

MANGIARELLI REHABILITATION



IN THIS ISSUE

BREAST CANCER-RELATED LYMPHEDEMA TREATMENT

CORE STRENGTHENING EXERCISES

PHYSICAL THERAPY FOR DIABETES

KID'S TOYS DONATION DRIVE

BREAST CANCER-RELATED LYMPHEDEMA TREATMENT

Breast cancer-related lymphedema (BCRL) can develop in 1 in 5 breast cancer survivors.

Lymphedema is a buildup of fluid beneath the skin due to inadequate drainage of the lymphatic system that leads to swelling in the affected area.

Lymphedema after breast cancer can result from damage or removal of lymph nodes, whether through surgical removal of the lymph nodes of the underarm or due to radiation that damages and scars the lymph nodes. BCRL normally manifests in swelling in the arm where the lymph nodes were removed, though it can occur in the breast, trunk, or back.

Working with a certified lymphedema physical therapist like Mangiarelli Rehabilitation's specialist Sue before and after breast cancer surgery can help improve range of motion and strength, manage lymphedema, and reduce pain.

Physical therapy for BCRL lymphedema often involves complete decongestive therapy which includes manual lymphatic drainage, compression bandaging, customized decongestive exercise program, and education about the condition, self-care, and skin care.

LYMPHEDEMA AFTER BREAST CANCER

How Physical Therapy Can Help

WHAT IS LYMPHEDEMA?

- Lymphedema is a build-up of fluid under the skin due to inadequate drainage of the lymphatic system that leads to swelling in the affected area.
- Symptoms include:
 - Swelling
 - Feeling of aching, tingling, heaviness, or pressure in the affected area
 - Feeling of tightness in skin of affected area
 - Pitting (Indentation) in tissues of the limb
 - Repeated infections in the limb
 - Difficulty moving or bending a joint (wrist, elbow, shoulder)



WHAT IS BREAST CANCER-RELATED LYMPHEDEMA?

- 1 in 5 breast cancer survivors can develop breast cancer-related lymphedema.
- Breast cancer treatment can damage or remove lymph nodes, whether through surgical removal of the lymph nodes of the underarm or due to radiation that damages and scars the lymph nodes.
- Breast cancer-related lymphedema commonly manifests in swelling in the arm from which the lymph nodes were removed, although it can occur in the breast, trunk, or back as well.

PHYSICAL THERAPY FOR LYMPHEDEMA

- Working with a certified lymphedema physical therapist is critical before and after breast cancer surgery.
- Physical therapists provide education about lymphedema and proper diet and skincare instruction, can help fit you for a preventative compression garment, create a post-surgical home exercise program, and treat lymphedema with CDT, complete decongestive therapy, to drain lymph fluid and protect the limb.
- Complete Decongestive Therapy for Lymphedema involves:
 - Manual lymphatic drainage
 - Compression bandaging
 - Skincare
 - Therapeutic exercise



Core Strengthening Exercises

Strengthening your core muscles has numerous benefits, allowing you to walk upright, maintain good posture, control your movement, and engage in daily work and sports activities. The core muscles are the foundation of movement for your entire body, stabilizing the spine, pelvis, and shoulders. The core links and transfers energy between your upper and lower body as you move.

Physical therapists can help you properly strengthen core muscles based upon the functional stability you need for various activities. On the blog, Mangiarelli Rehabilitation physical therapy assistant, Patti, demonstrates several beginner core strengthening exercises you can do at home.



Physical Therapy for Diabetes

November is National Diabetes Awareness Month. In those with diabetes, the body does not properly produce or use insulin, causing glucose levels in the blood to become too high.

A physical therapist can help diabetic patients manage the condition and improve their physical fitness, mobility, and balance through a customized exercise program.

Physical activity has been shown to improve insulin sensitivity and lower blood sugar levels in diabetic patients. Exercising under the guidance of the physical therapist helps patients learn how their body responds to exercise in a safe environment and builds endurance, fitness, and mobility gradually.

Physical therapists also use specific tests to check the sensation of the feet in diabetic patients regularly, help to decrease cramping pain during walking, improve walking ability, and how to protect feet if a patient has lost sensation in the feet.

Kid's Toys Donation Drive

Mangiarelli Rehabilitation is continuing the fall donation drive for children's toys for the St. Vincent de Paul Society. We are collecting gloves, hats, and socks for all ages and children's toys (dolls, barbies, trucks, legos, board games, craft sets, art kits, or science kits) for ages 0-18. The donation drive will run until November 12, 2021.

For each item you donate, you will receive a raffle ticket for our fall raffle baskets. Raffle winners will be chosen on November 15.

Diabetes Management with Physical Therapy



1 in 10 Americans have diabetes and nearly 1 in 3 American adults have pre-diabetes

What is Diabetes?

Diabetes is a condition in which the body either does not produce enough insulin or does not respond normally to insulin, causing glucose levels in the blood to become too high. This causes the diabetic to become hyperglycemic and the body begins to break down fats for fuel.

Signs & Symptoms of Diabetes

- Slow-healing sores
- High blood pressure
- Frequent infections of the gums, skin, vagina, and bladder
- Unexpected weight loss
- Increased thirst and frequent urination
- Constant hunger
- Fatigue and weakness
- Tingling or numbness in feet and hands
- Blurred vision
- Pain in joints and muscles
- Cramping or pain in legs or limping when walking
- Chronic pain



Physical Therapy & Exercise for Diabetes

Physical therapy helps diabetic patients manage the condition and improve their physical fitness, mobility, and balance through a customized exercise program.

Exercise helps improve insulin sensitivity and lower blood sugar levels in diabetic patients. Exercising under the guidance of the physical therapist helps the patient learn how their body responds to exercise in a safe environment and builds endurance, fitness, and mobility gradually.

Physical Therapy Treatment for Diabetes

- Graded, progressive aerobic exercise program
- Strengthening exercises with resistance bands and weights
- Stretching to improve muscle flexibility
- Balance and coordination training to prevent falls
- Chronic pain treatment
- Foot pain assessment and strengthening
- Home exercise program

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