



Addressing Shin Splints During Track & Field Season



Shin splints, or medial tibial stress syndrome, are a common running overuse injury that involves inflammation of the tibia and surrounding muscles and tissues caused by repetitive stress placed on the lower leg. Shin splints result from micro-damage that accumulates along the attachment point of several lower leg muscles. Repeated contraction of these muscles when running pulls on the outer layer of the tibial bone, causing inflammation of the bone and muscles where they insert at the bone.

Shin splints often occur at the start of track and field season, when an athlete overexerts themselves or increases the frequency, duration, and intensity of their training too quickly such that the body cannot adjust to the stressor, leading to injury.

Physical therapists can help athletes with shin splints recover pain-free movement, return to sport safely, and prevent future re-injury through a targeted exercise rehabilitation program.

↓ In this newsletter you will find:

Frailty Syndrome: How Physical Therapy Can Help, Spring Donation Drive, & 7 Benefits of Exercise for Heart Health.

FRAILTY SYNDROME:

HOW PHYSICAL THERAPY CAN HELP

Frailty is a common syndrome among older adults that involves loss of muscle strength, exhaustion, low levels of physical activity, and an increased risk of falling.

WHAT IS FRAILTY?

- Inactivity is a major cause of frailty, which causes weakness in all body systems and leads to loss of muscle strength and power, stiff joints, balance issues, and reduced aerobic capacity of the heart and lungs.
- Sarcopenia can develop, which is a decrease in the amount and quality of muscle, which lowers energy and causes you to exert much more effort for simple movements.

5 FACTORS OF FRAILTY

- Unintended weight loss (losing more than 10 pounds in the last year)
- General feeling of exhaustion 3 or more days of the week
- Muscle weakness or sarcopenia
- Slow walking speed
- Low levels of physical activity



PHYSICAL THERAPY FOR FRAILTY SYNDROME

Physical therapy can help those with frailty restore overall mobility, strength, and aerobic capacity through a customized therapeutic exercise, strengthening, and balance training program.



Physical therapy treatment for frailty syndrome includes:

- Flexibility exercises to stretch/lengthen tight muscles
- Progressive balance training to improve dynamic balance & postural control
- Targeted strength training to improve muscular strength, power, & endurance
- Aerobic training to enhance heart and lung capacity
- Range of motion exercise to improve joint mobility
- Home safety modification education

Frailty Syndrome: How Physical Therapy Can Help

Frailty is a common syndrome among older adults that involves loss of muscle strength, exhaustion, low levels of physical activity, and an increased risk of falling.

Inactivity and the subsequent sarcopenia, or a decrease in the amount and quality of muscle, is a major cause of frailty in older adults.

The five common factors of frailty include unintended weight loss (losing more than 10 pounds in last year), general feeling of exhaustion 3 or more days of the week, muscle weakness, slow walking speed, and low levels of physical activity.

Physical therapy plays a critical role in helping those with frailty restore overall mobility, strength, and aerobic capacity through a customized therapeutic exercise, strengthening, and balance training program.

Spring Donation Drive with Bella Women's Center

Bella Women's Center provides pregnancy services and resources to women in need free of charge.

The donation drive will run from February 26-April 5, 2024.

For each donated item, you will receive a raffle ticket for our Spring Raffle Baskets. Raffle winners will be chosen Monday, April 8, 2024.

Suggested Donations:

- Baby Books
- Coats for sizes 3-9 months
- Small Stuffed Animals
- Plug Outlet Covers
- New Baby Clothing, Sizes 0-3 to 9 Months
- Diapers: Size 1, 4, & Pullups
- Diaper Cream
- New Small Childrens Toys
- Baby Wash & Shampoo
- Baby Lotion
- Hooded Bath Towels
- Wash Cloths
- Brush and Comb Sets
- Nail Clippers
- Pacifiers
- Onesies, Socks, & Sleepers
- Teethers & Rattles

EASTER DONATION DRIVE WITH ST. VINCENT DE PAUL SOCIETY

WHEN: FEBRUARY 26-APRIL 5, 2024

FOR EACH DONATED ITEM, YOU WILL RECEIVE A RAFFLE TICKET FOR OUR SPRING RAFFLE BASKETS. RAFFLES WILL BE CHOSEN MONDAY, APRIL 8, 2024.

SUGGESTED DONATIONS:

- Canned or Fresh Hams
- Canned Fruit
- Instant Mash Potatoes
- Macaroni
- Pasta (no spaghetti please)
- Packaged Shelf Stable Desserts or Cookies
- Bakery Desserts that can be easily frozen (cakes, cookies, cupcakes)

Spring Donation Drive

This spring, Mangiarelli Rehabilitation is holding a donation drive to benefit two wonderful local organizations, Bella Women's Center and the St. Vincent de Paul Society of Trumbull County.

All donations are being gathered at the Mangiarelli Rehabilitation clinic from February 26-April 5, 2024. For each donated item, you will receive a raffle ticket for our spring raffle baskets. Raffle winners will be chosen on April 8, 2024.

7 HEART HEALTH Benefits of Exercise

- Exercise strengthens your heart and blood vessels.**
Aerobic exercise increases your breathing & heart rate to pump oxygen & blood to your muscles, making the heart work more efficiently and become stronger.
- Exercise lowers your blood pressure & bad cholesterol, while boosting good cholesterol.**
Aerobic exercise helps open up blood vessels, improving their ability to move blood throughout the body and lowering your blood pressure.
- Exercise improves muscle function & enhances endurance.**
As you exercise, muscles and tissues become more efficient at extracting oxygen from your blood, reducing the need for the heart to work so hard to pump blood to the muscles.
- Exercise improves the flow of oxygen throughout the body.**
Aerobic exercise improves the circulation within your heart as well as circulation throughout the entire cardiovascular system.
- Exercise reduces the risk of heart disease, heart attack, and stroke.**
Research has shown that exercise lowers the risk of heart disease and diabetes by 50% and stroke by 35% due to lowering high blood pressure.
- Exercise improves mood & reduces stress.**
Regular exercise helps you feel happier, more relaxed, and less anxious by stimulating the release of endorphins.
- Exercise helps you maintain a healthy weight.**
Daily exercise increases your metabolic rate which can cause you to burn more calories.

MANGIARELLI REHABILITATION

7 Benefits of Exercise for Heart Health

Regular exercise is one of the best ways to improve your heart health, prevent cardiovascular disease like heart disease or a heart attack, and help you recover after a cardiac event.

Exercise requires the heart to pump more blood through the body, increasing cardiac output and blood pressure. Over time, individuals adapt to the healthy stress that exercise places on the heart and body and the heart becomes stronger, taking fewer beats and effort to push blood through the body and leading to a lower heart rate.

A physical therapist plays a critical role in helping you exercise safely to improve your heart health and regain cardiovascular endurance and capacity progressively through a personalized and targeted exercise program.

CHECK OUT MANGIARELLI REHABILITATION ON SOCIAL MEDIA!

