

MANGIARELLI REHABILITATION

JANUARY 2021 NEWSLETTER



MANAGING ARTHRITIS IN WINTER

Arthritis, the leading cause of joint pain in the United States, is a progressive, chronic condition that causes inflammation, swelling, pain, and stiffness in one or more joints.

Winter weather can aggravate arthritic pain due to the cold temperatures, precipitation, and decreased barometric pressure.

To manage your arthritis this winter:

- Utilize heat at the start of the day to increase joint mobility.
- Use arthritic gloves that provide compression and warmth.
- Eat a nutritious, balanced diet.
- Exercise in a warm water pool to relieve pain and take the pressure off your joints.



HOW TO SET SMART HEALTH GOALS IN 2021

As we enter into the new year, it's the perfect time to set achievable goals using the SMART goal-setting strategy. A SMART goal-setting strategy refers to specific, measurable, attainable, relevant, and time-bound goals.

SMART Goals are:

- **Specific:** clear and precise, breaking down the overarching goal into smaller, detailed steps.
- **Measurable:** tracks and monitors your progress with specific numbers.
- **Attainable:** doable and realistic within a reasonable timeframe.
- **Relevant:** a goal that you have the time and resources to accomplish.
- **Time-bound:** a deadline and a set date at which you want to see the goal achieved and changes made.

The SMART goal-setting framework keeps goals manageable and helps you stay on track to achieve the results you want in 2021.



SENIORS, COVID-19, & DANGER OF DECONDITIONING

Physical deconditioning is a significant impact of the isolation-driven inactivity in seniors during the Covid-19 pandemic. Lack of movement contributes to reduced physical fitness, strength, and mobility, leading to increased vulnerability to falls and fractures. It is critical to address deconditioning in the senior population for their improved health and quality of life as well as prevent avoidable hospitalizations of seniors during this time.

Physical therapy can address and intervene to recondition and improve function in seniors gradually and safely. The physical therapist designs an exercise conditioning program tailored to the senior's ability, needs, and goals to progressively improve their overall fitness, balance, function, and mobility.

WELLNESS PROGRAM CLOSURE: JANUARY & FEBRUARY 2021

The Mangiarelli Rehabilitation Wellness Program will be closed for the months of January and February 2021 for the health and safety of our patients and wellness members during the Covid-19 pandemic. As a wellness member, if you do need access to our facilities for your health, please obtain a physical therapy script and schedule with the front office.



8 SNOW SHOVELING SAFETY TIPS

Winter in Northeast Ohio means several months of snowy weather and the inevitable task of shoveling snow. It's common to experience some muscle soreness and aches after shoveling. However, to prevent injury and stay safe this winter, follow our snow shoveling safety tips:

1. Warm-up and do light stretching before you go outside to shovel.
2. Wear warm layers of clothing.
3. Choose the appropriate shovel to minimize strain on your body. Use a light-weight plastic shovel and a shovel handle long enough that you can keep your back straight when lifting.
4. When lifting the shovel, use proper lifting technique, bending at the knees and lifting using your legs to decrease stress on your back, neck, and shoulders.
5. Don't overload the shovel with excessive snow.
6. Don't overexert your body and take frequent breaks.
7. Stay in good cardiovascular condition throughout the year and engage in strength training.
8. Consider alternate methods of snow removal, such as using a snowblower, snow removal machine, or using a snow removal service.