



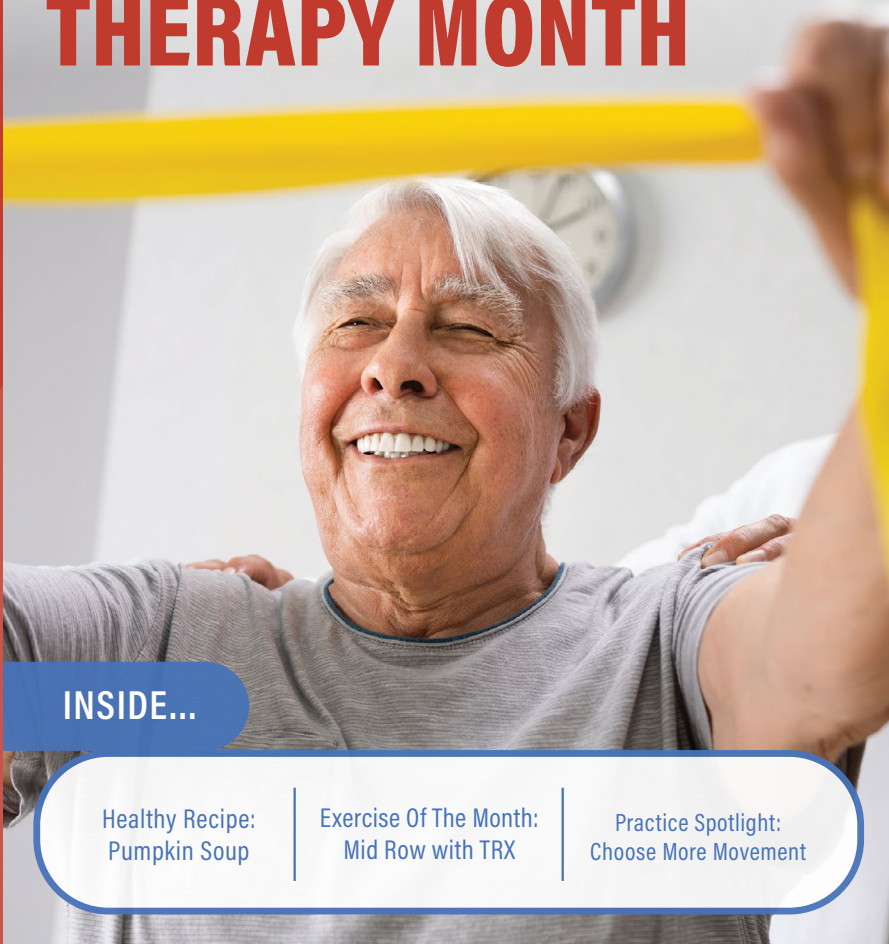
Trilogy

OCTOBER 2021

NEWSLETTER

Your Resource for a Healthy Lifestyle

JOIN US IN CELEBRATION OF **NATIONAL PHYSICAL THERAPY MONTH**



INSIDE...

Healthy Recipe:
Pumpkin Soup

Exercise Of The Month:
Mid Row with TRX

Practice Spotlight:
Choose More Movement



OCTOBER 2021

NEWSLETTER

Your Resource for a Healthy Lifestyle

NATIONAL THERAPY MONTH



Grand Island

(716) 773-4323

West Seneca

(716) 675-4444

Kenmore

(716) 871-1100

Wheatfield

(716) 695-7848

Buffalo

(716) 431-5141

OCTOBER IS FAST APPROACHING, AND DID YOU KNOW THAT THE ENTIRE MONTH HAS BEEN DEDICATED TO NATIONAL PHYSICAL THERAPY MONTH? So, as the leaves are turning and you're working on your jack-o-lanterns, take the time to learn more about the many benefits of physical therapy.

What Is National Physical Therapy Month All About?

For almost 40 years, physical therapy has been celebrated by official proclamation. And since 1992, October is the month for honoring physical therapists and the important role they play in healing people in pain. In the modern era of social media, hashtags like #UsePhysicalTherapy and #ChoosePT have helped spread the word. Physical Therapy Month allows patients to share their stories about how PT has changed their lives for the

better. It also gives physical therapists a forum for spreading the word about the different kinds of treatment patients can receive. Many members of the general public don't realize that aside from specialized exercises that build strength and flexibility, PT also offers pain management through massage, heat and cold applications, and specialized electronic-pulse devices.

What Symptoms and Conditions Does PT Help?

Physical therapy tends to be associated with sports injuries, along with chronic problems such as back pain, surgery recovery, and balance issues. Yet, you may not realize the range of problems which physical therapy can help -- both for pain management and to help ease other symptoms. Do you have hand pain and stiffness? Physical therapists treat hand and wrist conditions ranging from carpal tunnel

to "trigger finger." Tennis elbow and rotator cuff injuries can also be aided through PT. Among other conditions the general public may not associate with physical therapy are pelvic floor dysfunction, TMJ, cardiopulmonary disease, Parkinson's, and traumatic brain injuries.

