

MANGIARELLI REHABILITATION



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Debunking 10 Physical Therapy Myths

Physical therapy is an effective treatment to restore functional movement, reduce pain, and heal from injury. However, there are quite a few misconceptions about physical therapy!

Many believe the myth that physical therapy is only for injuries. However, physical therapists treat a variety of conditions, including arthritis, chronic low back pain, Parkinson's disease, and concussions.

Another myth is that physical therapy is only required after surgery. In fact, physical therapy can help you prevent surgery and has been proven to be as effective as surgery for conditions like knee osteoarthritis, meniscus tears, and low back pain.

Others believe that physical therapy is painful. Actually, physical therapists work to minimize pain and discomfort, working within a patient's threshold to help patients heal and restore function.

10 Physical Therapy Myths

| MYTHS | FACTS |
|---|---|
| Physical therapy is only for injuries. | Physical therapists treat a variety of conditions such as chronic low back pain, headaches, arthritis, and Parkinson's disease. |
| Insurance doesn't cover physical therapy. | Most insurances cover physical therapy. PT can reduce the need for surgery, expensive imaging, & medications, saving on healthcare costs. |
| Physical therapy is only required after surgery. | Physical therapy can help you prepare for surgery and can prevent surgery. PT has been shown to be as effective as surgery for certain conditions. |
| Physical therapy is only massage. | Physical therapists have advanced training in the science of movement and combine manual therapy with therapeutic exercise. |
| I need a referral from a doctor to see a physical therapist. | You can see a PT without a doctor's referral for fitness, wellness, prevention, and previously diagnosed chronic, neuromuscular, or developmental conditions. |
| Physical therapists and chiropractors are interchangeable. | Physical therapy is exercise-based combined with manual therapy with the aim to restore function and strength. Chiropractors use manual therapy for body alignment manipulations. |
| Physical therapy is painful. | Physical therapists work within a patient's pain threshold to heal, restore function, and minimize pain. |
| Any healthcare provider can perform physical therapy. | PT can only be performed by a licensed physical therapist. PTs receive a doctorate and must be licensed in the state in which they practice. |
| I can't do vigorous physical exercise, so physical therapy isn't safe for me. | Everyone at every fitness level can benefit from PT. The PT will alter exercises around each patient's pain level, tolerance, and ability. |
| Once you're discharged from physical therapy, you're healed. | Physical therapists recommend patients continue to follow their home exercise program after discharge to maintain the function and progress gained during PT. |

Vestibular Dysfunction Treatment

Vestibular dysfunction refers to impairment of the structures of the inner ear that affects your balance and spatial orientation. When the vestibular system is not working properly, the brain does not receive correct information about head motion and movement from the vestibular nerves, which can result in dizziness, vertigo, lack of balance, spatial disorientation, and frequent falls.

Vestibular dysfunction is treated with vestibular rehabilitation therapy, which involves manual head maneuvers and progressive exercises to improve gaze and gait instability, reduce fall risk and head motion-induced dizziness, improve fitness, and enhance functional visual skills.

At Mangiarelli Rehabilitation, our physical therapist Jen specializes in vestibular disorders and vertigo and is trained in vestibular rehabilitation therapy (VRT). VRT involves three aspects: habituation exercises to treat head motion-induced dizziness, gaze stabilization exercises to improve visual steadiness and eye control, and balance training exercises to improve steadiness and prevent falls.



Exercises After Breast Cancer Surgery

Mangiarelli Rehabilitation physical therapy assistant and lymphedema specialist Sue demonstrates several exercises you can do after breast cancer surgery to restore shoulder and arm function.

Breast cancer surgery, such as a mastectomy or removal of axillary lymph nodes, can cause pain and stiffness in the affected arm and limit your ability to move your shoulder and arm.

It is essential to engage in gentle movement shortly after surgery (once cleared by your doctor), to regain full range of motion, function, and strength in the affected arm and shoulder.

On the blog, Sue demonstrates deep breathing exercises to help relax and ease discomfort and tightness around the incision as well as shoulder rolls and various wand exercises to work the shoulder and help restore full shoulder range of motion post-surgery.



Friends of the Poor Walk Sponsorship

Earlier this autumn, Mangiarelli Rehabilitation was a proud sponsor of the St. Vincent de Paul Society's Inaugural Friends of the Poor Walk! The Society serves hundreds of vulnerable families each day in Trumbull County, providing support, food, and clothing to those in need. With over 200 attendees, the Walk was a great success!

Join Mangiarelli Rehabilitation for our Autumn donation drive in support of the Society as we gather canned food items through November 10 for the Society's Thanksgiving food baskets!