




YOUR RESOURCE FOR A HEALTHY LIFESTYLE

# NEWSLETTER



## SPRING BACK TO LIFE WITH PHYSICAL THERAPY

### INSIDE:

- Upcoming Workshops
- Book Your Appointment
- Patient Success Spotlight



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# NEWSLETTER

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## RELIEVE YOUR SPINAL STENOSIS PAIN WITH SPINAL MANIPULATION



Do you notice your legs getting tired when you stand for more than 5-10 minutes? Are you struggling to walk more than a block or two before your legs start hurting? You may be experiencing spinal stenosis.

At Trilogy Physical Therapy, our physical therapists are skilled at helping you to find true relief and get back to enjoying your life!

Spinal stenosis refers to the narrowing of the canals that are formed by the vertebrae. This narrowing can impinge on the nerves exiting your spine and/or the spinal cord itself. Symptoms often include radiating pain from the back/buttocks down into the thighs and sometimes even to the lower legs.

As stenosis progresses, it leads to weakness and loss of balance, making it challenging to tolerate walking long distances and prolonged standing. Fortunately, physical therapy treatments, such as manual therapy, including spinal manipulation, can help provide pain relief.

To learn more about how spinal manipulation can help relieve your pain, contact Trilogy Physical Therapy today!

### What is spinal stenosis?

The term stenosis means narrowing. Spinal stenosis is most commonly caused by degenerative changes related to aging. Lumbar spinal stenosis is a narrowing of the spinal canal in the lower part of your back. This narrowing causes pressure on the nerves from your spinal cord through the vertebrae and down into your legs.

With the deterioration of the spinal discs, the canals shrink in size leading to pressure and irritation of the nerves. One of the classic signs of lumbar stenosis is leg pain with standing and prolonged walking. Symptoms from stenosis are relieved in a flexed lumbar spine position (i.e., bent forward position). People with spinal stenosis typically feel better when sitting, but notice increased pain levels with standing and backward bending.

Unfortunately, as the condition advances, your ability to tolerate activities while standing and walking will become progressively more difficult. Many people are fearful of the persistent nature of the condition, but the good news is that spinal stenosis responds very well to exercise and targeted manual therapy.

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

# RELIEVE YOUR STENOSIS PAIN

*Your spine is a complicated structure of vertebrae, discs, joints, ligaments, tendons, muscles, and nerves. Therefore, it takes a delicate balance to ensure it is at its peak level of health and function.*

Our highly trained physical therapists will start with evaluating your mobility, strength, and balance to identify all the factors contributing to your condition. We will use this information to develop a comprehensive program that includes targeted manual techniques like manipulation, which have been shown to improve pain and function.

Spinal manipulation is defined as low amplitude, high-velocity thrust delivered to the spine using a specific contact point to provide mobility to the joint. These manipulations help relieve pressure on joints, reduce inflammation, and improve nerve function. It is a gentle, hands-on form of manual therapy that focuses on enhancing spinal function.

Your therapist will design an exercise program based on the techniques that have been shown in the research to be the most effective at alleviating pain and improving function.

## What to expect in physical therapy

Our physical therapists can help you restore more natural movement to your spinal joints, improve your muscle flexibility, improve your core muscle strength, and educate you on posture and prevention techniques through our advanced treatment methods. Essentially, we can help you do more with less pain. Our patients experience a significant reduction in pain and improvement in daily activities after just a few short weeks of treatment.

## Call today to schedule an appointment

Treating your pain early through physical therapy techniques such as spinal manipulation can help manage your discomfort and keep it from worsening. Don't live within the limits of your pain – relieve your pain instead. Contact Trilogy Physical Therapy to schedule an appointment with one of our highly trained physical therapists and begin improving your spine health today!

