



YOUR RESOURCE FOR A HEALTHY LIFESTYLE

# NEWSLETTER



## ALLEVIATE YOUR PAIN & IMPROVE YOUR SPINE HEALTH

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- Start 2023 Off By Taking Care Of Your Spine
- Upcoming Workshops
- Service Spotlight



YOUR RESOURCE FOR A HEALTHY LIFESTYLE

# NEWSLETTER

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## START 2023 OFF BY TAKING CARE OF YOUR SPINE

Are you living with back pain? Do you notice your pain worsens when you have to stand for more than 10 minutes or when you have to walk long distances? At Trilogy Physical Therapy, our physical therapists are experts at helping our patients resolve their pain and get back to doing what they love!

The severity of back pain can range from minor dull aches to sharp stabbing pains. Pain that radiates from the spine to the buttocks and down the leg(s) may be a sign of sciatica. Understanding why you are having pain and what to do about it can be tricky.

Your spine does a lot for your body – it protects your spinal cord, allows you to breathe correctly, and it is what allows your body to move. Almost every function in your body is directly connected to the health of your spine. You may even wonder how to tell if your spine is healthy.

When we think of health, we typically focus on nutrition, exercise, and heart health – but spine health is also essential.

At Trilogy Physical Therapy, our therapists can help you resolve your pain and get your spine healthy again! Call

today to schedule an appointment with one of our experts and rest assured that you're in good hands in our clinic!

### THE IMPORTANCE OF GOOD SPINE HEALTH

Your spine is a complicated structure of bones, joints, muscles, discs, and nerves. It takes a delicate balance to make sure it is at its peak level of health and function. Back pain is often the result of a breakdown somewhere in the system and can be avoided by improving your spinal health.

**To make sure your spine is at its optimum health, you must achieve the following:**

- Good posture and spinal curves
- Strong trunk muscles (i.e., core, glutes, and spinal muscles)
- Good joint and muscle mobility
- Good balance and coordination ability
- Good nutrition and rest at night

Of course, much like anything else, maintaining great spine health is easier said than done. Fortunately, our team of physical therapists knows how to make sure you understand what to do to keep it functioning at its peak level!

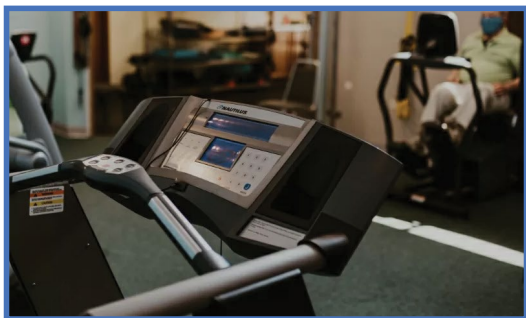
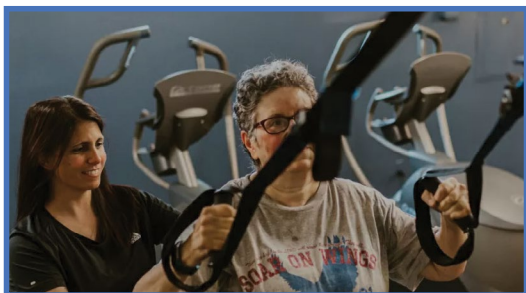
**Call one of our 7 convenient locations TODAY to schedule your return appointment!**

# SERVICE SPOTLIGHT: MOG

*Our Medically Oriented Gym resembles a traditional fitness club with a few exceptions.*

Our Medically Oriented Gym resembles a traditional fitness club with a few exceptions. In essence, **it's a fitness center that bridges the gap between medicine and fitness.** Exercises are based on the science of exercise and are supervised by medical staff including licensed physical therapists, physical therapy assistants, and exercise physiologists.

Our physical therapists work closely with patients to help them achieve their personal fitness goals while keeping their physical limitations or medical conditions in mind. Not an "exerciser", not a problem! We also offer Stretch-n-Go's and Theragun sessions and are offering a free 30-minute session in the month of January!



## CELEBRATE WITH A FREE PAIN SCREENING

We are celebrating our Merger with OrthoSports PT and now have 6 locations to serve all of WNY. To celebrate we are offering 15 screens per location for your aching back, neck or joints. Call the nearest office NOW and reserve your slot and learn what's wrong and how we can help you feel better.

**Begins 1/9/23 -1/13/23. Hurry, those slots will be taken! Call today.**

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## 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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# OUR NEW DIRECTOR OF THE MOG: JAMIE RICHARD



As we ring in 2023, Trilogy would like to welcome our new Director of the Medically Oriented Gym-Jamie Richard. Jamie attended Daemen College and was enrolled in their Health Care Studies program where she specialized in Health and Fitness Training. She graduated with a Bachelor of Science. She then attended Canisius College where she enrolled in their Health and Human Performance program and graduated with a Master's Degree in Science. Jamie worked for eight years at Niagara Falls Memorial Medical Center in the Cardiopulmonary Rehabilitation Department as an Exercise Physiologist. In February 2021, she joined Trilogy and has been the Head Exercise Specialist for the Medically Oriented Gym in Grand Island. Her certifications include BLS, Silver Sneakers instructor, Spin instructor and Stretching and Flexibility Coach through the National Academy of Sports Medicine.

*"I am grateful to be given this opportunity and look forward to this new role and responsibilities. Working with our MOG members and physical therapy patients to improve their health and wellness has been such a rewarding part of my job. As the Director, I plan on becoming an integral part of Trilogy to help the company grow, and to continue helping people live happy and healthy lives." — Jamie Richard*

**WE PROVIDE ONE-ON-ONE ASSISTANCE TO HELP YOU REACH YOUR GOALS.  
CALL TODAY TO GET STARTED.**

## 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!*



## NEW YEAR BLACK EYED PEAS

A delicious recipe that's said to bring prosperity for the New Year!

### INGREDIENTS:

- 2 tbsp extra-virgin olive oil, plus more for drizzling
- 1 onion, finely chopped
- 5 sprigs thyme
- 4 garlic cloves, smashed
- 2 c black-eyed peas, soaked overnight, drained
- Salt & pepper

### DIRECTIONS:

Heat 2 tbsp oil in a large saucepan over medium. Add onion and cook, stirring occasionally, until golden, about 5 min. Add thyme, garlic, black-eyed peas, and 8 c cold water and bring to a simmer over med-high. Reduce heat to med-low and simmer gently, until beans are tender, 35-45 min. Discard thyme; season with salt.

## UPCOMING WORKSHOPS

AT OUR CLARENCE CLINIC

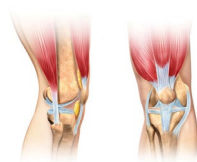
### KNEE PAIN

Monday, Feb. 13<sup>th</sup>, @ 6:00 PM

### SHOULDER PAIN

Thursday, Mar. 16<sup>th</sup> @ 6:00 PM

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



[mytrilogy.org](http://mytrilogy.org)