



Trilogy

SEPTEMBER 2021

# NEWSLETTER

Your Resource for a Healthy Lifestyle

## ARE YOU STRUGGLING WITH **BACK PAIN OR SCIATICA?**

STAND TALLER WITH  
TRILOGY PHYSICAL  
THERAPY



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ARE YOU STRUGGLING WITH

## BACK PAIN OR SCIATICA?

**D** ID YOU KNOW THAT OVER 80% OF PEOPLE ACROSS THE WORLD WILL SUFFER AN EPISODE OF BACK PAIN AT SOME POINT IN THEIR LIFETIME? If you are suffering from back pain or sciatica, you know how hindering it can be. With chronic back pain, radiating leg pain, or stinging sensations across the sciatic nerve, it can be difficult to live your life to the fullest. If you find yourself in pain when bending down, standing up, or lifting objects, it's time to see a physical therapist.

At Trilogy, we are fully equipped to treat any back pain you may be experiencing. Contact us today to schedule a consultation and find out more about how our services can benefit you!

### The differences between back pain and sciatica:

It can be difficult sometimes to determine the differences between general back pain

and sciatica. Sciatica is a specific type of back pain that is caused by a compression or irritation of the sciatic nerve. Your sciatic nerve is the largest nerve in your body – it is approximately 2 centimeters wide, extending all the way down your back, your buttocks, underneath the piriformis muscle, and to the backs of your legs and your feet. It is made up of several nerves that exit your lower back from the lumbar and sacral levels (L4-S3), transmitting sensation and muscle control. Common culprits of sciatica development include weakness in the gluteal muscles or tightness in the piriformis muscle, as they can compress and irritate the sciatic nerve.

### Common sciatica symptoms:

The sciatica symptoms reported from patients tend to vary. Some may experience a deep ache in the buttocks, while others experience a severe pain radiating down one of their legs. It

is also possible to feel a tingling or numbness in the back of the leg, calf, or foot. If left too long without proper treatment, irritation can become more severe and affect the strength of your leg muscles.

### Common sciatica treatment:

The safest, easiest, and most effective mode of sciatica treatment is through physical therapy. Physical therapy examines the root cause of pressure on the nerve and works to quickly alleviate that pressure. Our licensed physical therapists will analyze the movements of the muscles surrounding the sciatic nerve, in addition to the back and hip joints. They will design an individualized treatment plan based on the specific needs of each patient, in order to strengthen the affected muscles, improve joint flexibility, and prevent problems from occurring again in the future.

**Grand Island**  
(716) 773-4323  
**West Seneca**  
(716) 675-4444  
**Kenmore**  
(716) 871-1100

**Wheatfield**  
(716) 695-7848  
**Buffalo**  
(716) 431-5141

Article continues inside >>

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

# TIPS FOR YOUR SCIATICA RELIEF

There are some tips you can follow to relieve your sciatica pain on your own. **These can be done before coming in for treatments, or in tandem with your physical therapy treatments:**

- Performing gentle stretching exercises.
- Avoiding prolonged sitting. Make sure to get up every 30 minutes and change positions frequently.
- Putting a pillow behind your knees when sleeping on your back or between your knees when sleeping on your side.
- Using your legs to bend down when picking up objects off the floor, rather than using your back.
- Alternating ice and heat on the buttock to reduce inflammation.
- Asking your doctor about coming to physical therapy, or giving us a call.

## How successful is physical therapy for back pain?

A study found in the medical journal SPINE proves both the physical and monetary benefits to treating back pain and sciatica with physical therapy. It demonstrates that when doctors refer their patients for physical therapy treatments early on in the diagnosis, their patients have shown significant improvement and lowered treatment costs. In this study, patients saved an average of \$2736.36 for their low back pain treatment simply by being referred to a physical therapist in the beginning.

If you are suffering from back pain or sciatica, consult with your doctor about physical therapy treatments, or contact our office to learn more about how you could benefit.

