



YOUR RESOURCE FOR A HEALTHY LIFESTYLE

NEWSLETTER

STAYING ACTIVE IS THE KEY TO FINDING PHYSICAL & MENTAL BALANCE



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NEWSLETTER

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STAY BALANCED THIS HOLIDAY SEASON

Are there times when you feel like life is a bit off? Are you struggling to tell if you think this way physically, mentally or both? Our team of physical therapists understands the struggles to find balance in your life. Trilogy Physical Therapy is a place where your overall well-being is prioritized!

Making healthy lifestyle choices leads to improved life satisfaction and lower psychological distress. Exercise and diet, particularly in combination, have the greatest positive benefits for overall well-being.

Whatever choices you make in your life and your values are, there is an undeniable truth: To stay healthy physically and mentally, you must remain active. Exercise benefits a person's mental health and overall well-being.

The good news is that with guidance from Trilogy Physical Therapy physical therapists, you can get help finding your balance again. We believe in treating the whole person and finding solutions that work specifically for you. Call today to make an appointment!

MENTAL AND PHYSICAL BALANCE

Staying active refers to the amount of activity that you engage in daily. For example, how much time you spend at the gym, how many steps you take in a day, how often you find yourself running around the office, or how frequently you head out to the backyard to run around with your children or your dog. There also can be a perception that working a 10 hour day is necessary to demonstrate a strong work ethic and get ahead. This pace can lead to stress, burnout, and not living a healthy and balanced life. Ignoring your mental and physical well-being will eventually catch up to you and start to take its toll on your health.

Specific signs and symptoms that typically indicate trouble with maintaining balance, such as frequently tripping and falling or feeling dizzy when standing too long. But even if you are not having fundamental issues with your ability to stay balanced in this way, you may still have difficulty with whole-body balance.

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

IMPROVE YOUR BALANCE

This is where our physical therapist can help. We are experts at identifying the root cause of your balance problems and offering simple solutions to resolve them.

YOU CAN IMPROVE YOUR PHYSICAL BALANCE BY:

- Increasing muscle strength
- Improving stamina
- Improving core strength
- Practicing balancing techniques



HOW WE CAN HELP YOU KEEP YOUR BALANCE

EXERCISE: Physical activity has been shown to help clear the mind, improve self-worth, and reduce depressive and anxious feelings. The key is to find the right type of exercise for you – which is precisely what our therapists can help you find!

SLEEP: Sleep quality is an essential predictor of mental health and well-being. Following a healthy bedtime routine could make you feel happier and calmer and be better focused throughout the day.

NUTRITION: Cut down on sugary foods and replace them with nutrient-rich foods like fish, veggies, and foods that have healthy fats. Proper nutrition has been shown to improve physical and mental well-being.

COMMUNITY AND RELATIONSHIPS: Whether the support comes from family, a partner, friends, coworkers, or even pets, feeling connected to those around you can increase a sense of purpose and love in your life.

RELAXATION AND RECREATION: In our busy lives, it can be easy to forget about the hobbies you used to love. We don't make the time to sit down and enjoy a book or make a cup of tea or coffee and enjoy the moment. Some unique hobbies and interests appeal to each of us, and spending time with those hobbies can help you live a more balanced life.

Contact us if you feel that your physical health or an old injury is holding you back from being active. Working with our physical therapists at Trilogy Physical Therapy can help you achieve improved balance and a healthy lifestyle.

Sources: <https://journals.sagepub.com/doi/abs/10.1177/1049732310379240> • https://www.frontiersin.org/articles/10.3389/fpsyg.2020.579205/full?utm_source=miragenews&utm_medium=miragenews&utm_campaign=news • <https://www.tandfonline.com/doi/abs/10.1080/13607863.2018.1548567> • <https://internal-journal.frontiersin.org/articles/10.3389/fpsyg.2020.607294/full> • <https://link.springer.com/article/10.1186/s40359-014-0055-y> • <https://www.emerald.com/insight/content/doi/10.1108/MHRJ-05-2013-0016/full/html?journalCode=mhrj>

SERVICE SPOTLIGHT

Now that we've expanded throughout Western New York, 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 your appointment at the location closest to you!



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GOLF FITNESS PROGRAM

Are you an avid golfer? Are you looking to improve your balance, consistency, develop a more powerful swing, increase your balance, or gain distance? Do you struggle with back pain, limited mobility, or flexibility? If you're nodding your head "yes" to any or all of these questions, chances are you could benefit from our golf fitness program. Our program starts in January and runs for 12 weeks. We have a Titleist Performance Institute (TPI) certified physical therapist that will conduct the TPI screen focused on golf-specific movements. With the use of the TPI screen, our staff can determine the body-swing connection to allow for the best possible rehab/fitness program for your individual needs. In addition to your individual plan, we have a group circuit class on Saturday mornings that focuses on golf specific strength and conditioning exercises. Our goal is to provide the best training and thorough assessments that will help you play better while experiencing less pain. If you are interested in registering, please e-mail us at info@mytrilogy.org or call us at 716-773-1600!



mytrilogy.org

WE NEED YOUR HELP!

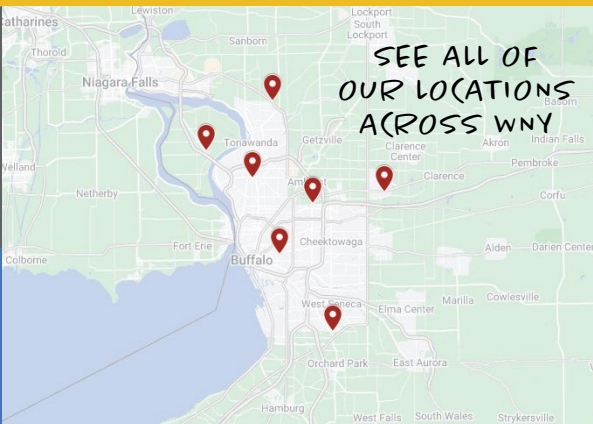
Would you mind taking a few minutes to share your Trilogy experience with the community? Center the QR code of your Trilogy location in the frame of your smart phone's camera to visit our Google Review page and share your success story.

Your 5-star review helps us to change more people's lives! THANK YOU for your support!



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. 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!



UPCOMING WORKSHOPS AT OUR CLARENCE CLINIC

Thurs Jan. 19th, @ 6:00 PM Rotator Cuff

Mon Feb. 13th, @ 6:00 PM Knee Pain

Call 716.503.2320 to reserve your spot now! Hurry there is a limited number of spots for these workshops available.