



AUGUST 2021

# NEWSLETTER

Your Resource for a Healthy Lifestyle

## HOW TO DEAL WITH TENDINITIS

HINT: TRILOGY CAN HELP!



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# NEWSLETTER

Your Resource for a Healthy Lifestyle



## DEALING WITH TENDINITIS

**Grand Island**

(716) 773-4323

**West Seneca**

(716) 675-4444

**Kenmore**

(716) 871-1100

**Wheatfield**

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**A**TLETES ARE NATURALLY AT AN INCREASED RISK FOR EXPERIENCING INJURIES. This is not as a result of any particular health issue that athletes typically have in common. Instead, it is a simple exposure equation. The more frequently you push yourself to try new things, to engage in physical activity, or to push yourself to reach a new goal, the more you are going to increase your risk for potential injury.

On more days than not, the injury won't happen, but as every athlete knows, it only takes one bad day — one day when fatigue throws off your form just enough to cause your gait to be off, for you to feel a little distracted and not realize an obstacle is coming up, or just a fluke of a moment in which something goes wrong and you go down. What makes matters worse is the fact that many athletes attempt to push past the pain of their initial injuries, which often leads to those injuries becoming more severe.

Working with a physical therapist is especially important for athletes for this reason. A

physical therapist can help identify potential issues with posture or form that may increase your risk for injury, help identify potential injuries as they develop, and assess the severity of and best treatment options for those injuries as soon as possible, so you always know exactly what your body needs to feel at its best.

### Understanding tendinitis

While there are some sports injuries that happen after a bad day, there are others that develop over time. Tendinitis is an incredibly common issue that causes pain to develop in the joints. This can impact the hips, knees, elbows or shoulders. Pain caused by tendinitis can impact everyday activities, making it exceedingly difficult to remain comfortable day to day or to remain active.

Tendinitis can make simple activities such as picking up a gallon of milk or attempting to put something away on a shelf over your head incredibly painful and challenging. Unfortunately, when tendinitis develops, it often sticks around. This means that pain that

begins as frustrating and seemingly minor can quickly become chronic and incredibly painful. Working with a physical therapist is the best way to address tendinitis pain early on, to improve range of motion and reduce the severity of your pain without having to turn to pain medications.

### What is tendinitis?

Tendinitis is a common issue among athletes because it develops as a result of overuse. While the average person may engage in standard physical tasks such as walking or typing, an athlete takes that repetitive behavior to a new level. Consider a tennis player, for example. In addition to running and jumping, a skilled tennis player will spend hours every week swinging the racket, and this could result in added wear and tear on the elbows and wrists, not to mention the shoulders.

Every bone in the body is connected with muscular fibers called tendons. The tendons are flexible, allowing the body to move more

Article continues inside >>

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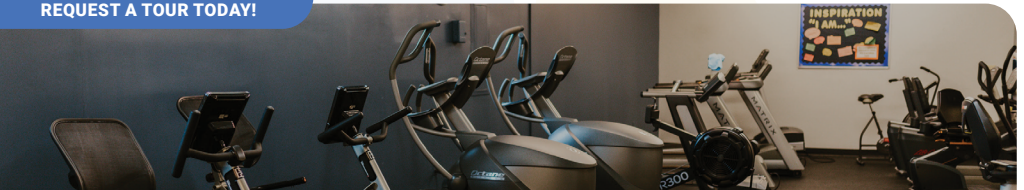
freely by letting bones stretch apart or move in one direction or another. Tendinitis occurs when the tendons become inflamed. Swelling in the tendons can make movement painful and difficult.

Typically, when pain is caused as a result of tendinitis, the pain is isolated at the noted areas of the body. This means that a tennis player may experience tendinitis in the elbow or shoulder, whereas a runner may be more likely to experience it in the Achilles tendon. In fact, this is why tendinitis in the elbow is frequently referred to as tennis elbow, while Achilles tendinitis is sometimes referred to as runner's ankles or runner's heels.

### Treating tendinitis

The best treatment for tendinitis is time. Unfortunately, this is something that many people are unable to give to an injury. When tendinitis develops, the best thing to do is to use ice and to relax that part of the body. Taking a few days off of practice or away from your workout may be sufficient, but in other cases, this may require a few days in a wheelchair or on crutches, with the bulk of your weight off of the affected area.

**HAVE YOU SEEN OUR M.O.G.?  
REQUEST A TOUR TODAY!**



## Trilogy is here to help you heal!

Working with an expert practitioner at one of our integrated physical therapy and fitness centers can help you identify the best treatment methods for tendinitis. A physical therapist can help you identify the best range of motion and strength-building activities to reduce your likelihood of developing tendinitis. For more information about preventing or treating pain from tendinitis, contact us ASAP!

