalances that cause certain muscles to overstretch, shorten, or become rigid and stiff, resulting in decreased range of motion and muscle spasms and pain. Physical therapists can assess and address any postural impairments, designing a personalized posture training program involving stretching, targeted strengthening, body mechanics instruction, and manual therapy.



Understanding the Science of Pain



Understanding the Science of Pain

Pain is a survival mechanism to protect an area of the body that the brain perceives as damaged. Pain functions as the body's alarm system, with the nervous system acting as the alarm.

✳️When the alarm goes off from the nerves in the injured area, the brain sends a signal for pain in the body, and the nerves in that area increase their sensitivity to protect that area of the body from greater harm.

✳️With chronic pain, the sensitivity of the nerves remains too high for too long, leaving the individual with an extra sensitive pain alarm system. This causes the brain to continue to perceive the area as a potential threat and, therefore, painful even if there is no longer any tissue damage.

✳️Understanding the science of pain is the first step in physical therapy treatment for chronic pain before progressing towards improving the chronic pain patient's function and quality of life.

✳️Physical therapists work to gradually decrease the patient's sensitivity to stimuli that induce pain through therapeutic graded exercise and manual therapy.

Check out Mangiarelli Rehabilitation on Social Media!



[facebook.com/Mangiarelli Rehabilitation](https://facebook.com/MangiarelliRehabilitation)



instagram.com/mangiarelli rehabilitation/



twitter.com/MangiarelliPT



Youtube:
[@mangiarellirehabilitation](https://youtube.com/@mangiarellirehabilitation)