

# MANGIARELLI REHABILITATION



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## Debunking Common Myths About Knee Pain



Knee pain is one of the most common orthopedic conditions that bring patients to physical therapy. Knee pain is often felt behind and around the kneecap during activities that place stress on the knee. There are many misconceptions about what causes knee pain and the best treatments to address knee pain. Today, we are debunking 3 myths. Check out our blog for the other 7 myths about knee pain!

**Myth:** Knee pain is always the direct result of a problem in the knee.

**Fact:** Knee pain is not necessarily due to a direct problem with the knee. If the knee is not tender or swollen, pain is coming from elsewhere to the knee, such as from the low back, hips, ankle, or thigh.

**Myth:** You should decrease or avoid physical activity if you have knee pain.

**Fact:** Research has shown that exercise therapy is one of the best ways to improve knee function and reduce pain over the long term. Engage in low-impact exercise if you have knee pain such as swimming or using a stationary bike.

**Myth:** My scan will show exactly what is causing my knee pain.

**Fact:** Studies have revealed that MRI and X-ray scan results are poorly related to actual pain and disability. A person's degree of cartilage damage, meniscal degeneration, or arthritis does not correlate to pain levels. Research shows that on average 20% of people with pain-free knees have meniscal tears.

## Happy National Physical Therapy Month!



October is National Physical Therapy Month! This month, we recognize the dedication of each of our physical therapists and physical therapy assistants who serve our patients with the highest quality of rehabilitative care.

At Mangiarelli Rehabilitation, our aim is to provide patients exceptional physical therapy with the personalized attention and customized approach that our patients deserve.

We provide one-on-one physical therapy treatment for all orthopedic injuries, tailored to our patients' specific needs, goals, and condition.

Thank you to your therapists: Paula, Sarah, Bobby, Mike, Jen, Sue, and Patti!

## Tips to Avoid Autumn Raking Injuries

Autumn brings with it an abundance of leaves that need raking and bagging. The weekly leaf raking can take a toll on your body, especially your back, neck, and shoulders. To prevent injury this fall while raking, check out these tips:

1. Always warm up your muscles prior to raking.
2. Use proper posture when raking.
3. Alternate sides when raking.
4. Use an appropriately sized rake.
5. Wear layers and supportive, no-slip shoes.
6. Stay hydrated.
7. Lift bags of leaves safely.
8. Take regular breaks when raking.
9. Cool down at the end of raking and gently stretch your muscles.



## Benefits of Work Conditioning

Work conditioning is a full-body intensive and customized program for the injured worker designed to help the worker regain strength, mobility, motor control, aerobic capacity, and functional skills to safely return to work. The worker simulates work tasks, progressively increasing their functional abilities and capacity over time under the guidance of a physical therapist. The injured worker attends sessions 2-4 times a week for up to 2-3 hours a session.

A work conditioning program is specific to each worker and their unique job demands and is tailored to the worker's deficits to increase their tolerance to activity and their physical abilities in order to achieve job-level performance. Work conditioning reduces the risk of a worker's re-injury and provides the worker and employer the confidence that the worker can make a safe, sustainable return to the demands of their job.



### ST. VINCENT DE PAUL SOCIETY DONATION DRIVE

Mangiarelli Rehabilitation is partnering with the St. Vincent de Paul Society this fall to support those in need in our community. Please drop all donations at Mangiarelli Rehabilitation.

FOR EACH ITEM YOU DONATE, YOU WILL RECEIVE A RAFFLE TICKET FOR OUR FALL RAFFLE BASKETS. RAFFLE WINNERS WILL BE CHOSEN ON NOVEMBER 15.

- WHAT: Gloves, Hats, & Socks for All Ages  
 Children's Toys, Ages 0-18
- Toys, Ages 0-14: Dolls, Barbies, Trucks, Legos, Board Games, Craft Sets, Art Kits, Science Kits
  - Gifts, Ages 15-18: Gift Cards

WHEN: October 5, 2021 through November 12, 2021



## Fall Donation Drive: Children's Toys

Mangiarelli Rehabilitation is partnering with the St. Vincent de Paul Society this fall to support those in need in our community. We are collecting gloves, hats, and socks for all ages and children's toys for ages 0-18. The donation drive will run from October 5, 2021 to November 12, 2021.

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