

# MANGIARELLI REHABILITATION



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## Physical Therapy for Cervicogenic Headaches



Cervicogenic headaches are caused by musculoskeletal dysfunction in the neck that refers pain to the head through the nervous system.

Cervicogenic headaches commonly affect one side of the head and can result from a traumatic injury to the cervical spine and neck muscles such as whiplash or

due to muscle tension or strain from forward head posture.

Physical therapy can reduce pain and address the underlying cause of cervicogenic headaches for sustainable headache management. Research has shown that conservative physical therapy treatment techniques, such as mobilization, manipulation, and cervico-scapular strengthening exercises, are effective interventions for decreasing cervicogenic headache intensity and frequency as well as underlying neck pain referring pain to the head.

## Preventing Shoulder Injuries in Baseball Pitchers

Overhead throwing is an extremely complex movement that places significant stress on the shoulder joint of a pitcher. The shoulder is a hypermobile joint that is susceptible to injury from the repetitive high stress of pitching. There are six phases to the throwing motion and a deficiency at any point can contribute to increased stress on the thrower's shoulder and injuries like SLAP tears, biceps tendinitis, rotator cuff tears, shoulder impingement, or scapular dysfunction.

Physical therapists can effectively treat baseball-related shoulder injuries and help pitchers prevent injury through a throwing mechanics assessment and pre-season conditioning program. Rehabilitation and conditioning focuses on strengthening all elements of the kinetic chain from the lower body and core to the shoulder, arm, and upper back with specific targeting of the rotator cuff and scapular muscles.



## Using the Rebounder in Physical Therapy Treatment

A rebounder is a mini trampoline that uses bounce and movement to improve balance, posture, core strength, and endurance. Rebounder therapy involves exercises performed on the trampoline and can be used to treat sports injuries, shoulder and ankle injuries, stroke, and Parkinson's disease.

Rebounder therapy has numerous benefits including strengthening the core, leg, gluteal, and lower back muscles; stimulating the lymphatic system; improving balance, coordination, and flexibility; supporting bone density and strength; enhancing pelvic floor health; improving exercise tolerance and reaction speed; and increasing spatial awareness.

At Mangiarelli Rehabilitation, our rebounder has a handle for upper body support and is adjustable, moving from a flat trampoline surface to a 45-degree angle for throwing and catching movements.



## Tips for Safe Summer Runs

Summer runs pose unique challenges due to high temperatures, humidity, and sun exposure. To stay safe during your summer runs, be sure to run earlier in the morning when the temperature is lowest. Allow your body to acclimate to the heat by gradually increasing the intensity and length of your runs. Always start your run properly hydrated and dress in synthetic fabrics that don't absorb sweat. Avoid running on asphalt if possible as it radiates the sun's energy back to your body; instead, run trails under ample shade.

