



MARCH 2022

# NEWSLETTER

Your Resource for a Healthy Lifestyle

## EAT YOUR WAY TO BETTER HEALTH

Receive a \$50 dollar gift card by  
**REFERRING A FRIEND**

**READ INSIDE...**

Relieve Your Pain  
With Proper Nutrition

The Importance of  
Exercise for Cancer  
Recovery

Healthy Recipe: Oat  
& Berry Acai Bowl



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Your Resource for a Healthy Lifestyle



## RELIEVE YOUR PAIN WITH PROPER NUTRITION

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

**West Seneca**  
(716) 675-4444

**Kenmore**  
(716) 871-1100

**Wheatfield**  
(716) 695-7848

**Buffalo**  
(716) 431-5141

**D** OES CHRONIC PAIN LIMIT YOUR DAILY LIFE? At Trilogy Physical Therapy, our physical therapists understand the importance of a nutritious diet, especially if experiencing chronic pain. Our team looks at the whole person to ensure you're the healthiest version of yourself!

Everything you consume works to fuel your body, so eating the right foods can aid in a quicker recovery from painful conditions. By exercising regularly, managing your stress, and eating nutritious meals, you can help significantly reduce the pain and inflammation you are feeling.

If you have been living with pain, dealing with inflammation, and want relief, contact Trilogy Physical Therapy today to schedule a consultation. Learn more about how our physical therapists can help you manage your nutrition and work with you to prevent injuries to rehabilitation and beyond.

### HOW INFLAMMATION LEADS TO PAIN AND DISEASE

Through inflammation, your immune system can naturally respond to injury, ailment, or other harm. If you have an infection, wound, tissue damage, or buildup of toxins in your body, the immune response is triggered to deal with it. Without inflammation, injuries wouldn't be able to heal.

Unfortunately, chronic inflammation can occur if this process goes on for too long. This makes it more difficult for the body to heal itself and often leads to chronic pain. In addition, there are other serious health conditions related to chronic inflammation, such as:

- Arthritis (Osteoarthritis and Rheumatoid arthritis)
- Diabetes

- Heart disease (High blood pressure, coronary heart disease, peripheral artery disease)
- Some cancers (i.e., colon, pancreatic, and liver cancers)

If you experience persistent pain, it is wise to contact a physical therapist as soon as possible. Our therapists are skilled at assessing the whole body and identifying the contributing factors, including chronic inflammation.

### BENEFITS OF NUTRITION FOR PAIN AND INFLAMMATION

Traditionally, chronic inflammation has been treated through rest and/or medication. However, a lack of movement and exercise can make inflammation worse. Medications come with side effects, which can be dangerous and/or habit-forming. Luckily, we can treat pain and inflammation in more straightforward and healthier ways, including proper nutrition.

Nutrition can help you turn around your symptoms by adopting an anti-inflammatory diet. An anti-inflammatory diet consists of the following components:

**Plant-based emphasis:** This means adding in more fruits and vegetables.

### FOODS CONTAINING OMEGA-3 FATTY ACIDS:

- Fish and other seafood (especially cold-water fatty fish, such as salmon, mackerel, tuna, herring, and sardines)
- Nuts and seeds (such as flaxseed, chia seeds, and walnuts)

*(Continued inside)*

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

# RELIEVE YOUR PAIN WITH PROPER NUTRITION

## WHOLE GRAINS:

- Whole Oats
- Whole Wheat
- Whole-Grain Rye
- Buckwheat
- Millet
- Bulgur Wheat (Cracked Wheat)
- Whole Barley
- Spelt

## LEAN PROTEIN:

- White-Fleshed Fish
- Plain Greek Yogurt
- Beans, Peas, and Lentils
- Skinless, White-Meat Poultry (i.e., chicken, turkey, & pork)

## HEALTHFUL FATS:

- Avocado
- Nuts
- Olive Oil
- Flaxseed

To strengthen your body's immune response, you'll want to avoid simple carbs and sugars. Anti-inflammatory diets discourage or limit the consumption of processed foods, red meats, and alcohol.

In addition, reduce your processed grain and dairy intake. Unfortunately, that means no donuts, no pastries, and white bread.

**WHAT TO EXPECT IN PT:** By maintaining a nutritious dietary plan with the help of a physical therapist, you should quickly begin to notice a decrease in your pain and inflammation symptoms. In addition to this, you can also help manage your pain and inflammation through:

- 1. Daily exercise:** Exercise can alleviate pain or stiffness and stop the inflammation from becoming worse.
- 2. Stress management:** Stress can influence the body's inflammation and lead to a longer recovery. Taking time to relax can allow you to heal quicker.
- 3. Weight loss:** If you have some unwanted weight, getting down to your ideal body weight will help with your pain and inflammation.

Our physical therapists will perform a whole-body evaluation that includes a

nutritional assessment to identify all the factors that may be contributing to your pain and chronic inflammation. We need to understand how your nutrition and other factors affect your overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques.

