



MAY 2021

# NEWSLETTER

Your Resource for a Healthy Lifestyle

**FREE Golf Fitness  
Workshop**

*Details Inside! >>*

# DAILY ACHES & PAINS?

**TRILOGY CAN HELP —  
JUST IN TIME FOR  
SPRING ACTIVITIES!**

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# NEWSLETTER

Your Resource for a Healthy Lifestyle

## 3 WAYS TO DEAL WITH ACHES & PAINS

Everyone develops aches and pains from time to time. After a long day out in the sun, or after an afternoon of trying to keep up with household chores, sometimes the tasks that we expect of our bodies can get the best of us.

Whether it is a lingering ache in your back, feet that feel swollen and tired after a long day in your shoes, or a crick in your neck that just won't go away, dealing with aches and pains can really take a toll on your overall feeling of wellbeing. If you stopped and asked around, you'd be amazed to see how many people are struggling with aches and pains, just like you. What may surprise you even more is how many people are coping with those pains without doing anything productive about it.

### How to Deal with Aches and Pains

Pain medications can reduce the severity of aches and pains for a little while, but they don't do anything to resolve the issue. There are things that you can do at home that can alleviate your aches and pains, helping to reduce the severity of your discomfort while also reducing the likelihood that the pain will return.

Don't just complain about those aches and pains. Start doing something about them. Here is a quick rundown of things that you can do at home that can reduce your daily pain:

1. **Use hot and cold therapy appropriately to reduce inflammation.** After a good workout or a day of doing chores out in the yard, your muscles will likely feel sore. Apply ice directly to the area that hurts on and off for 20 minutes at a time during the first 24-72 hours after the pain develops. After that, consider

soaking in hot water, such as taking a warm bath, to further soothe your muscles.

2. **Don't underestimate the power of resting!** Your body relies on sleep just as much as your brain. You need to get plenty of sleep to keep your stress level at a minimum—and that includes your physical stress level. Aim to sleep between 7-9 hours every night. The more activity you engage in, the more sleep you need.
3. **Keep your body in good shape with regular exercise.** It may seem counterintuitive to cut down on pain by moving more, but exercise is a really good way to reduce aches and pains. When you exercise every day, you are able to train your muscles for more movement, and thereby reduce aches and pains.

Keeping active, staying rested, and being smart with hot and cold therapy create a trifecta for healthy management of aches and pains, but they aren't going to solve the bigger problems. When aches and pains start to grow severe, or chronic, then it is time to reach out to a professional for support. Physical therapy is the best way to reduce aches and pains because it takes into account a combination of active and passive strategies to help tackle the cause of your pain.



*Call Trilogy today to schedule a FREE screening! Our dedicated, expert staff can help treat your aches and pains and guide you toward a more fit and healthy lifestyle!*

# WHY PHYSICAL THERAPY?

There are a lot of different reasons as to why you may start feeling aches and pains. Muscle pain will occur whenever your muscles start to grow. To build more muscle mass, your muscles have to stretch, and lactic acid can pour into the lining of your muscles to cause a burning sensation. More movement will push that acid out, helping you to experience relief, and in time your muscles will develop increased elasticity, and the burning won't be so severe. Build-up of tension from stress or overuse, and muscle pain from poor posture can also contribute to regular pain. A physical therapist can take a comprehensive assessment to help determine what may be the primary cause behind your aches and pains.

Working with a physical therapist can help you develop a new approach to managing your aches and pains. Your physical therapy program will likely take into account strategies like aquatic therapy, therapeutic massage, guided stretching and targeted movements to help you experience ongoing relief from regular discomfort—and get back to the activities you love to do.

## Medically Oriented Gym at Trilogy

At our Medically Oriented Gym (M.O.G.), every aspect of your health history is connected through exercise. You can say goodbye to aches and pains and achieve fitness goals all at once! The M.O.G. is revolutionizing the way people improve and maintain their health. We provide the kind of support that empowers you to integrate healthy, smart decisions into real life. **Give us a call today so we can help you live comfortably and reach your goals.**



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## HEALTHY RECIPE AVOCADO COCONUT POPS



### Ingredients:

- 2 tbsp sugar
- 1 cup canned unsweetened coconut milk
- 2 ripe avocados, pitted and peeled
- 2 tsp vanilla extract

### Directions:

In a blender, pulse the sugar and coconut milk until sugar is dissolved. Add the avocados, vanilla, 3 tbsp water, and a pinch of salt. Purée until smooth. Divide mixture among 6 ice pop molds and insert sticks. Freeze until solid. Enjoy!

