

MANGIARELLI REHABILITATION



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Mangiarelli Rehabilitation 10 Year Anniversary

Mangiarelli Rehabilitation celebrates 10 years of high-quality physical therapy care in Howland, Ohio from 2010 to 2020. The clinic was started by owner Paula Mangiarelli in 2010; she was joined by her daughter and physical therapist Sarah and administrative professional, Drena.

Throughout the past ten years, Mangiarelli Rehabilitation has grown to include two more physical therapists, including Paula's son, Bobby, two physical therapy assistants, and a second administrative professional as well as athletic trainers and occupational therapists over the years.

Mangiarelli Rehabilitation is a family-owned business, dedicated to providing exceptional quality care and treating each patient as a valued member of the Mangiarelli Rehabilitation family.

In the words of our founder, Paula: "I started Mangiarelli Rehabilitation because I wanted to have a clinic where a therapist could provide specialized care. The focus at Mangiarelli Rehabilitation is excellence as well as compassion. Since all three of my children received their doctorate in physical therapy, I wanted them to have the opportunity to grow this clinic where each patient who comes to us feels they have received the best care available. My vision was to have multiple therapists who could specialize and in doing so provide our patients with a number of options for care."



Stroke Rehabilitation

Stroke affects 800,000 people in the United States each year. A stroke can damage the connection between the survivor's brain and their muscles, leading to disability and loss of movement and mobility. Physical therapy plays a pivotal role in stroke recovery.

A physical therapist helps a stroke survivor regain movement, decrease disability, improve range of motion and function of affected limbs, relearn basic daily activities, and walk with coordination and balance. The physical therapist also works with the survivor to retrain the brain to control affected body parts and perform functional tasks, like walking or grasping an object.

Sports Medicine: ACL Rehabilitation

At Mangiarelli Rehabilitation, we offer orthopedic sports medicine to athletes of all ages. Our physical therapist, Bobby, specializes in sports injury physical therapy, particularly ACL rehabilitation.

ACL injuries commonly occur during sports that involve sudden stops, pivots, and changes in direction. The ACL is a major ligament that holds the bones together within the knee and keeps the knee stable. ACL rehabilitation normally takes 9 to 16 months depending on the goals of the patient.

At our clinic, Bobby focuses on improving the athlete's range of motion and controlling swelling by the six-week mark. He also works to establish good contraction of the quadricep muscle early in recovery to help promote good knee extension and strength. From there, the goal is to strengthen the knee and progressively load the knee joint to handle stress. By months three and four of rehabilitation, the athlete starts running and jumping exercises under the supervision of the physical therapist.



COVID-19 Business Update

Mangiarelli Rehabilitation safely treated patients throughout the quarantine lockdown in Ohio and continues to safely treat patients throughout the Ohio re-opening process. We have maintained cleaning and sanitation protocols in our clinic since the beginning of the COVID-19 pandemic and are abiding by CDC guidelines regarding social distancing and protective masks and gloves for patients and staff.