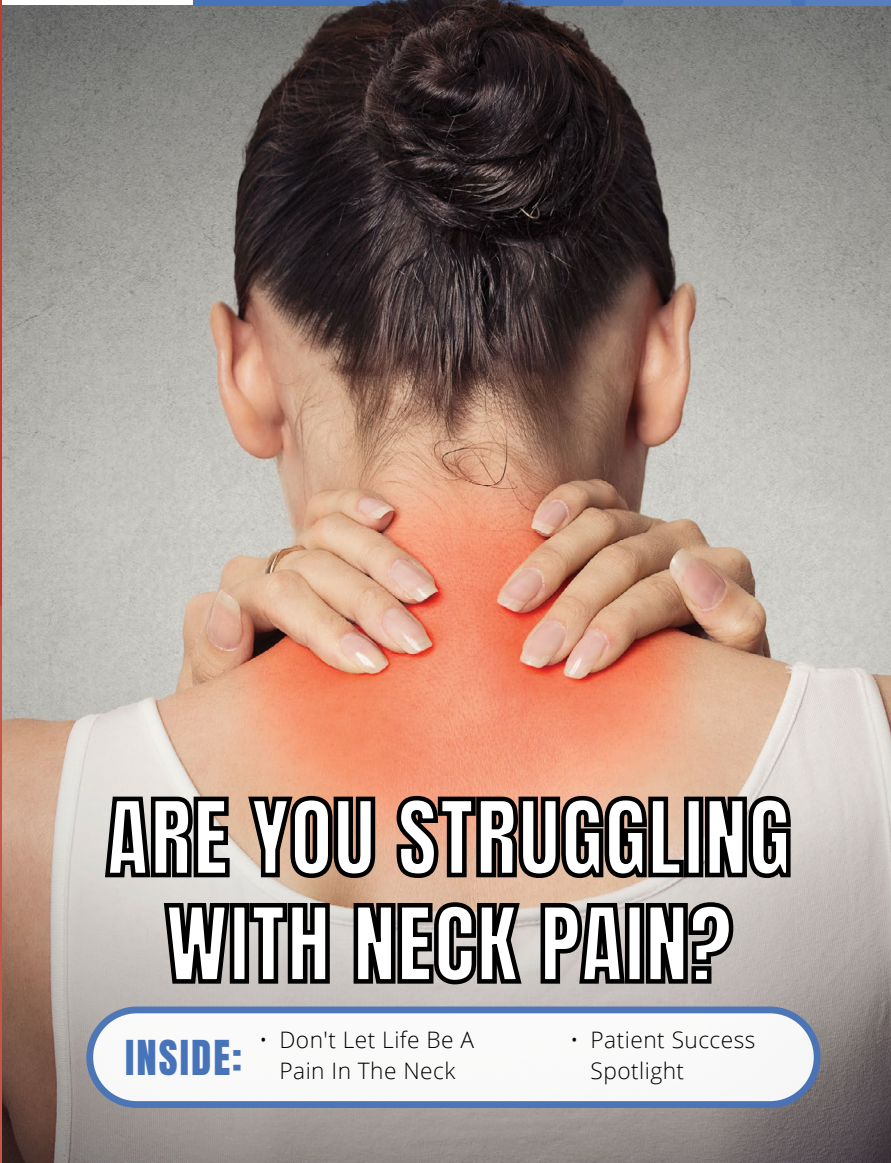




YOUR RESOURCE FOR A HEALTHY LIFESTYLE

NEWSLETTER



ARE YOU STRUGGLING WITH NECK PAIN?

INSIDE:

• Don't Let Life Be A
Pain In The Neck

• Patient Success
Spotlight



YOUR RESOURCE FOR A HEALTHY LIFESTYLE

NEWSLETTER

AMHERST
716.217.5083

BUFFALO
716.202.8046

CLARENCE
716.503.2320

GRAND ISLAND
716.202.2405

KENMORE
716.427.0278

WEST SENECA
716.202.2916

WHEATFIELD
716.427.0323



DON'T LET LIFE BE A PAIN IN THE NECK

Do you have trouble holding your head up while sitting at your desk? Do you notice pain when tilting your head down to look at your phone or tie your shoes? Do you find it difficult to get comfortable when lying down to go to sleep at night? At Trilogy Physical Therapy, our physical therapists can help you find relief for your neck pain once and for all!

Neck pain is common among adults, affecting up to 70% at some point in their lives. Unfortunately, a third of these people will develop chronic neck pain (i.e., pain that lasts longer than three months).

Even small amounts of pain can lead to a downward spiral in the quality of life, energy, and overall well-being. Fortunately, physical therapy can help resolve the pains in your neck!

If you're struggling with pain and discomfort in your neck, contact Trilogy Physical Therapy today to schedule your consultation.

What are the most common causes of neck pain?

