



NOVEMBER 2021

NEWSLETTER

Your Resource for a Healthy Lifestyle

FIND ARTHRITIS RELIEF BY **COMING BACK TO PHYSICAL THERAPY**

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Your Resource for a Healthy Lifestyle



FIND RELIEF FROM YOUR ARTHRITIS

D ID YOU KNOW THAT ARTHRITIS IS THE LEADING CAUSE OF DISABILITY ACROSS THE UNITED STATES? According to the Arthritis Foundation, approximately 50 million people live with arthritis. While it is possible for arthritis to develop in any joint, it most commonly affects the neck, back, hands, hips and knees.

There are hundreds of different types of arthritis but the most common are osteoarthritis and rheumatoid arthritis. Osteoarthritis is the most common, and it happens as a gradual "wear and tear" of cartilage surrounding the joints. This can occur from age or from excessive, repetitive use of the affected joint(s). When cartilage is worn down, it can no longer act as a strong cushion and shock absorber for the joints, resulting in bone-to-bone friction and painful inflammation. Rheumatoid arthritis is a bit different from osteoarthritis and it is not as well understood. It is the second most commonly experienced form of arthritis, and it develops as an autoimmune response.

When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this, the immune system attacks the joints, resulting in pain and inflammation. While research is still being done in order to better understand rheumatoid arthritis, many experts believe that your hormones, medical history, and environment could all be contributing factors.

Whatever may be causing your arthritis pain, Trilogy Physical Therapy can help you find relief. Contact us today to schedule a consultation and find out how our services can benefit you!

How can Physical Therapy Relieve my Arthritis Pain?

Arthritic joints typically lose their normal levels of function and strength, due to the chronic inflammation they are experiencing. However, one of the primary goals of physical therapy is to regain as much function as possible in the affected

area(s) of the body. By restoring normal joint movement and improving muscle strength, the amount of excessive pressure on the joint can be relieved. Reducing the pressure on the affected joint decreases inflammation and helps relieve pain by improving mobility. When you arrive for your initial consultation at Trilogy Physical Therapy, you'll be greeted by one of our licensed and dedicated physical therapists. Each of our team members are movement experts with years of medical training, equipped in helping patients relieve the stiffness, achiness, and pain associated with arthritis.

Your physical therapist will conduct a physical evaluation to analyze your joint movement, muscle strength, and overall function, in order to pinpoint the exact areas that are causing you pain. You will then be prescribed a personalized treatment plan, focused around your specific needs.

Article continues inside >>

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!

Continued From Outside>>

Treatment plans will include targeted stretches and exercises aimed at relieving your pain and improving your function, in addition to any specialized methods your physical therapist deems fit. This may include manual therapy, ice and heat therapies, electrical stimulation, or ultrasound. Your physical therapist may also include additional services as needed, such as weight management techniques to help ease some stress on your joints, and/or posture improvement to relieve stiffness and prevent injury.

12 Simple Steps for Relieving Arthritic Pains at Home:

Treatment plans for arthritis cases are aimed at relieving pain and decreasing the amount of inflammation, stiffness, and overall stress placed on the joint(s).

However, there are also some steps you can take on your own to make sure your daily life is as pain-free as possible:

1. Stretch multiple times a day.
2. Alternate between weight bearing and non-weight bearing exercises.
3. Use tools that make it easier on your joints, such as large handled can openers and large grips on kitchen tools.
4. Carry grocery bags on your forearms, instead of straining the joints in your fingers.
5. Have commonly-used items within easy reach to avoid squatting, kneeling, or having to reach high overhead.
6. Get up and move often. Don't sit for more than 30 minutes without getting up for a break.
7. Avoid prolonged kneeling.
8. Maintain proper posture when sitting and standing.
9. Drink plenty of water.
10. Eat nutritious foods.
11. Avoid fried foods, sodas, and other items that increase inflammation in your body.
12. Work with your physical therapist to create a treatment plan and update it with a yearly check-up.

If you are living with joint pain, call us today to learn more about our arthritis treatment programs. We recommend a yearly physical therapy check-up to ensure you are performing at your best.

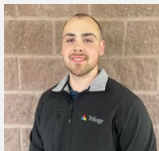
Find relief for your arthritic pains today with MyTrilogy Physical Therapy!

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



STAFF SPOTLIGHT

WILLIAM PACK MS, CSCS, ACSM-CPT



Will attended D'Youville College and received a Bachelor's degree in Exercise Sports Studies. Following graduation at D'Youville, he went on to obtain a Master's degree in Health and Human Performance specializing in Strength and Conditioning from Canisius College. While at Canisius he worked in the Athletic Department as the Assistant Athletic Performance Coach for 16 varsity sport teams at the college, mainly working with baseball, men's and women's lacrosse, women's basketball and softball. He also worked as a personal trainer through developing functional exercise and athletic programs for clients. Will takes appointments at our Grand Island location in the afternoon and evenings, and is open for appointments on Saturdays! He teaches evening TRX classes and Circuit Strength and Conditioning. E-mail us at info@mytrilogy.org if you are interested in working with Will!

EXERCISE OF THE MONTH

Helps To Relieve Arthritis Pain.


WRIST FLEXION

Sit or stand with good posture. Make a fist, flex your fist up. Repeat 6 times with each wrist.



mytrilogy.org

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?

LET'S GET SOCIAL!



INSTA



FACEBOOK

1. Use the camera on your smart phone to scan the codes
2. Sign into Instagram or Facebook on your default browser
3. Hit "Like" or "Follow"!

Once you're there be sure to check out our **MOG Minutes**: weekly one minute videos designed to help you move and feel your best wherever you happen to be.



CHALLENGE YOUR MIND

ENTER TO WIN A **30** RESTORE SESSION

WORD SCRAMBLE
rstiw xeilofn

Rearrange the letters and then bring in this newsletter to win a 30-minute RESTORE session.

Expires 11/30/21



PTMOGTrilogy



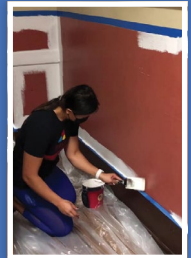
PT_MOG_Triology



NATIONAL PT DAY OF SERVICE

Did you know October 9th was the National PT day of Service?

A huge thank you to all of our staff that participated in this year's Global PT day of service! Trilogy team members spent the day painting at the VIVE shelter. Vive, is a program of Jericho Road Community Health Center, and has a 30-year legacy of providing safe refuge. Vive assists those who wish to make a refugee claim in Canada or who are seeking asylum protection in the United States, by providing safety, shelter, food, and legal help.



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