**Athletes: don't 'power through' your pain. Call Trilogy for support and get back in the game better than ever!**

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## HEALTHY RECIPE

### ACAI SMOOTHIE BOWL

#### Ingredients:

- 1 cup of apple juice
- 1 large banana sliced
- 1 1/2 cups of frozen berries
- 1/2 cup vanilla Greek yogurt
- 1 tablespoon honey
- 1 frozen packet of acai berry puree (100 grams)
- Assorted toppings such as sliced almonds, berries, shredded coconut, granola, chia seeds, sliced banana, mint sprigs, etc.



**Directions:** Place the apple juice, banana, frozen berries, yogurt, honey and acai puree in the blender. Blend until thoroughly combined and smooth. Pour the smoothie into 2 deep bowls. Arrange the desired toppings over your smoothie bowls and serve.

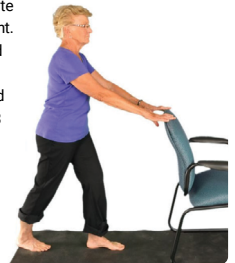
Source: <https://www.dinneratthezoo.com/acai-bowl-recipe/>

## EXERCISE OF THE MONTH

Use this exercise to stretch before activity.


### STANDING CALF STRETCH

Using a chair for support, execute by standing with one foot in front. Slowly lean forward. You should feel a stretch in your back calf. Keep your back knee locked and hold for 5-10 seconds. Repeat 3 times per leg.



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

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

Exercises copyright of  
 SimpleSet Pro

# NEW LOCATION SPOTLIGHT

We are pleased to announce that we have added a new location in Wheatfield!

We merged with Wheatfield Physical Therapy in the spring of 2021 and are now operating under the Trilogy Wellness umbrella. The merger allows us to work in a larger team of experienced staff with 25+ years of physical therapy experience. We are still dedicated to serving the needs of our patients and our community through physical therapy and the Medically Oriented Gym but can now do so in Niagara County! Our Wheatfield location is located at 3571 Niagara Falls Blvd, North Tonawanda, NY 14120.

Call us at 716-695-7848!

# STAFF SPOTLIGHT



**Dan Tompkins, PT**  
Physical Therapist

Dan graduated from the University at Buffalo with a Bachelors degree in Physical Therapy in 1995. He has been serving the Niagara community for over 25 years. Dan opened Wheatfield Physical Therapy in 2006 with the goal of working closely with patients through their rehab progression and getting them back to activities that they love. Dan feels by joining the

Trilogy group, their focus on total body wellness and fitness is the next step in bringing quality care to his patients. Dan looks forward to incorporating the wellness aspect with his experience and knowledge to help his patients achieve their goals.

# COLLABORATIVE PARTNER SPOTLIGHT

## SHERIDAN MEDICAL GROUP

The Sheridan Medical Group is a privately owned Primary Care Medical Practice that has been serving the health needs of our community for 19 years. Through collaborations with other health experts we offer whole-person health services for each of 5 essential components of health: fitness/movement; Sleep; diet and nutrition; mental and emotional wellbeing; and pharmacy services.

With the use of personal health plans developed between you and your doctor

we identify health goals to optimize your health and prevent or minimize disease.

Our doctors believe that the best health care is self-care. The role of your health team is to provide you with easy to understand information and realistic health practices so you may enjoy good health for as long as possible.

Please see our website for more information: [www.sheridanmedgroup.com](http://www.sheridanmedgroup.com) or call us at 332-4476 to enroll with one of our experienced physicians.

# MEMBER SPOTLIGHT



*Nate Slotiuk*



Nate has been a member at the Grand Island MOG for over a year now and is one of the hardest working individuals that consistently puts the effort and work in! He joined us after completing physical therapy for a knee replacement. Completing physical therapy, he regained function and strength, but was still was looking to push his fitness goals.

Determined to reach his goals,

Nate started training in the MOG where over the course of a year he went from 251 to 180 lbs! Dialing in his diet, he began eating nutritious and healthy foods, while at the same time increasing his activity levels and lifting weights. This was the recipe for success as he watched the numbers on the scale drop and his strength and physical function improve.

Participating in our small group trainings, he gives 110% by encouraging and motivating others with his positive attitude. He's overcome health complications and works hard to keep his blood pressure in check, seeing improvements across the board over the months.

**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

