

MANGIARELLI REHABILITATION



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Physical Therapy for Shoulder Osteoarthritis



Shoulder osteoarthritis occurs when the cartilage that lines the shoulder joint is worn or torn away, which causes pain, swelling, and reduced function in the shoulder. It most commonly affects those over age 50, particularly older women.

Shoulder arthritis can be caused by wear and tear of

the shoulder over time. It can also develop after a shoulder joint injury or surgery as well as from chronic shoulder joint stress from repetitive lifting of objects overhead or from repetitive throwing.

Physical therapy can help those with shoulder osteoarthritis manage and decrease pain, prevent progression of the disease, and restore movement and function in the shoulder. The goal of the physical therapist is to improve tolerance of daily activities, improve shoulder mobility, and enhance the strength of the shoulder muscles through targeted strengthening, range of motion exercises, manual therapy, and gentle stretching.

Back to School Ergonomics

Carrying a school backpack can have significant bio-mechanical and physiological impacts on the wearer, such as changes in posture and gait and an increased risk of back, neck, and shoulder pain. Here are 8 tips for back to school ergonomics:

1. Ensure the backpack is not too heavy. It shouldn't exceed 10% of the child's weight.
2. Use a backpack with wide padded shoulder straps to distribute the weight of the backpack on the child's back.
3. Adjust & tighten the shoulder straps so that they are fitted to the child's back, resting between or below the shoulder blades.
4. Load the backpack with heaviest items first, placing them closest to the bottom and center of the back of the backpack.
5. Use proper lifting techniques, using leg muscles & bending at the knees.
6. Maintain proper posture when sitting in class, avoiding slouching.
7. Keep the computer monitor height at eye level to prevent forward head posture.
8. Maintain correct wrist and elbow posture when typing.



How To Improve Your Golf Swing

To improve your golf swing, it is essential to improve your thoracic mobility. The majority of the movement and power generated during the golf swing comes from the thoracic spine and hips.

Thoracic mobility refers to the rotational capacity of your thoracic spine which is comprised of 12 vertebrae in the mid-back that are specifically designed for rotation, flexion, and extension of the torso.

Adequate motion in the thoracic spine helps to minimize compensatory motion in the golf swing, create a longer back swing, and generate power in the golf swing and club head speed. On the blog, Mangiarelli Rehabilitation physical therapist Mike demonstrates exercises you can do to improve your thoracic mobility and golf swing.



12 Tips for Running in the Heat

Running in the summer heat places tremendous stress on your body, raising your body temperature, increasing your heart rate, and causing you to sweat more. Here are 12 tips for summer runs:

1. Wear light-colored loose-fitting shirts and shorts.
2. Wear a visor or breathable hat as well as sunglasses.
3. Wear waterproof sunscreen.
4. Hydrate before, during, and after your run.
5. Avoid running on hot pavement.
6. Allow your body to adapt to running in hot temperatures over a period of a few weeks.
7. Don't use your pace as a guide when you run, but rather your effort and rate of perceived exertion.
8. Avoid the midday heat, running early in the morning or later in the evening.
9. Eat nutritious foods.
10. Before running, cool down your body with an ice pack.
11. Cross train during the summer.
12. Stop running, rest, and rehydrate if you experience dizziness, headaches, and extreme fatigue.