**In addition, we will educate you and support you through changes you need to make to your lifestyle to ensure optimal results!**

**CONTACT US TODAY!** Schedule your consultation with Trilogy Physical Therapy today to discuss nutrition plans with one of our licensed physical therapists and gain additional advice on other ways you can help manage your pain!

Sources: <https://europepmc.org/article/nbk/nbk493173> • <https://www.mdpi.com/2072-6643/10/2/200> • <https://www.sciencedirect.com/science/article/abs/pii/S1568997218302106> • <https://www.ingeniaconnect.com/content/ber/cr/2019/00000015-00000003-ar00005> • <https://www.mdpi.com/2072-6643/10/6/1030>

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



## HEALTHY RECIPE OAT & BERRY ACAI BOWL

### Ingredients:

- 1/2 cup milk (see Note)
- 1/3 cup traditional oats
- 1/2 ripe banana
- 1/4 cup frozen blueberries
- 1/4 cup frozen raspberries
- 1 tsp white chia seeds
- 1 tsp acai powder (see Note)
- 100g mixed berries
- 1 tbsp pistachios, chopped
- 2 tsp Coles Dried Cranberries
- 2 tsp freeze-dried pomegranate seeds
- 1 tsp chia seeds

**Directions:** Blend milk, oats, banana, frozen berries and acai powder until smooth. Stand for a few minutes to thicken. Spoon into a serving bowl. Arrange berries, pistachio and seeds on top. **Notes: Use almond or soy milk for a dairy-free breakfast. Acai powder is also great to add to smoothies, bliss balls or milkshakes.**

Recipe: <https://www.taste.com.au/recipes/oat-berry-acai-bowl/a1d8668-80bc-4b37-bfa5-422b610d661c?r=recipes+antiinflammatory%20recipes>

*This is a great example of an anti-inflammatory breakfast option. If you have any questions about how to eat to help reduce your arthritis pains call us today.*



## PATIENT SUCCESS

**"THEY HAVE ALWAYS HELP ME TO GET MY BODY BACK ON TRACK, AND BACK TO A NORMAL LIFE PAIN FREE BACK ON MY JOB AT 100%."**

"I have been going to Trilogy Physical Therapy on Grand Island for years for work related injuries and I just had Carpal tunnel surgery to my hand and elbow. I trust all the therapists here they are knowledgeable and they never rush me to do more than my injury will allow me to do to do to pain or discomfort. They have always help me to get my body back on track, and back to a normal life pain free back on my job at 100%. Therapists are friendly and personal and they know how to treat your problem. I always recommend them to people all the time great place great people!!" – K.C.

# THE IMPORTANCE OF EXERCISE FOR CANCER RECOVERY

Have you wondered if you are doing everything you can to support your healing process of recovering from cancer? We are here to help! At Trilogy Physical Therapy, our physical therapists understand the toll dealing with cancer affects our physical, mental, and emotional health.

Exercise has been shown to improve your body's response to cancer treatments and support your overall health and well-being. Our team can help design an exercise program that supports your health and improves your overall function so you can participate in the things you enjoy.

**Request an appointment today and let us help you feel good again!**

## WHAT TO EXPECT AT PHYSICAL THERAPY SESSIONS

People going through cancer treatments face depression, sleep disorders, fatigue syndrome, and a loss of physical function that negatively affects their quality of life. Having someone who understands cancer's impact on your physical, mental, and emotional health is essential for recovery.

Our physical therapists are experts at helping people resume activity and exercise no matter their physical condition. Exercise has been shown to improve our cardiovascular, metabolic, and immune function. In addition, exercise helps our health by reducing inflammation and enhancing tolerance to the medication. There is also strong evidence that physical activity improves cancer survival rates.

Rehabilitation based on physical activity can also help with surgical and/or radiation therapy complications, including scars that limit tissue mobility, contractures, joint mobility disorders, swelling, and pain. Our team will help resolve your limitations and help you start/resume exercise to support your health and recovery process!

## REQUEST AN APPOINTMENT AT TRILOGY PHYSICAL THERAPY TODAY!

Our physical therapists understand the challenges that cancer brings and address the physical limitations that interfere with your quality of life. Call today to schedule your appointment and help us help you feel good again!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC579055/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3845643/> • <https://cancerres.aacrjournals.org/content/81/19/4889> • <https://rscjournals.onlinelibrary.wiley.com/doi/10.1002/ocr.32973>

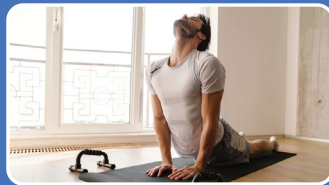


**MEDICALLY  
ORIENTED  
GYM**

Did you know we offer a **PLATINUM MEMBERSHIP**?

Our Platinum Membership includes:

- 8-30 minute personal training OR restore sessions a month (can mix-n-match)
- This membership is a great option for helping you determine the regimen that will be most effective in helping you to reach your goals. Each session is one-on-one and helps to keep you accountable and motivated.



Throughout the month of March, if you refer a friend or family member to physical therapy or the MOG, you'll receive a **\$50 GIFT CERTIFICATE** to a local establishment.

**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