Sources: <https://chiromt.biomedcentral.com/articles/10.1186/s12998-019-0244-0> • <https://www.sciencedirect.com/science/article/abs/pii/S0002934320307774> • <https://www.ingentaconnect.com/content/wk/coana/2017/00000030/00000005/art00014> • <https://jamanetwork.com/journals/jamanetworkopen/article-abstract/2720073>

## PARKINSON'S OPEN HOUSE

*Saturday, April 15<sup>th</sup> from 10:00 AM — 2:00 PM at our Kenmore clinic.*

Do you or someone you know have Parkinson's? We are planning an open house at our Kenmore location to showcase some of the great things Trilogy has to offer this population. Here's just some of what will be happening:

- LSVT BIG education/demo
- Tai Chi Class
- MOG Education
- Expert Panel: Parkinson's Foundation WNY chapter; UB Speech/PD research
- Light Refreshments

**RSVP online or call 716.871.1100**

For more information contact Dr. Marie Crawford, PT, DPT, CERT. LSVT Big at [marie.crawford@mytrilogy.org](mailto:marie.crawford@mytrilogy.org)



## 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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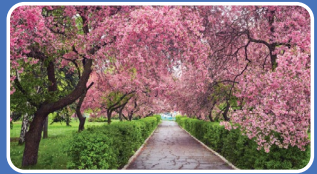
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# SPRING ADVENTURES

Looking for something to do after a long winter? Here are some ideas of places to go and things to do within a short drive of Buffalo. Suggestions include some outdoor activities and some indoor activities since we all know the weather in Buffalo in the Spring can be either sunny and warm, or cool and damp. Whatever it is, get out there and enjoy some of the great things we have right here in our own backyard!

1. The Buffalo Zoo—See marvelous animals soaking up the sun or the Polar bears taking a dip in their pool.
2. Buffalo Riverworks—did you know they have ziplining there?
3. The Japanese Garden at Delaware Park—the Cherry Blossom Festival begins May 4<sup>th</sup> this year.
4. Fat Bob's Smokehouse—did you know that May is National BBQ Month?
5. Arcade & Attica Railroad—explore WNY's countryside on an old-fashioned train ride.
6. Buffalo & Erie County Botanical Gardens—get your floral fix during the Spring Garden exhibit through the month of April
7. Hemstreet Farm Llamas—take a hike through the woods with real, love Llamas!



## SELF-DEFENSE CLASSES

Spring has sprung! It's time to get moving and manage your weight. What better way to do that than to take a self-defense class! Sensei Staubitiz is a black belt and teaches Karate and Krav Maga in Grand Island. He will be coming to our West Seneca, Kenmore, Grand Island and Clarence sites to teach a free self-defense class for members and patients! Not a member or patient? No sweat! It is only \$5.00 to take the class. Please consider attending one of his classes. If you have any questions, please ask one of your Trilogy Team members.

- West Seneca: April 5<sup>th</sup> @ 1:00 PM - 2:00 PM
- Kenmore: April 7<sup>th</sup> @ 8:30 AM - 9:30 AM
- Grand Island: April 8<sup>th</sup> @ 12:00 PM - 1:00 PM
- Clarence: April 12<sup>th</sup> @ 11:00 AM - 12:00 PM & 12:00 PM - 1:00 PM

## PATIENT SUCCESS SPOTLIGHT

"I love this place. The staff are very friendly. They don't make you feel rushed and are very thorough. **They seem very knowledgeable when patients ask them questions.** I must also mention the great aqua therapy "tub". It is the best invention and the best therapy. I have had a lot of improvement in my knees." — **M.V.**

## UPCOMING WORKSHOPS

### AT OUR CLARENCE CLINIC

**Shoulder Pain:** April 13<sup>th</sup>, @ 6:00 PM

**Knee Pain:** April 27<sup>th</sup>, @ 6:00 PM

### AT OUR WEST SENECA CLINIC

**Shoulder Pain:** April 4<sup>th</sup>, @ 6:00 PM

**Knee Pain:** April 18<sup>th</sup>, @ 6:00 PM

### AT OUR KENMORE CLINIC

**Shoulder Pain:** April 6<sup>th</sup>, @ 6:00 PM

**Knee Pain:** April 20<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)