



JUNE 2021

NEWSLETTER

Your Resource for a Healthy Lifestyle

NECK PAIN & HEADACHES

LEARN THE
CONNECTION AND
HOW TRILOGY CAN
HELP YOU FIND RELIEF

INSIDE...

The Problem with
Posture

Healthy Recipe:
Easy Mango Protein
Smoothie

Exercise of the Month:
Wall Posture

NEWSLETTER

Your Resource for a Healthy Lifestyle



THE CONNECTION BETWEEN & NECK PAIN & HEADACHES

H EADACHES HAVE A BAD HABIT of making their appearance at the most inconvenient times. The middle of the workday, early in the evening when you have hours of responsibilities ahead of you, or even first thing in the morning when you are trying to pay attention to your morning meeting — headaches don't care how important the work ahead of you is. When they start, they are hard to stop.

There are all sorts of reasons why headaches may develop. From environmental factors like weather changes and exposure to certain perfumes or other scents, to stress and allergies, headaches happen to the best of us. However, there are some headaches that may be a bit more predictable than others. Factors like your posture, the type of mattress you sleep on, the pillow you use, or even the desk chair you sit in at work can all impact your risk for experiencing regular headaches because of the intricate network of nerves and muscles in your neck.

When Neck Pain Leads to Headaches

The majority of the time, neck pain starts out as a seemingly small concern. A crick in your neck here or there may start to develop more frequently, and before you know it, your experience of neck pain is something you are dealing with daily. It isn't always the result of something large. While being in a car accident or experiencing another sort of injury can definitely lead to chronic neck pain, the cause of the issue isn't always as simple to identify. Sometimes it is

a bad habit that you don't really think twice about, like your habit of watching TV as you fall asleep, keeping your neck at an odd angle as you rest for the evening, or maybe as a result of your posture as you type at your desk every day, hunched over at the shoulders with your neck catching the brunt of your slouch.

These poor habits are common, and most of us consider them to be harmless. Sure, you know it isn't great for you, but what is actually going to happen? It's a lot easier to slouch as you type, and who doesn't want to catch a few late-night laughs as they fall asleep? But the reality is that these seemingly irrelevant habits could be putting undue stress on your neck, and if you aren't careful, this could translate to regular and uncomfortable headaches that are difficult to get rid of.



Call Trilogy today to schedule a free screening!

Our dedicated, expert staff can help you understand and overcome head and neck pain through movement.

Grand Island
(716) 773-4323

West Seneca
(716) 675-4444

Kenmore
(716) 871-1100

Wheatfield
(716) 695-7848

Buffalo
(716) 431-5141

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

THE PROBLEM WITH POSTURE



Understanding Posture's Connection to Chronic Headaches

Working with a physical therapist can help you to identify whether or not your headaches may be the result of neck pain or strain. One of the most common causes of headaches due to neck pain is forward head position. Forward head position means that when you are resting your head, you are continuing to hold your head slightly forward, which is a type of slouching position.

You can identify whether or not you have a forward head position by standing straight against the wall and determining whether or not your head rests against the wall as your back does. If your head does not touch the wall when you are standing straight, then you aren't fully standing up straight! As years go by and day after day you continue to hold your head in this forward position, you can start to experience pain as a result of strain in the muscles of the neck.

When this is an issue, working with a physical therapist may be able to help. Stretching the muscles in your neck to alleviate neck strain can reduce the severity and regularity of your headaches. Stretching the muscles that have grown tight along the back of your neck as well as those along the shoulders can help you find relief from the tension that is causing your pain.

When dealing with neck pain, it is important to remember that safety has to come first. While there are many simple activities you can try at home to begin stretching your neck muscles, working with a physical therapist is the only way to ensure that you are stretching in a way that won't potentially lead to greater injury. [For more information and to schedule your appointment, contact your Trilogly location today!](#)

HEALTHY RECIPE EASY MANGO PROTEIN SMOOTHIE



Ingredients:

- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup low-fat vanilla Greek yogurt
- 1 cup frozen mango chunks (or about 1/2 of a fresh, chopped mango
- with 1/2 cup of ice)
- 1 scoop vanilla whey protein powder
- 1 tsp honey or to taste (optional)
- 1 mint sprig (optional)

Directions:

Blend mango, ice (if using), yogurt, almond milk, protein powder, and honey together in a blender until smooth. Garnish with a mint sprig if desired, and enjoy!

<https://www.halfscratched.com/easy-mango-protein-smoothie/>

EXERCISE OF THE MONTH

Use this exercise to test and improve your posture!

WALL POSTURE

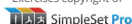
Stand with your heels up against a wall. Attempt to get your heels, buttock, shoulders and head to touch the wall at the same time.

Hold position for at least 60 seconds. Repeat throughout day, remaining mindful of your posture between repetitions.



[mytrilogly.org](https://www.mytrilogly.org)

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?



SUCCESS STORIES

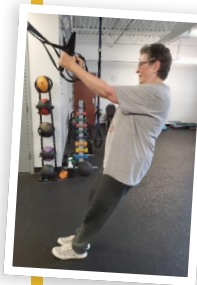
Trilogy Clients Are Seeing Results



SUMMER WELLNESS WEEK

Monday, June 21st - Friday, June 25th

We are welcoming summer by dedicating an entire week of wellness and fitness events to help you get healthier! Please check the calendar at each of our locations for our events schedule. During this week, our facilities will be open to everyone in our community, so please help us spread the word!



Kathy Sam

Kathy started coming to the M.O.G. after she retired this past year to focus more on her health and wellness. She attends Silver Sneakers classes and attends personal training sessions at our Kenmore location. Through personal training, she has been able to focus on her goals and

improving her form in a one on one setting. Kathy has increased her strength and improved balance significantly since joining. She has also been able to improve her body composition through her increased physical activity, along with committing to a healthier diet.

STAFF SPOTLIGHT



Dr. Tiffany Cao PT, DPT, ACSM-CPT Physical Therapist

Tiffany graduated with her Bachelors of Science in Biomedical Sciences from the Rochester Institute of Technology in 2017 before earning her Doctorate of Physical Therapy from SUNY University at Buffalo in 2020. Tiffany aspires to help others achieve their fitness and physical rehabilitation goals in order to reduce pain and limitations as well as improve their strength, mobility, and independence. She is a Certified Personal Trainer by the American College of Sports Medicine and is experienced in training a spectrum of individuals and abilities throughout Western New York prior to becoming an outpatient orthopedic clinician.

Tiffany utilizes an evidenced based practice approach to her treatments and encourages her patients to attain their goals and maximize their functional quality of lives. In Tiffany's free time, she enjoys being active and participating in exercise classes such as Zumba, Cycling, and High Intensity Interval Training.

WE NEED

YOUR HELP!

Would you mind taking a few minutes to share your Trilogy experience with the community? Center the QR code of your Trilogy location in the frame of your smart phone's camera to visit our Google Review page and share your success story. Your 5-star review helps us to change more people's lives! THANK YOU for your support!

GRAND ISLAND



KENMORE



WEST SENECA



WHEATFIELD



Keep up with Trilogy:

Check Out Our Website and Follow Us on Social Media!

mytrilogy.org