**At Trilogy, we aim for speedy and effective recoveries at low costs. Don't live with back pain any longer - stand taller with physical therapy.**

**Grand Island**  
(716) 773-4323

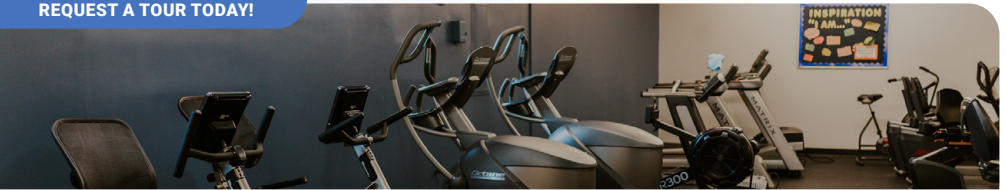
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**HAVE YOU SEEN OUR M.O.G.?  
REQUEST A TOUR TODAY!**



## HEALTHY RECIPE GRILLED PEACHES

### Ingredients:

- 4 medium ripe peaches, halved, pit removed
- 1 teaspoon vegetable oil
- 1/2 cup ricotta
- 1/2 cup California walnuts
- 1/4 cup honey
- 4 fresh mint sprigs



**Directions:** Preheat oven to 350°F. Place walnuts (for marinade and salsa) on a baking sheet. Toast walnuts for 5 minutes. Remove from oven. Roughly chop when cool. Preheat grill to medium high heat. Clean and lightly oil your grill. Brush each peach half with oil (or spray with cooking spray) on both sides. Grill peaches cut down for 4-5 minutes until grill marks form. Flip with tongs and grill another 1-2 minutes until peaches are slightly tender. Remove peaches from grill and place on a large plate. To serve, place two peach halves on a plate or in a small bowl. Top each half with ricotta and chopped toasted walnuts. Drizzle with honey and garnish with mint. Serve warm.

## EXERCISE OF THE MONTH

Helps to Relieve Your Back Pain.

### TRUNK FLEXION | TO FLOOR

Sit in a chair with good posture. Hands on thighs. Let your trunk sag toward the floor use your arms to control the movement. Let your arms dangle to the floor. Now use your arms to push yourself up. Repeat as necessary.



[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

# PRACTICE SPOTLIGHT

## TRILOGY RECOGNIZED AS A NATIONAL LEADER IN HEALTH AND LIFESTYLE MANAGEMENT



We are highlighting our Founder, **Russ Certo**, who was Nationally Recognized and awarded the 2021 Community Impact Award the Private Practice Section (PPS) of the American Physical Therapy Association (APTA). This award was presented to Russ for demonstrating the core values of excellence, integrity, social responsibility, and professional duty.

Initially, Russ owned a single-site physical therapy practice on Grand Island to treat patients who had traditional orthopedic conditions and musculoskeletal dysfunction. He found that most patients who attend traditional physical therapy have at least one chronic disease or condition that can be managed by lifestyle changes. It became evident that medical fitness needed to be incorporated into the treatment plan, and the Medically Oriented Gym (MOG) was formed. In recent years, The MOG has evolved into Trilogy Wellness and works more collaboratively with medical and non-medical providers to help manage and coordinate care within our communities. Trilogy Wellness expanded to not only serve Grand Island, but also Kenmore, West Seneca, Wheatfield, and the East Side of Buffalo.

In 2018, Trilogy was approached by Jericho Road Community Health Center (JRCHC) located on the East Side of Buffalo, about participating in a new project that would bring a collaborative model of health care to underserved populations. JRCHC was familiar with our success in managing chronic disease and was interested in developing a similar model. Initially we were skeptical about our ability as a small business to provide our services in a challenging reimbursement model. However, as a partner of JRCHC, and with our previous pilot data in hand, we were able to capture \$850,000 in grants from two insurance foundations. The caveat was we had to design, track, and deliver health statistics on 200 participants that comprised patients and employees of JRCHC, as well as the local community. We understood this would be a challenge, even more so because we had to deal with 20 different languages using interpreters and managing various cultures. Three years later we have found success in patient and community engagement resulting in better health outcomes in this underserved population. We discovered that these communities are just as eager and willing to engage in a relationship with health experts and have a personal connection with the staff and this relationship provides for healthier patients and communities

Russ has been a Physical Therapy role model and a contributor in the community. He, together with our staff, has developed and created a unique and sustainable program that positively impacts communities. As a company and as an organization with a mission to make our communities healthier we are both proud and humbled by this national recognition.



## COMPLIMENTARY SCREENING EVENT

*When?*  
**9/20 - 9/24**

Have you or a family member been suffering from pain due to wear & tear or even a recent injury?

If so, or if you just want to get that thing that's been bothering you checked out... **WE CAN HELP!**

Visit us online today to reserve your spot at our Complimentary Screening Event as there are a limited number of appointments available each day!

**CALL OR REGISTER ONLINE AT:  
WWW.MYTRILOGY.ORG**

*Just look for Workshops/Events on our homepage to register today! You will receive one automated email after signing up.*

**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**



**PTMOGTrilogy**



**PT\_MOG\_Triology**