



### Mangiarelli Rehab Sponsors & Participates in the SVDP Friends of the Poor Walk

Mangiarelli Rehabilitation was proud to participate in and serve as a sponsor for the Trumbull County St. Vincent de Paul Society (SVDP) Annual Fundraiser, the Friends of the Poor Walk. This year, over 300 people participated in the fundraiser walk at Perkins Park in Warren. Our local St. Vincent de Paul Society served more than 100,000 meals in 2022, provided \$51,000 in clothing, placed 17 individuals in the Back2Work program, and provided 439 mattresses and beds to families in Trumbull County.

Mangiarelli Rehabilitation employees Bobby & Lenore participated in the walk with their dog Augie, which was highlighted in our local Tribune Chronicle's weekend newspaper. In the article, Lenore shared: "We are proud to partner with SVDP Trumbull because we believe in the important work that they do in the community. SVDP not only works to provide for the physical needs, but also does so from a Christian perspective in serving those in the community with kindness and prayer. It is an honor to partner with an organization like SVDP to give back to our community. We look forward to supporting future Friends of the Poor Walks."



### 1. Piriformis Stretch



### 3 Exercises for Piriformis Syndrome

Mangiarelli Rehabilitation physical therapist Sarah demonstrates three exercises to address piriformis syndrome on our blog.

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, lower back, hip, and back of the leg.

The piriformis muscle is a small muscle located in the gluteal region under which the sciatic nerve passes that stabilizes the hip and enables lower extremity movement. Physical therapists can relieve piriformis syndrome pain and restore normal movement and range of motion in the affected area through targeted strengthening exercises, manual therapy, and neural mobilization.

### Fall Donation Drive with SVDP

Each Autumn, Mangiarelli Rehabilitation partners with a local organization to support our community. This fall, we are partnering with the St. Vincent de Paul Society of Trumbull County (SVDP) for a canned food drive.

The donation drive will run from October 9 to November 10. Please drop all donations at Mangiarelli Rehabilitation. For each item you donate, you will receive a raffle ticket for our autumn raffle baskets. Raffle winners will be chosen on November 13.



### Staff Spotlight: Mangiarelli Rehab PTA Lyle

Welcome to our new Mangiarelli Rehabilitation PTA, Lyle! Lyle joined our team in July of this year and works under the direction and supervision of our physical therapists, carrying out individualized plans of care for each patient. He specializes in sports rehabilitation, strength and balance training, and joint replacement rehabilitation.

Lyle came to physical therapy and to Mangiarelli Rehabilitation because he wanted to work under a family practice and expand his skills working under and with several skilled clinicians. The most rewarding aspect of his job is restoring function and assisting people in accomplishing their goals.

*Fall Donation Drive*

### CANNED FOOD DRIVE WITH ST. VINCENT DE PAUL SOCIETY

**WHEN: OCTOBER 9-NOVEMBER 10, 2023**

**WHAT: CANNED FOOD ITEMS SUCH AS CANNED CORN, BEANS, SWEET POTATOES, PUMPKIN MIX, BOXED INSTANT POTATOES, JARS OF GRAVY**

**PLEASE DROP ALL DONATIONS AT MANGIARELLI REHABILITATION.**

**FOR EACH ITEM DONATED, YOU RECEIVE A RAFFLE TICKET FOR OUR AUTUMN RAFFLE BASKETS. RAFFLE WINNERS WILL BE CHOSEN ON NOVEMBER 13.**

### Check out Mangiarelli Rehabilitation on Social Media!

-  [facebook.com/Mangiarelli Rehabilitation](https://facebook.com/MangiarelliRehabilitation)
-  [instagram.com/mangiarelli rehabilitation/](https://instagram.com/mangiarelli_rehabilitation/)
-  [twitter.com/MangiarelliPT](https://twitter.com/MangiarelliPT)
-  Youtube: [@mangiarellirehabilitation](https://youtube.com/@mangiarellirehabilitation)