



YOUR RESOURCE FOR A HEALTHY LIFESTYLE

NEWSLETTER

**WE CAN
HELP
YOU STAY
ACTIVE
THIS
WINTER**



INSIDE: • Our Two New Locations • Service Spotlight
• Staff Spotlight • Member Of The Month



YOUR RESOURCE FOR A HEALTHY LIFESTYLE

NEWSLETTER

AMHERST
716.217.5083

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CLARENCE
716.503.2320

GRAND ISLAND
716.202.2405

KENMORE
716.427.0278

WEST SENEGA
716.202.2916

WHEATFIELD
716.427.0323



STAY ACTIVE DESPITE THE COLD

Do you find it challenging to get motivated when it's cold outside? Are you worried about spending your time slipping and sliding instead of getting a workout? At Trilogy Physical Therapy, we can help you find ways to stay active no matter the weather conditions safely!

Just because it is winter, it doesn't mean you have to stay indoors. Remaining active in the winter months is just as important as remaining active during other seasons. The winter presents several fun activities that can double as workouts.

Too often, it seems easier to stay in, nestled up in blankets, while it's snowy and cold, and there is evidence that we workout around 10 minutes less per day in the winter compared with the summer months.

With winter, some risks don't exist in warmer months. For example, slipping on ice as you walk or run on the sidewalk or in more severe risks like hypothermia or frostbite can result from improper clothing or underestimating the temperature.

Staying active is a necessary component of well-being and one of the best ways to improve your mental and physical health.

PHYSICAL ACTIVITY HAS BEEN LINKED TO:

- Improved sleep
- Reducing anxiety
- Strengthening bones
- Strengthening your muscles
- Lowering blood pressure
- Lowering your risk of type 2 diabetes and many kinds of cancer
- Maintaining or losing weight
- Reducing the risk of dementia and Alzheimer's
- Improving balance and reducing your risk of falling

Exercising in the cold can be invigorating and serve as an immune system boost. Even just a few minutes of outdoor exposure during the winter can help prevent both bacterial and viral infections. Staying safe is essential, and so is staying active. Anything you can do to spend less time sitting and keep active during the winter months is a step in the right direction!

Even something as small as taking a walk around the neighborhood to look at holiday lights or building a snowman with your kids can give you the amount of daily exercise you need. At Trilogy Physical Therapy, we can design specialized treatment plans for anyone who may need a little extra push in staying active during the winter. Contact us today to learn more!

WHAT ARE THE BENEFITS OF EXERCISING DURING THE WINTER SEASON?

It is undeniable that daily exercise is essential for staying healthy and promoting wellness. The American Heart Association recommends getting at least 150 minutes per week of moderate-intensity aerobic activity. Depending on the type of workout, exercising in colder weather can meet and exceed these recommendations.

Call one of our 7 convenient locations TODAY to schedule your return appointment!

WHAT TO EXPECT FROM PT

At Trilogy Physical Therapy, we want to make sure you stay safe this winter, so you can enjoy doing the season's activities without fearing a harsh fall or other serious injuries.



No matter what winter activity or exercise you're partaking in, warm-ups should always include a combination of low-intensity movements that will make the physical activity easier to perform.

Our physical therapists will start with an assessment identifying the factors contributing to your pain and/or injury. We will perform a thorough history to understand more about your challenges and 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. We will progress your program to help you get back to the activities you enjoy in the most efficient way possible.

Snow and ice are the main culprits for many injuries during the wintertime, which is why it is essential to add to your stability. Choose shoes with winter soles for traction. Add slip-on spikes to your boots on the extra icy days to reduce your risk of slips and falls. You can also get a pair of ski or walking poles to help keep your balance.

CONTACT US TODAY!

Whether you're looking for ways to recover from an injury and get moving in the winter, Trilogy Physical Therapy can help. Contact us today to find out how we can help make your winter season as enjoyable as possible!

Sources: <https://pubmed.ncbi.nlm.nih.gov/31193280/> • https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf#page=56 • <https://pubmed.ncbi.nlm.nih.gov/30719382/> • <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

SERVICE SPOTLIGHT

Now that we've expanded throughout WNY, check out these specialty services we have at each location to help you be the best and healthiest version of yourself.

AMHERST

- Aqua Therapy (Aqua Treadmill)
- ASTYM for treatment of scar tissue

CLARENCE

- Class IV Cold Laser for pain relief
- Lymphedema
- WorkSTEPS
- ASTYM for treatment of scar tissue
- MOG and fitness services

GRAND ISLAND

- TPI golf screening
- MOG and fitness services

KENMORE

- WorkSTEPS
- LSVT Parkinson's Program
- MOG and fitness services

WEST SENECA

- Aqua Therapy (Pool)
- LSVT Parkinson's Program
- Pelvic Floor therapy
- MOG and fitness services
 - 1v1 yoga sessions

WHEATFIELD

- Manual stretch and go and restore sessions

BOOK YOUR APPOINTMENT

Are you in need of one of our physical therapy services? Scan the QR code now to book at the location closest to you!



mytrilogy.org

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MEMBER OF THE MONTH

Mike initially came to our facility in 2016 seeking treatment for his back pain and later joined as a MOG member in 2019. He wanted to get back in shape and better himself in all aspects of his life. With his grandchildren in mind, Mike quit smoking in January 2020 but unfortunately caused him to gain 40 pounds.

Determined to keep pushing, Mike cut out most junk food and continued coming to the gym. He has since lost 45 pounds, which means he lost all of the weight he gained and then some! Mike is consistently in our facility 3 days/week performing a combination of cardiovascular exercises, strength training, and stretching. He has become a Fitbit junkie and reaches his goal of 10k steps/day. He thanks the staff Micaela, Marie, and Matt for helping throughout the years! the better I feel."

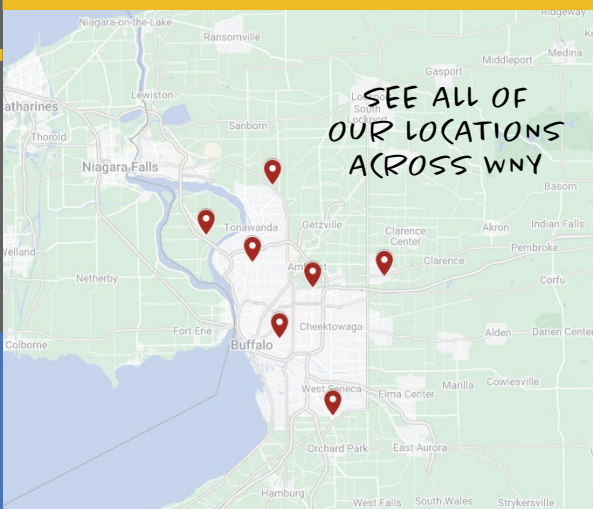
Visit us at mytrilogy.org to learn how we can help you.



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!



HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2023.



Trilogy