<https://www.savoryonline.com/recipes/196071/creamy-avocado-coconut-pops>

## EXERCISE OF THE MONTH

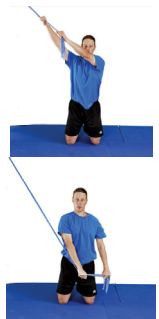
### Strengthen your abdominal and oblique muscles!

#### CHOP | TALL KNEELING

To perform this exercise you will need an exercise band securely attached above the area where you will be exercising.

Begin in a kneeling position. Hold the exercise band with both hands above your shoulders, keeping your elbows straight.

Then, pull your arms down and across your body, towards the opposite hip, as if "chopping." Keep your hips and trunk stable as you pull. Hold for 1-2 seconds and slowly return to starting position. Repeat 10-15 times on each side.



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

Exercises copyright of  
 SimpleSet Pro

# WHAT'S HAPPENING AT TRILOGY?



Trilogy Clients Are Seeing Results



## FREE GOLF FITNESS WORKSHOP!

May 13, 2021 at 6pm | Grand Island Location

Are you looking to improve your balance, consistency, develop a more powerful swing, increase your balance, or gain distance? Do you struggle with back pain, limited mobility, or flexibility?

If you're nodding your head "yes" to any or all of these questions, chances are you could benefit from this FREE workshop! By registering today, you will secure your spot to learn how Trilogy's Golf Fitness program can help improve your game.

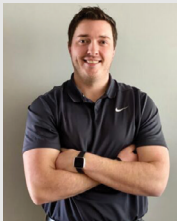
Visit [mytrilogy.org/workshops/golf-fitness-workshop](http://mytrilogy.org/workshops/golf-fitness-workshop) to register and reserve your spot. See you soon!



## Bethany Bernatovic

Bethany participated in our 12-week golf fitness program from January-April. She started working with Chris, our TPI certified Physical Therapist who evaluated her and gave her feedback for specific strengths and weaknesses in her swing, flexibility, and strength. She then participated in a circuit class each Saturday to work on strength and conditioning. She said that working out in the off season was new to her but being able to start the season knowing the time and effort spent gives her confidence for the season. She will continue to work on her individual prescribed exercises and attend our BROGA class to stay mobile and strong during the season.

## STAFF SPOTLIGHT



### Dr. Christopher Kendall PT, DPT

**Physical Therapist | TPI Certified- Level 1, Certified Pain-free Performance Specialist (PPSC), a certified Vestibular Rehab Specialist (Cert. VRS), while also receiving training in Mechanical Diagnosis and Treatment techniques (MDT), ART, and kinesotaping.**

Chris began his career as a Physical Therapist traveling when he graduated from PT school in 2017. While practicing as a traveling Physical Therapist, he was able to experience a wide array of settings and patient populations all over the country. Traveling has allowed him to broaden his skill set, learn new manual and rehabilitation techniques to better help his clients while still focusing on incorporating fitness and overall wellness into my rehab programs. He is now permanently back home in Buffalo, NY and would love to focus on helping the golf community stay healthy and fit.

Chris is a certified Pain-free Performance Specialist (PPSC), a certified Vestibular Rehab Specialist (Cert. VRS), while also receiving training in Mechanical Diagnosis and Treatment techniques (MDT), ART, and kinesotaping. Come see Chris if you have pain or difficulty moving while golfing. Buffalo is not known for a long golf season, so stay healthy and out of pain so you can enjoy the beautiful game of golf while you can!

## Keep up with Trilogy:

Check Out Our Website and Follow Us on Social Media!

[mytrilogy.org](http://mytrilogy.org)



## CALL US TODAY!

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