



Trilogy

JULY 2022

NEWSLETTER

Your Resource for a Healthy Lifestyle



STAY AHEAD OF YOUR PAIN **THIS SUMMER**

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Therapy This Summer

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NEWSLETTER

Your Resource for a Healthy Lifestyle



HOW TO KEEP UP WITH YOUR PHYSICAL THERAPY THIS SUMMER

Grand Island
716.202.2405

West Seneca
716.202.2916

Kenmore
716.427.0278

Wheatfield
716.427.0323

Buffalo
716.202.8046

ARE YOU PLANNING A VACATION WITH YOUR FAMILY THIS SUMMER? ARE YOU WONDERING HOW TO KEEP UP YOUR PT TREATMENTS NOW THAT YOU FINALLY FEEL BETTER? At Trilogy Physical Therapy, our physical therapists can help by providing you with home exercises that you can do no matter where you travel!

It is well known that patients who adhere to their prescribed exercises are significantly better at achieving their goals and have improved physical function. Non-adherence, on the other hand, increases the risk of re-injury or flare-ups and overall less positive outcomes long term.

Our team believes that providing a home exercise program to fit your needs is part of the solution to non-adherence. We understand

that your life situation can make prioritizing exercises and physical therapy home programs difficult. We will work with you to provide the most important exercises and a straightforward program for you to follow so you can enjoy your summer vacations and do what you love! Request an appointment with one of our specialists and see how we can help you feel better again!

HOW TO INCORPORATE EXERCISE INTO YOUR TRAVELS

One of the most challenging aspects of traveling is finding time to do all the things you want. Our physical therapists understand how difficult it is to do your home exercises when not attending regular physical therapy visits. We provide our patients with home exercises that take their daily life into account.

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

HOW TO KEEP UP WITH YOUR PHYSICAL THERAPY

Use the hotel gym: Nowadays, most hotels offer small fitness centers with equipment to keep up with your physical activity and exercises.

Exercise in the pool: You will often stay at a facility with a pool or access to a pool. Aquatic therapy is a safe and effective way to keep up with your home exercise program. For some people, an outdoor pool will also offer you a boost to your energy levels and get you some much-needed Vitamin D.

Water offers easy ways to increase resistance by moving your arms or legs faster. This allows you to safely increase the intensity of your exercises with the benefits of buoyancy supporting your joints. Increasing your resistance allows you to engage your muscles more thoroughly and help you burn more calories in a shorter amount of time. Aquatic exercise also improves your strength, flexibility, and endurance.

Explore the town you are staying in: Does your schedule leave little time to fit in physical activity? Walking around the neighborhood or visiting the shops can be an easy way to exercise. Even adding 30 minutes of physical activity into your busy schedule can make a big difference in helping maintain your function. Try taking a walk during your lunch breaks, or if you have access, take a walk on the boardwalk or beach to enjoy some fresh air too!

Maintain a healthy diet on the go: Dining out spikes during the summer because more people tend to venture out in the summer and dine outside. This can pose some health risks if you are not careful. Often the foods are loaded with calories and/or are highly processed. These types of foods can lead to inflammation, which in turn can exacerbate your painful conditions.

Maintain a healthy diet this summer by making healthy choices when you dine out and balancing dining with exercise. You can also choose the healthy options on the menu and keep the portion sizes under control. Our team understands that delivering personalized home exercise programs that take your daily lives and travel plans into account is the key to success in maintaining improvements you have made at physical therapy.

REQUEST AN APPOINTMENT TODAY

It's essential to keep your health a top priority no matter where you travel or what you do this summer. Keeping track of your progress with your physical therapy exercises is a great way to stay motivated on the go. If you need guidance regarding your existing physical therapy treatment, or you'd like to begin participating in a regular exercise routine, call Trilogy Physical Therapy to set up an appointment! We're here to help you and keep you feeling your best during the summer months, so you can continue to do all the fun things you love!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5856927/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5938081/>



HEALTHY RECIPE

EGGPLANT PIZZA BITES



Ingredients:

- 2 large eggplants, cut into 1/2" rounds
- Extra-virgin olive oil
- kosher salt
- Freshly ground black pepper
- 1 c. marinara
- 1 c. shredded mozzarella
- 1/2 c. mini pepperoni
- 1/2 c. shredded Parmesan
- 1/4 c. finely sliced basil

Directions:

Preheat grill to medium-high. Brush both sides of eggplant with olive oil and season with salt and pepper. Grill eggplant until tender and slightly charred on both sides, 3 to 4 minutes per side. Top each round with marinara, mozzarella and mini pepperoni. Keep the eggplant on the grill to allow the cheese melt, about 30 seconds more. Remove eggplant from grill. Top with Parmesan and basil and serve.

Source: <https://www.delish.com/cooking/recipe-ideas/recipes/a48193/eggplant-pizza-bites-recipe/>

FREE SCREENS

GET TO THE BOTTOM OF YOUR PAIN

FREE BACK PAIN SCREENING

Schedule your FREE back pain screening by calling a clinic nearest you today! Don't miss out on this opportunity to tackle your nagging back pain. Spots are limited so call today!



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

Trilogy Summer Picnic

When: Sunday, July 17th from 11am – 3 pm

Where: Veterans Memorial Park 777 Niagara Street, Tonawanda, NY 14150 Shelter #4

Join us for a summer picnic! Come to eat, drink and socialize with Trilogy staff, patients, and members.

PLEASE RSVP WITH THE QR CODE TO THE RIGHT BY MONDAY, JULY 11TH



INJURY PREVENTION PROGRAMS

We spend a large amount of our lives working. Because of this, it is important to make sure that we are maintaining our full health-and-wellness potential while we are in the workplace. Fortunately, we offer injury prevention programs in order to help patients remain healthy while they are working. To learn more about these specialized programs, contact us today!

These programs are employed in order to enhance an employee's happiness, satisfaction, and overall wellness in the workplace. They have also helped in increasing employee awareness and compliance with health and wellness activities throughout the workplace. Our program promotes healthy mental, emotional, and physical well-being through various opportunities offered to employees.

If you are interested in promoting health and wellness in the workplace and/or making your work/life balance more manageable, contact us today! Our physical therapists will be happy to meet with you and get you started on the first steps of the program.

PATIENT SUCCESS STORY



This month we would like to highlight one of our patients at West Seneca, Deb L.! She has been receiving physical therapy treatment with Jess for quite some time and has made huge strides in her ability to stand and walk with minimal assistance. We are so inspired by our patients and look forward to seeing their progress with each visit. Great work Deb!



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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

