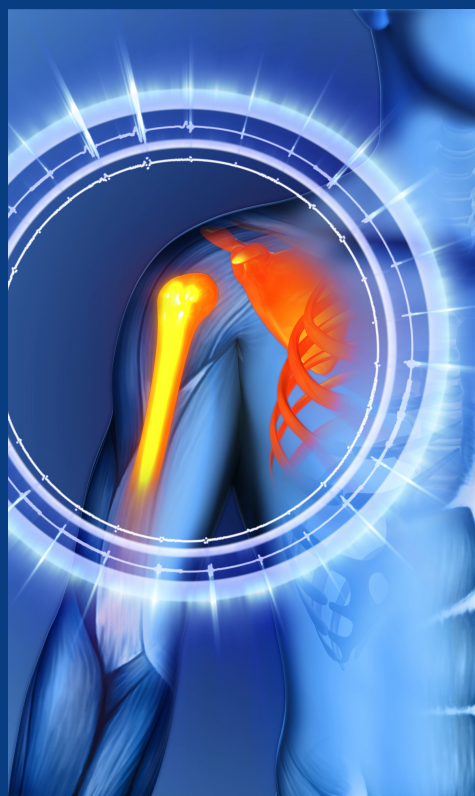




Managing Shoulder Labral Tears with Physical Therapy



A shoulder labral tear can result from the labrum becoming frayed over time due to intense repetitive activity or from an acute trauma like a direct blow, fall or dislocation.

The shoulder labrum is a ring of fibro-cartilage tissue that surrounds the rim of the glenoid on the scapula, cushioning the head of the humerus and providing stability to the shoulder joint.

A shoulder labral tear can vary in severity, ranging from minor fraying to complete detachment of the labrum, leading to pain and shoulder joint instability.

Physical therapy plays a crucial role in the management and rehabilitation of shoulder labral tears and can help athletes with shoulder labral tears regain strength, stability, function, and range of motion in the shoulder joint for a safe return to sport.

↓ In this newsletter you will find:

Benefits of Core Strengthening for Athletic Performance, Setting SMART Fitness Goals, and a Winter Donation Drive Thank You!



Benefits of Core Strengthening for Athletic Performance

Core strengthening has numerous benefits for an athlete's fitness level and sports performance. The core muscles are the foundation of movement for the entire body, comprised of the abdominals, back muscles, diaphragm, hip muscles, and pelvic floor muscles.

When the core muscles contract, they stabilize the spine, pelvis, and shoulder, creating a solid base of support from which you can stand, move, and balance.

A physical therapist can assess an athlete's core strength and design a core strengthening exercise program to enhance the strength, control, and endurance of their core muscles for improved athletic performance.

Mangiarelli Rehabilitation physical therapy assistant Patti demonstrates several advanced core strengthening exercises on the blog!

Setting	SMART	Goals
S	SPECIFIC	A specific goal is clear and precise. Define the goal, outline how you want to accomplish it, and why the goal is important.
M	MEASURABLE	A measurable goal means tracking your progress to monitor how you are moving forward in achieving the goal and helps you to be more consistent.
A	ATTAINABLE	An attainable goal means a goal that is achievable within your current ability & can realistically be accomplished within a reasonable timeframe.
R	RELEVANT	A relevant goal is one that is pertinent and important to your life as it is now, not what you think that you "should" do. It is a goal that you have the time and resources to accomplish.
T	TIMEBOUND	A timebound goal means you have a set date for when you want to accomplish that goal. Break down the big-picture goal into smaller goals that can be accomplished in shorter periods of

Setting SMART Fitness Goals

Have you made fitness resolutions for the new year? Rather than naming aspirational resolutions without a clear plan to achieve them, use the SMART goal setting framework to help you create specific, measurable, attainable, relevant, and timebound fitness goals for 2024! Check out our infographic to learn more!



Thank you to all our patients & wellness Members who so generously donated to our winter donation drive for the Dorothy Day House of Youngstown!

Winter Donation Drive Thank You

This December, we partnered with the Dorothy Day House of Youngstown for our winter donation drive, collecting personal items for those in need in our community.

Thank you to all our patients and wellness members who so generously donated to our winter donation drive!

CHECK OUT MANGIARELLI REHABILITATION ON SOCIAL MEDIA!

