



APRIL 2021

NEWSLETTER

Your Resource for a Healthy Lifestyle



THE IDEAL TREATMENT FOR LOW BACK PAIN

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**FREE Low Back
Screening**

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THE IDEAL TREATMENT FOR LOW BACK PAIN

Low back pain is by far one of the most common ailments experienced. Just about everyone deals with low back pain at one point in their life. For some, the lucky ones, perhaps, the pain is just for a day or two as a result of a particularly grueling day of yard work or a slip-and-fall accident that landed you flat on your bum with a bruise to prove it. For others, the low back pain is something that lingers for years and years, getting worse as a result of improper footwear or particularly unsupportive furniture, and never really healing or going away.

It is estimated that one-half of all Americans experience lower back pain annually, and it is considered to be the leading cause of workplace disability worldwide—not just in the United States. It is also one of the most common reasons that people miss work, and is the second most common reason that people visit the doctor's office. When you put those two facts together, the cost of dealing with lower back pain really starts to add up. The average annual cost of dealing with back pain in the United States is \$50

billion dollars. Unfortunately, a lot of those financial resources go into dealing with back pain through pain management and medication, but that is not an effective long-term solution for dealing with back pain. A far healthier and cost-effective solution is through physical therapy.

Lower Back Pain in the United States

According to the National Institute for Health, the rates of low back pain have been steadily rising in the United States over the past 20 years. The study was conducted by medical researchers at the University of North Carolina at Chapel Hill. Researchers consulted with members of the North Carolina community who experienced back pain to understand what caused their pain, how frequently they experience the pain, and what the severity of the pain is like. They found by talking with household members across the state that the incidence of lower back pain has increased significantly since the last time this survey was conducted, which was in 1992. Since 1992, the percentage of people coping with lower back pain increased from just over

three percent to well over 10 percent. This is a significant finding, especially when it was found that the increase in lower back pain remained constant across demographics. A further interesting finding is that of those who experience lower back pain, 84 percent opted to seek medical treatment to address the pain, which was an increase of more than 10 percent in 1992. This means that while more people are experiencing back pain, more people are also seeking treatment for that pain, though there is still an approximate 15 percent of the population who are coping with severe lower back pain without treatment. For those, seeking support from a physical therapist could significantly improve quality of life.

*Call Trilogy today to schedule a **FREE** screening! Make our integrated PT clinic and fitness center the place where you walk away from pain and towards an active lifestyle.*

Call one of our convenient locations TODAY to schedule your return appointment!

HOW TRILOGY CAN HELP



Lower Back Pain and Physical Therapy

Physical therapy is a great resource for lower back pain because it addresses the cause of the pain, rather than simply attempting to hide the symptoms. Working with a physical therapist can help you to experience improved range of motion, to restore strength to muscles in your lower back that may have experienced atrophy through lack of use, and also reduce tension in your lower back muscles through targeted massage.

When working with a physical therapist, you may also be guided through different lifestyle changes that you can make that can help you begin to overcome your back pain with everyday activities

This can include:

- Making changes to the type of shoes that you wear so that your back is getting more support with every step. Sometimes, using special insoles can significantly improve your back pain.
- Adjusting your sleeping habits, or perhaps investing in a new mattress so that your back has more support at night.
- Using more lumbar support at work or on your commute by using a special chair or chair cover.

Medically Oriented Gym at Trilogy

With the support of our team, you can combat lower back pain and achieve fitness goals all at once! Our Medically Oriented Gym (M.O.G.) is revolutionizing the way people improve and maintain their health. At the M.O.G., every aspect of your health history is connected through exercise. With an exceptionally qualified and professional staff, we provide the kind of support that empowers you to integrate healthy, smart decisions into real life.

Lower back pain is a pain in the butt, but you don't need to deal with it any longer. Reach out to Trilogy today for the information and support you need to overcome lower back pain and finally find long-term relief.

Walk away from lower back pain! Call us today and schedule your return appointment.

Grand Island (716) 773-4323	Kenmore (716) A871-1100	Buffalo (716) 431-5141
West Seneca (716) 675-4444	Wheatfield (716) 695-0312	

HEALTHY RECIPE FRUIT ENERGY BALLS



Ingredients:

- 1 cup chopped almonds
- 1 cup unsweetened shredded coconut
- 1 cup dried figs
- 1 cup dried apricots

Directions:

Combine almonds, figs and apricots in a food processor; pulse until finely chopped. Roll the mixture into small balls and dredge in coconut. Enjoy for a tasty burst of energy! To make ahead: Cover and refrigerate for up to 3 days or freeze up to 3 months.

<https://www.eatingwell.com/recipe/270496/fruit-energy-balls/>

EXERCISE OF THE MONTH

Try this stretch to relieve lower back pain!

QUAD STRETCH PRONE

Lie on stomach with both of your legs straight. Raise the foot of one leg and grasp your ankle with your hand. Gently pull ankle towards the buttock, keeping your thigh flat on the floor. Hold for 5-10 seconds and return to starting position. Repeat on opposite side.



Always consult with your physical therapist before engaging in an exercise you are not comfortable with.

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WHAT'S HAPPENING AT TRILOGY?



Trilogy Patients Are Seeing Results



Marjorie H.

Marjorie started in physical therapy after having a tibial plateau fracture. She was unable to walk without pain and struggled to complete activities at home such as going up and downstairs regularly. She walked with a limp and was lacking full range of motion making everyday requirements a task. After completing physical therapy, Marjorie transitioned into the M.O.G and became a member. She currently is walking without limping and her pain has diminished significantly with continued exercise. Marjorie is also much more functional as she can ascend stairs with minimal discomfort and improved ease.

FREE LOW BACK SCREENING!

April 12-23

We are excited to be offering free low back screenings at all of our locations. Are you experiencing low back pain and wondering how to determine and address the cause of your pain in a safe and healthy way? Call your Trilogy location today to schedule an appointment with one of our physical therapists!

STAFF SPOTLIGHT



Dr. Marie Crawford PT, DPT

Physical Therapist, MOG MINUTES WorkSTEPS provider

Born & raised in Western New York, Marie has had the honor of completing her education locally. She earned a Bachelors of Science degree in Exercise Science at the University at Buffalo in 2013 and subsequently earned a Doctor of Physical Therapy degree at

D'Youville College in 2017. Since graduating, she has worked in several areas of physical therapy including sub-acute rehabilitation, acute care/ medical rehabilitation unit (MRU), & outpatient rehabilitation focusing on chronic pain management. In her spare time, she enjoys the health & healing benefits of music and exercise by attending dance classes, participating in sports (tennis, kickboxing, soccer), & playing the violin/ learning to play guitar.

Find Us on Social Media!



Check out our **MOG Minutes**: weekly one minute videos designed to help you move and feel your best wherever you happen to be.



mytrilogy.org