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# MANGIARELLI REHABILITATION



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## Personalized Physical Therapy @ Mangiarelli Rehab

At Mangiarelli Rehabilitation, we provide each patient with an individualized treatment plan that is based on your needs, ability, and condition. We want you to reach your max potential in the safest and most successful way by ensuring you receive customized care.

Personalized physical therapy at Mangiarelli Rehabilitation looks like:

- Hands-on physical therapy treatment
- A physical therapist who spends the majority of the session time assessing and treating with manual therapy and observed exercise treatment
- Plan of care and treatment that is centered around the patient's schedule, goals, and needs
- Ensuring patients receive physical therapy in a timely manner by scheduling patients within 24 to 48 hours of their call to schedule
- Time taken to educate patients on specific movement patterns and exercises as well as injury prevention
- Physical therapy that addresses the full spectrum of the injury, treating the muscle, joint, and nerve issues associated with the condition or injury

At our clinic, our priority is that each patient progresses safely and effectively by designing a personalized physical therapy program based on your specific needs and ability. Check out our blog for the 8 questions you should ask your physical therapist to ensure you receive customized care.



## Low Back Pain Relief

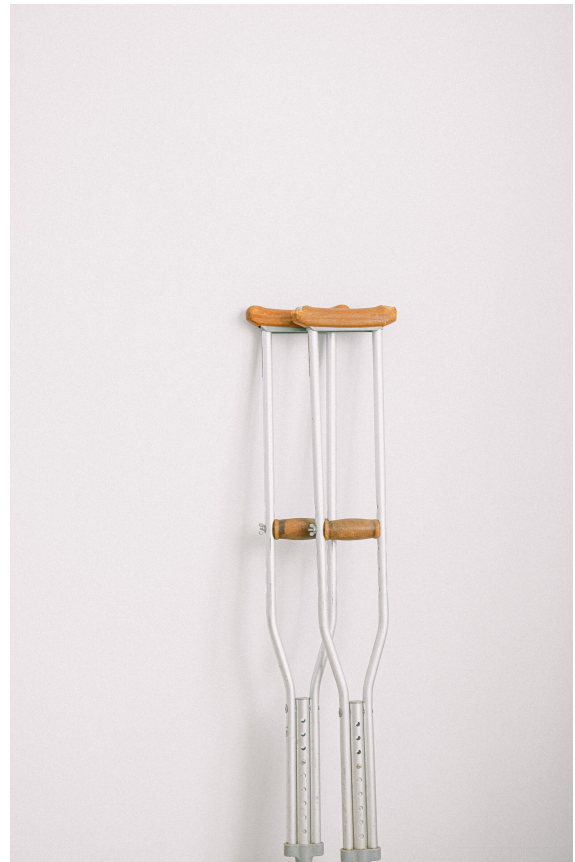
Low back pain is a common condition that brings patients to physical therapy. A quarter of Americans report having experienced low back at some point in the last three months. Physical therapy provides a non-surgical, non-invasive treatment option to relieve low back pain and restore mobility.

Staying active is important to successfully address and relieve back pain. A physical therapist can help you engage in movement safely and strengthen your back and abdominal muscles to stabilize the back and prevent future injury. Physical therapy treatments for low back pain may include: stretching and dynamic stabilization exercises, core strengthening, low-impact aerobic exercise, training for proper posture and lifting technique, lumbar traction, manual therapy, and aquatic therapy.

## Why Rehabilitation After Surgery Matters

Post-surgical rehabilitation is crucial to regain pain-free function and return to your daily activities safely. Physical therapy shortly after surgery helps your body heal correctly and minimizes scar tissue development. Physical therapists are specifically trained to help post-operative patients regain mobility and strength, restore function, and prevent re-injury during the recovery process.

Rehabilitation post-surgery helps you manage post-operative pain, decrease stiffness and swelling, improve quality of movement, and achieve a faster recovery. Physical therapy treatment can include: modalities to reduce pain, manual therapy, strengthening and flexibility exercises, posture and balance training, gait and analysis training, and movement re-education.



## 2020 Tribune Chronicle Reader's Choice Awards

Thank you to all of our supporters who voted Mangiarelli Rehabilitation among the top two rehabilitation centers in the area in the 2020 Tribune Chronicle Reader's Choice Awards. Thank you for supporting our small business and family practice.

We are grateful that you choose us and entrust us with your physical therapy care. It is a privilege to serve you and support you in your recovery and health journey.