Why #ChoosePT?

In recent years, National Physical Therapy Month has also focused on the alternative PT offers over opioids. With opioid abuse at an all-time high -- and tragic overdoses on the rise -- alternatives to this class of prescription medication are even more important. The National Centers for Disease Control (CDC) estimates that opioid prescriptions have quadrupled in recent years. Yet, the number of people reporting chronic pain has not gone down.

Article continues inside >>

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

NATIONAL THERAPY MONTH

Continued From Outside>>

Of course, many people who have conditions like back injuries or arthritis already understand that physical therapy can increase their range-of-motion. But aside from adding flexibility, physical therapy is a viable way to reduce acute and chronic pain.

Prescriptions certainly have a valid place in pain management, and it's true that physical therapy isn't right for every patient. So how can you tell if physical therapy is a better choice than prescription opioids? The CDC suggests that if you fall into any of these categories, physical therapy can be beneficial:

- Pain comes from fibromyalgia, low back pain, knee arthritis or hip arthritis. These conditions in particular are known for responding well to physical therapy when it comes to pain management.
- The pain has lasted more than 90 days, meaning that it has gone from "acute" to "chronic."
- The benefits of prescription opioids don't outweigh their risks. In the early days after an injury or an operation, painkillers help

patients function without crippling pain. But with each day that passes, the risks opioids pose outweigh the rewards.

If you've become afraid of the pain. Obviously, nobody welcomes physical discomfort. But some people become overly dependent on a pill's ability to remove all aches and twinges. In physical therapy, pain is a way to determine exactly what needs to be worked on, in order to reduce discomfort down the road.

Does an official month really matter, given that physical therapists are out there making a difference every day? In many ways, yes! If you or a loved one has been on the fence about giving PT a chance, the many stories you're likely to hear during this month of public awareness may help you to decide. If you have any questions about whether you should #UsePhysicalTherapy, call our office today to discuss your condition and to set up an evaluation.

Sources: <https://www.moveforwardpt.com/ChoosePT/Toolkit> • <https://www.moveforwardpt.com/choose-physical-therapy-over-opioids-for-pain-management-choosept> • <https://www.moveforwardpt.com/Resources/Detail/physical-therapy-vs-opioids-when-to-choose-physical> • <https://www.medicalnewstoday.com/articles/160645.php> • <https://nationaldaycalendar.com/national-physical-therapy-month/october/>

At Trilogy, we aim for speedy and effective recoveries at low costs. Don't live with back pain any longer – get better with physical therapy.

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



HEALTHY RECIPE PUMPKIN SOUP

Ingredients:

- 6 c vegetable stock
- 1 ½ tsp salt
- 4 c pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ c heavy whipping cream
- 2 tsp black pepper



Directions: Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

Recipe: <https://www.allrecipes.com/recipe/9191/pumpkin-soup/>

EXERCISE OF THE MONTH

Helps To Strengthen Your Arms.

MID ROW WITH TRX®

Begin in a standing upright position, holding a TRX® handle in each hand. Lean back into a reclined position and slowly walk your feet forward as far as you are able to control. Bend your elbows, keeping your elbows at roughly a 45-degree angle from your sides and pulling your trunk up toward your hands. Slowly lower back down, and repeat. Make sure to keep your abdominals engaged and try to keep your body in a straight line during the exercise.



[mytrilogy.org](https://www.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

CHOOSE MORE MOVEMENT



Most Americans don't move enough despite proven benefits, such as the reduced risk of some cancers and chronic diseases, improved bone health and cognitive function, weight control, and overall quality of life. The good news is that with regular physical activity you can prevent and improve many chronic conditions.

Trilogy and our providers promote health and wellness within our model of care. If you have an injury or condition that limits your movement or want to take your fitness to the next level, a physical therapist can help. Physical therapists are movement experts who improve quality of life through hands-on care, patient education, and prescribed movement.

In celebration of National Therapy Month we will be offering **COMPLIMENTARY FITNESS SCREENS!** Take a look at the information to the right and be sure to register today!



HAVE YOU USED YOUR INSURANCE DEDUCTIBLE & YOUR WELLNESS BENEFIT?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything.

Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2022.

Your wellness card may still have unused funds on them that may expire by the end of the year for our wellness center! Be sure to use them before the new year. If you have any question call your local office.

Have you undergone surgery recently? Are you recently injured? Is pain keeping you from doing what you love? Call us the location closest to you and schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.



COMPLIMENTARY FITNESS SCREEN

When?
10/18 - 10/29

Join us in celebration of National Therapy Month!

The goal of this assessment is to get you thinking about your level of fitness. It features six exercises to gauge your flexibility, balance, strength, and cardiovascular capacity. These exercises are inspired by evidence-based testing used by physical therapists.

CALL OR SCAN TO REGISTER :



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

