



MAY 2022

NEWSLETTER

Your Resource for a Healthy Lifestyle

RELIEVE YOUR PAIN THIS SPRING



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Bud This Spring

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Pain While Gardening

We Had A Blast Playing
Pickleball & Cornhole!



MAY 2022

NEWSLETTER

Your Resource for a Healthy Lifestyle



NIP PAIN IN THE BUD THIS SPRING

Grand Island
716.202.2405

West Seneca
716.202.2916

Kenmore
716.427.0278

Wheatfield
716.427.0323

Buffalo
716.202.8046

IS THE RISK OF INJURY HOLDING YOU BACK FROM PARTICIPATING IN YOUR FAVORITE SPRINGTIME ACTIVITIES LIKE GARDENING? At Trilogy Physical Therapy, our therapists are movement experts who can help you recover from an injury and even show you how to avoid one in the first place.

Springtime is finally here, and with it comes a renewed sense of energy and drive to reach your fitness goals! After a long winter of being stuck inside, it's more important than ever to stay on top of your health and make sure you're engaging in physical activities. Gardening is an enjoyable way to get active, especially in the spring! Nothing beats the smell of blooming flowers, fresh air, and warm sunshine.

However, at Trilogy Physical Therapy, we understand that the fear of injury can prevent you from initiating the steps needed for a healthy and active lifestyle, especially if you've been injured in the past. If you need an extra push to get ready to engage in your favorite springtime activity, physical therapy can help.

Request an appointment with Trilogy Physical Therapy today to learn more about how we can help with injury prevention and recovery this spring!

HOW GARDENING MAY CAUSE BACK PAIN

Back pain typically develops due to an injury, poor postural habits, or repetitive movements like bending. This is why back pain is so common with spring gardening. The repetitive bending, digging, and reaching needed for gardening will often lead to lower back pain.

Gardening is a great way to get physical activity, and for a lot of people, the mental/emotional benefits are as important as the physical. Although it is not often viewed this way, gardening is similar to a sports season. Just like athletes need to train in the offseason to have a productive, competitive season, gardeners need to learn how to prepare for their season. Fortunately, our physical therapists can teach you the strategies to resolve injuries, old and new, and how to get into "gardening shape."

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

3 WAYS TO PREVENT BACK PAIN WHILE GARDENING

Gardening offers the opportunity to experience the outdoors while working on your green thumb. However, it is essential to take the necessary steps to protect your back from injury while gardening. Below are three tips for pain-free gardening:

1. WARM-UP FIRST. Like any other physical activity, it is crucial to warm up before gardening. Morning gardeners need to make sure to walk around, or at least be up and moving, for about 45 minutes before starting any bending or lifting.

2. WHEN IN DOUBT, STICK YOUR BUTT OUT! One of the most common mistakes gardeners make is with their technique. Your back is incredibly strong and resilient when you maintain its natural curves. In the lower back, the curve you need to maintain is called lordosis. When you stick your butt out, you will naturally increase the curve, a.k.a lordosis, and protect your back from injuries. Whether you are working with a

shovel, rake, or spade, it is vital to keep your curves intact. Also, when bending to pull weeds, it is better to kneel or squat so you can maintain the straight spine position and protect your back.

3. PRIORITIZE YOUR SAFETY. You can take simple steps to ensure you are safe while gardening. The most important include:

1. Take frequent breaks or alternate tasks such as digging, lifting, and walking. Adding in some simple backbends before starting can also help decrease your risk of pain or injury.
2. Choose the right gardening tools to limit the stress on your body
3. Use your hips and knees to lift, rather than your back.

With our team of talented movement experts, preparing for the gardening season this spring can be enjoyable. Our therapists

are here to help make sure you can do what you love!

Fortunately, physical therapy can effectively treat and/or prevent back pain. Our licensed physical therapists will determine the source of your pain and then create a plan to resolve it once and for all. Your treatment plan will focus on pain relief, which may include any combination of light exercises, manual therapy, ice and heat therapies, posture improvement, or any other treatment that your physical therapist deems fit.

As you progress and improve, your physical therapist will expand on your exercises and stretches by making them more intensive over time. We will spend one-on-one time with you on each visit, using hands-on techniques that get the joints, muscles, and nerves moving again. We will also design a comprehensive exercise and education program to get you back to comfortably completing your physical goals!

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



HEALTHY RECIPE APPLE, GOAT CHEESE, & PECAN PIZZA



Ingredients:

- 1 lb six-grain pizza crust
- 2 tsp Dijon mustard
- 3 cups thinly sliced Fuji apple
- 1 tsp fresh lemon juice
- 1 cup crumbled goat cheese
- 1 1/2 tsp honey
- 2 tsp chopped fresh thyme
- 2 cups baby arugula
- 1 tbsp extra-virgin olive oil
- 3 tbsp chopped pecans, toasted

Directions:

Preheat oven to 450°. Place pizza crust on a baking sheet coated with cooking spray. Arrange apple slices evenly over pizza crust; top with cheese. Sprinkle thyme evenly over cheese. Bake at 450° for 8 minutes or until cheese melts and begins to brown. Combine oil and next 3 ingredients (through honey) in a medium bowl, stirring with a whisk. Add arugula; toss gently to coat. Sprinkle pecans evenly over pizza; top with arugula mixture. Cut pizza into 6 wedges.

DO YOU KNOW ABOUT DIRECT ACCESS?

NO REFERRAL? NO PROBLEM!

Did you know we can see you for PT with or without a doctor or other healthcare provider's referral? One of our physical therapists will evaluate you, and customize a treatment plan to reduce your pain and get you moving better. Refer yourself or someone you care about!



mytrilogy.org

STAFF SPOTLIGHT

ANGEL LESANTI

Dr. Lesanti joined the Trilogy Physical Therapy team in 2021 after her 12-year tenure at Catholic Health where she served as Clinical Liaison to Daemon College and has been a clinical instructor since 2006. Angel has had the pleasure of focusing her career on the geriatric and post-surgical populations and assisting them in the return of function and mobility.

She utilizes a patient centered and evidence-based approach that incorporates both manual therapy and therapeutic exercise to help patients achieve their goals. A lifelong

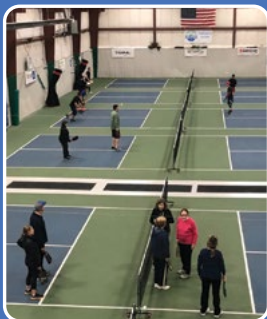
resident and graduate of D'Youville College with both her Bachelor's and Doctorate, Angel has deep roots in the WNY community. She enjoys nature, the Buffalo Bills, and leading a holistic lifestyle while staying active, and spending time with her husband and three children.

PATIENT SUCCESS STORY

"SHE IS VERY PROFESSIONAL YET MAKES MY WORKOUT ENJOYABLE."

"My Physical Therapist works with me to help with my balance. Adds new exercises each week and has some I can do at home. She is very professional yet makes my workout enjoyable." —G.G.

WE HAD A BLAST PLAYING PICKLEBALL & CORNHOLE!



HAVE YOU RECEIVED BOTH COVID-19 VACCINATIONS AND BOOSTER SHOTS?

If you still need any of the above shots, we are offering a free 3-month gym membership or gift certificate to use towards our services. All you have to do is get vaccinated or boosted before July 31st!

Do you qualify or would you like more information? Call us at one of our locations or e-mail us at info@mytrilogy.org!



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