

MANGIARELLI REHABILITATION



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Happy National Physical Therapy Month!

October is National Physical Therapy Month, a month to recognize the dedication of each of our physical therapists and physical therapy assistants who serve our patients with the highest quality of rehabilitative care.

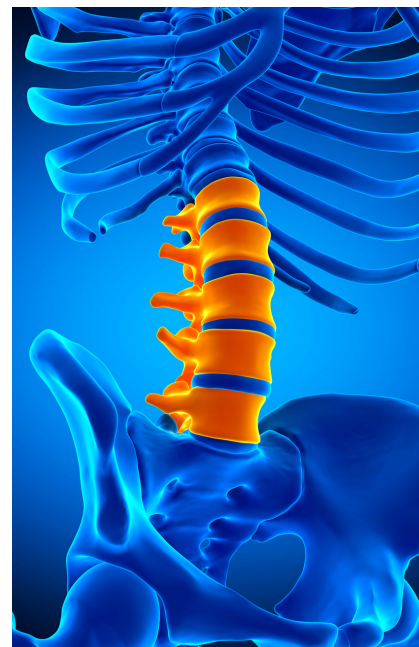
At Mangiarelli Rehabilitation, our focus is to provide patients exceptional physical therapy with the personalized attention and customized approach they deserve. We provide one-on-one physical therapy treatment for all orthopedic injuries, tailored to our patients' specific needs and goals.

Physical Therapy for Spinal Stenosis

Spinal stenosis is a degenerative condition of the spine that involves narrowing of the openings within the vertebrae of the spinal column that results in too much pressure on the spinal cord and nerves, causing pain and weakness in the low back.

Spinal stenosis can develop after age 50 due to the effect of aging and osteoarthritic wear and tear on the spine.

Physical therapy provides an effective treatment for spinal stenosis, helping patients regain function, mobility, & strength in the low back and relieve compression of spinal nerves.



How To Protect Your Back When Raking Leaves

Raking leaves can take quite a toll on your body if you are using incorrect biomechanics that strain your back, neck, and shoulders. The low back is particularly vulnerable to injury when raking due to the repetitive movements and constant bending and lifting of raking.

Here are 9 tips to protect your back when raking leaves this autumn:

1. Prepare your body for raking by warming up your body with a short cardio walk and stretching the day of raking.
2. Rake with both sides of your body, switching hands and your lead leg regularly.
3. Use a rake that is proportionate to your body as a rake that is too long or short can cause you to alter your posture and strain muscles.
4. Maintain good posture when raking, standing up straight with a slight bend at the waist, knees slightly bent, & core tight. Stagger your feet in a scissor stance.
5. Use proper lifting technique, bending at the knees, keeping your back straight, and using your legs and hips to do the heavy lifting.
6. Use a tarp instead of bagging leaves.
7. Wear appropriate clothing and non-skid shoes.
8. Use a leaf blower instead of a rake where you can.
9. Pace yourself, taking regular breaks to let your body rest.



Physical Therapy for Tennis Elbow

Mangiarelli Rehabilitation physical therapist Jen demonstrates three treatment options to address tennis elbow pain.

Tennis elbow is one of the most common elbow injuries that results from overuse of the muscles of your arm and forearm. It occurs in the tendons that attach your muscles to the rounded projection of bone on the outside of the elbow, causing radiating pain from the elbow to the forearm and wrist.

Tennis elbow normally develops gradually over weeks and months due to repetitive use of the wrist, hand, arm, and elbow over time.

Physical therapy is an effective treatment for tennis elbow, helping patients build muscle strength, regain function in the elbow and forearm, and manage pain.



Fall Donation Drive for the St. Vincent de Paul Society

Each Autumn, Mangiarelli Rehabilitation partners with a local organization to do a donation drive to support the mission of the organization and support the Trumbull County community. This year, Mangiarelli Rehabilitation is holding a donation drive for the St. Vincent de Paul Society of Trumbull County. We will be collecting canned goods, dry foods like cereal and pasta, paper goods like paper towels and toilet paper, and toiletries like shampoo and toothbrushes. The St. Vincent de Paul Society serves nearly 500 vulnerable families throughout Trumbull County each day. Join us in supporting this great organization this fall. We will be collecting donations at our clinic from October 10-November 10.