The neck is an integral area of everyday movement. Pain can prevent you from functioning correctly in your day-to-day life. Your neck relies on proper posture, flexibility, strength, and coordination to tolerate your normal activities

and more advanced sports and recreational pursuits. In our daily lives, we place tremendous strain and demand on our necks. Stress and poor posture can lead to long-term pain and dysfunction. The most common causes of neck pain include sprains and strains to the muscles, tendons and ligaments. Often the exact reason you are experiencing neck pain remains a mystery. Our physical therapists are skilled at identifying the contributing factors and, more importantly, how to find relief.

Some of the common causes of neck pain include:

- **Poor posture.** Prolonged periods spent slouching while working on a computer lead to a forward head posture, which puts extra stress on the neck. Looking down at a phone may also cause pain.
- **Sleeping in an awkward position.** Holding the head at a wrong angle during the night can lead to a stiff neck in the morning.
- **Repetitive motions.** Turning the head repetitively, such as side to side while swimming, may lead to irritation of the neck's muscles and joints.
- **Trauma.** Any fall or impact, such as a sports collision or whiplash from an auto accident.

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

PT CAN SOLVE YOUR PAIN

Our physical therapists are movement experts equipped to identify and treat the primary source of your neck pain. They will analyze your posture, movement, and problem areas to determine the best course of treatment for your needs.

Our treatment plans focus on relieving your pain, in addition to improving your posture, mobility, strength, and coordination. Your diagnosis will determine the make-up of your program and may include any combination of manual therapy, targeted stretches, exercises, activity modification, or posture recommendations.

Physical therapy can help significantly reduce your neck pain by implementing the following:

- Maintaining proper posture when sitting and standing.
- Restoring flexibility to your neck muscles and joints.
- Strengthening your mid-back muscles and shoulders to provide support to your neck.
- Improving the coordination of your neck muscles.

Your therapy may also include additional methods deemed fit by your physical therapists, such as ice and heat therapies, ultrasound, or electrical stimulation. Our team of therapists is dedicated to finding solutions that work!

WHAT TO EXPECT AT PHYSICAL THERAPY

The main emphasis of physical therapy is education and instruction on effective exercises and proper posture. Our goals include:

- Reduce pain quickly through postural education and targeted movements/exercises
- Return to normal functioning in daily activities
- Minimize the risk of recurring pain (avoid painful postures and movements)
- Minimize the use of medication or surgery to eliminate pain

Your therapist will perform a thorough assessment to identify the category for treatment. They will then use the information obtained from this assessment to recommend specific neck exercises and advise on which postures are beneficial and which ones to avoid. These exercises allow you to identify how to resolve your current symptoms and possible future symptoms.

MEDICALLY ORIENTED GYM

Medical fitness is a service we are happy to provide at Trilog Physical Therapy and the Medically Oriented Gym, in order to help patients improve their physical function.

As stated by the Medical Fitness Association, "Medically integrated health and fitness centers are defining the future of professionally administered programs and services to an aging population, and are improving outcomes for clients/patients with chronic diseases and multiple risk factors."

If you are living with a condition that is limiting your function, it is likely that these treatment methods will benefit you.

To learn more about these services and how they can help you live a more comfortable and active life, don't hesitate to contact us today!



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!



AMHERST

716.217.5083

BUFFALO

716.202.8046

CLARENCE

716.503.2320

GRAND ISLAND

716.202.2405

KENMORE

716.427.0278

WEST SENEGA

716.202.2916

WHEATFIELD

716.427.0323

NATIONAL NUTRITION MONTH

March is National Nutrition Month! During the month of March, Registered Dietitians from Buffalo Nutrition and Dietetics will be hosting Nutrition Seminars at our facilities.

- West Seneca: Monday, March 6th from 1:00-2:00 PM
- Grand Island: Saturday, March 11th from 11:30 AM-12:30 PM
- Kenmore: Monday, March 13th from 8:30-9:30 AM
- Clarence: Wednesday, March 15th from 12:00-1:00 PM

They will present on the role of medical nutrition in chronic disease and rehabilitation.



PLEASE SEE A TRILOGY TEAM MEMBER TO SIGN UP FOR A NUTRITION SEMINAR!

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!



PATIENT SUCCESS SPOTLIGHT



"Peter here at the Amherst Location is phenomenal. I had numbness in my hands and after 2 visits I was back to work light duty. **He cares for his patients and is always willing to make sure you are happy with your visit.** Everyone at the office works extremely hard to put you back to work or back to regular life activities! Highly recommend Trilogy Physical Therapy! Check out all there new locations! They have your back literally!" — **G.S.**

UPCOMING WORKSHOPS

SHOULDER PAIN

Thursday, Mar. 16th, @ 6:00 PM
At Our Clarence Clinic

KNEE PAIN

Thursday, Mar. 23rd @ 6:00 PM
At Our Kenmore Clinic

KNEE PAIN

Thursday, Mar. 30th @ 6:00 PM
At Our Clarence Clinic

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

mytrilogy.org