



Trilogy

JUNE 2022

# NEWSLETTER

Your Resource for a Healthy Lifestyle



## HOW YOU CAN TAKE ADVANTAGE OF DIRECT ACCESS

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Therapist Without a  
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## HOW TO SEE A PHYSICAL THERAPIST WITHOUT A DOCTOR'S REFERRAL

**Grand Island**  
716.202.2405

**West Seneca**  
716.202.2916

**Kenmore**  
716.427.0278

**Wheatfield**  
716.427.0323

**Buffalo**  
716.202.8046

**A**RE YOU FED UP WITH THE DELAYS IN GETTING A VISIT TO SEE YOUR DOCTOR? Do you wish you could go directly to your physical therapist to help with your pain or injury? At Trilogy Physical Therapy, we see patients with or without a doctor's referral.

Every state in the US allows for evaluation and treatment without a physician referral. With direct access, you do not need to wait to get help! In technical terms, bypassing the physician's referral is called "direct access." If you're disappointed when you hear there are no available openings for you to see your doctor for another week, call Trilogy Physical Therapy so we can help you get started on relief and recovery. If you require physical therapy for a chronic condition or recent injury, call our clinic today to request an appointment and get started on your journey towards a pain-free life.

### WHAT IS DIRECT ACCESS?

Direct access allows you to be in control of your healthcare and the speed at which you're able to receive it. Direct access laws allow patients to receive an evaluation and treatment from a physical therapist without a physician's referral. This means less time and

money spent trying to find a solution to your pain and discomfort.

Direct access eliminates unnecessary delays for people who would benefit from treatment by a physical therapist. In addition, bypassing the physician visit and referral to other practitioners can reduce expenses, achieve improved functional outcomes, and eliminate the frustration of hurrying up to wait.

At Trilogy Physical Therapy, we believe that allowing individuals to make decisions regarding their health care is the best practice. By eliminating the referral requirements, health care is more accessible.

Recent studies have shown that direct access led to fewer physical therapy treatments, fewer visits to physicians, fewer tests, and fewer non-steroidal anti-inflammatory drugs (i.e., ibuprofen and naproxen).

The most important findings were that patients were more satisfied with the service than the group referred by the physician, and costs to patients were lower. If you are interested in getting better quicker and saving money simultaneously, then take advantage of direct access and request an appointment with a physical therapist!

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

# HOW PHYSICAL THERAPY CAN HELP YOU

Musculoskeletal disorders are one of the most common health problems leading to pain and disability as the number of people suffering from pain and injuries exacerbates the financial burden.

Physical therapy can manage most musculoskeletal conditions (i.e., back and neck pain, osteoarthritis, tendonitis, etc.) without physician involvement. Direct access allows patients to self-refer directly to the physical therapist, avoiding intermediate steps through other health professionals that lengthen the path to recovery.

Physical therapy is a safe, healthy, and effective way to combat various acute and chronic pain conditions – all without the use of harmful and addictive pain medication and unnecessary testing.

Our physical therapists are movement specialists, educated in analyzing mobility issues with walking, running, jumping,

bending, stretching, and almost every other form of physical activity. We know how to pinpoint your problem areas and create a customized treatment plan to improve or relieve your pain.

We are also skilled at helping you prevent future injuries, maximize sports performance and improve your overall health.

**Some of the most common conditions a physical therapist at Trilogy Physical Therapy can help treat:**

- Sprains and strains
- Arthritis (i.e., osteoarthritis and rheumatoid arthritis)
- Back pain and neck pain (i.e., herniated discs, degenerative disc disease, stenosis, muscle strains, etc.)
- Weaknesses
- Balance and gait impairments
- Headaches
- Joint pain
- Inflammation and edema

Trilogy Physical Therapy physical therapists help patients strengthen their muscles and joints, improve their range of motion, prevent injury, improve balance, build endurance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

**REQUEST AN APPOINTMENT TO LEARN MORE ABOUT PHYSICAL THERAPY**

Trilogy Physical Therapy is here to provide support to you every step of your recovery journey. Our success depends upon your success, and we strive to create a warm, welcoming environment where you can heal safely and comfortably.

Call our clinic to learn more about direct access and schedule an appointment with one of our skilled and attentive therapists. We're here to help you feel better and reach your goals!

Sources: <https://pubmed.ncbi.nlm.nih.gov/30393813/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5574358/>; <https://academic.oup.com/ptj/article-abstract/101/1/1/pzaa2017599910/redirectedFromFullText>; <https://www.sptre.org/advocacy/issues/direct-access-advocacy>

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

## HEALTHY RECIPE BAKED FALAFEL

### Ingredients:

- 15 oz chickpeas drained & rinsed
- ½ c white onion finely diced
- 1 c fresh parsley lightly packed
- 1 c fresh cilantro
- ½-1 tsp sea salt (to taste)
- ¼ tsp ground black pepper
- 1 tsp garlic powder
- 1 tsp coriander
- 2 tsp cumin



- 2 tsp baking powder
- 2 tbsp ground flaxseed
- 1 tsp olive oil

### Directions:

Preheat oven to 400° F. Add chickpeas, onions, parsley and cilantro to your food processor fitted with an "S" blade. Process until well combined (but still chunky). Add salt, pepper, garlic powder, coriander, cumin, baking powder and flaxseed. Process until well mixed and fine. Grease a large baking sheet with oil (olive or canola). Roll about 2 tbsp of falafel mixture into balls and then flatten into discs and place on baking sheet evenly spaced. Bake in preheated oven for 20 min, flip and bake on second side for 10-15 min. Remove from oven and serve with tzatziki sauce, in a pita, or on a salad!

Source: <https://joyfoodsunshine.com/baked-falafel/#recipe>

## 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**

# UPCOMING CLASSES

LED BY STUDENTS FROM D'YOUVILLE COLLEGE

## STRETCHING CLASS SESSIONS (MOG | GRAND ISLAND)

Come stretch with us for thirty minutes. It can benefit your body & mind!  
Call 716.773.1600 to sign up!

Monday June 20<sup>th</sup> 9:30 - 10:00 AM | 10:00 - 10:30 AM

Tuesday June 28<sup>th</sup> 9:00 - 9:30 AM | 9:30 - 10:10 AM | 10:00 - 10:30 AM

Friday July 1<sup>st</sup> 8:00 - 8:30 AM | 8:30 - 9:00 AM | 9:00 - 9:30 AM  
11:00 - 11:30 AM | 11:30 - 12:00 PM | 12:00 - 12:30 PM

## FOAM ROLLING CLASS SESSIONS (MOG | KENMORE)

Foam rolling can promote blood flow, alleviate muscle fatigue, relax tissues, and help to increase range of motion. Call 716.871.1100 to sign up!

Monday June 20<sup>th</sup> | 9:30 - 10:30 AM

Tuesday June 21<sup>st</sup> | 5:00 - 5:45 PM

Friday June 24<sup>th</sup> | 9:30 - 10:30 AM | 10:35 - 11:35 AM

Friday July 1<sup>st</sup> | 9:30 - 10:30 AM | 10:35 - 11:35 AM

## PATIENT SUCCESS STORY

**"I FEEL GREAT AND LOOK FORWARD TO IMPROVING MY HEALTH WORKING OUT IN SUCH A GREAT FACILITY!"**

"Staff did a great job helping me rehab my shoulder. Once released from PT I signed on to continue a program of exercise to strengthen my joint muscles. Staff is very knowledgeable and attentive to my needs. I feel great and look forward to improving my health working out in such a great facility!" — S.M.



# MEDICALLY ORIENTED GYM

## 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](mailto: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

