



Debunking 6 Myths About Arthritis

Arthritis is a chronic, progressive condition that is characterized by inflammation of the joints and is the leading cause of disability in the United States. Physical therapists can help reduce arthritic symptoms, slow progression of the disease, and create a customized, comprehensive exercise program to help arthritis patients move safely and improve function.

However, there are numerous misconceptions about who is affected by arthritis and how to treat it effectively. One common myth is that arthritis only affects you as you get older. The truth is that while the risk of developing arthritis increases with age, arthritis can affect people of all ages, even kids. More than half of adults (65%) with arthritis are working age, ages 18-64. Another myth is that rest is best and that they should avoid exercising arthritic joints. In fact, regular exercise is the cornerstone of osteoarthritis management. In the long run, lack of exercise causes joints to become more stiff and muscles around the joints to weaken. Exercise can be very beneficial for those with arthritis, helping them manage symptoms and improving mobility, flexibility, range of motion, and strength in arthritic joints and surrounding muscles.



Physical Therapy for an AC Joint Sprain

Mangiarelli Rehabilitation physical therapist Bobby demonstrates 3 exercises you can do to prevent stiffness and regain mobility after an acromioclavicular (AC) joint sprain on our blog.

An AC joint sprain typically occurs due to a sudden fall on the shoulder that can push the shoulder blade away from the collarbone, straining or tearing the ligaments of the AC joint.

Physical therapy is the first line of treatment for AC joint sprains and is highly effective in restoring shoulder mobility, strength, and function following an AC injury.

Back-to-School Backpack Safety

Backpacks, when correctly worn, are designed to distribute the weight of the load evenly across the body's strongest muscles. Unfortunately, many children and teens carry backpacks that are too heavy, which can contribute to musculoskeletal injuries over time. Carrying a heavy backpack can have significant biomechanical and physiological impacts on the wearer during a critical time in a child's growth, placing undue stress on the body, changing posture, and contributing to injuries of the back, neck, and shoulders. To prevent backpack-related injury, here are a few safety tips:

- A child's backpack should not weigh more than 10-15% of their total body weight.
- The backpack should rest evenly on both shoulders and fit snugly against the body in the middle of the back.
- Shoulder straps should be wide and padded to reduce stress on the shoulders and the child should always wear both straps on their shoulders.



Staff Spotlight:
Mangiarelli
Rehab PTA
Renee

Welcome to our new Mangiarelli Rehabilitation PTA, Renee! Renee joined our team in February of this year and works under the direction and supervision of our physical therapists, carrying out individualized plans of care for each patient.

Renee came to physical therapy and to Mangiarelli Rehabilitation with the desire to help people improve their quality of life and to work with a dedicated team of physical therapists and staff to help people achieve this. She loves seeing the smiles on patients as they improve, meet their goals, and gain independence.

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