



Trilogy

YOUR RESOURCE FOR A HEALTHY LIFESTYLE

NEWSLETTER



RECOVERY AFTER TOTAL SHOULDER REPLACEMENT

INSIDE:

- Recovery After Total Shoulder Replacement
- Upcoming Workshops
- Laser Therapy



YOUR RESOURCE FOR A HEALTHY LIFESTYLE

NEWSLETTER

RECOVERY AFTER TOTAL SHOULDER REPLACEMENT

Do you suffer from pain in your shoulder? Have you been told you have severe arthritis and need a shoulder replacement?

Total shoulder replacement (i.e., total shoulder arthroplasty, or TSA) is a surgical procedure to replace part or all of the shoulder joint.

After a total shoulder replacement, it can be challenging to perform daily activities. Fortunately, at Trilogy Physical Therapy, our physical therapist can help guide you through rehabilitation after surgery so you can get back to your everyday life as quickly as possible.

Shoulder replacements are a standard procedure that many people undergo, especially those suffering from arthritic pain or severely damaged rotator cuff muscles in the shoulder joint. Although they are less common than a knee or hip replacement, according to the APTA, around 65,000 people have shoulder arthroplasties in the U.S. each year.

If you have recently had a total shoulder replacement procedure, or you have one planned in the near future, contact Trilogy Physical Therapy today to find out more about how we can help you achieve relief and recovery.

HOW WE CAN HELP

To ensure the best results following shoulder replacement surgery, it would be in your best interest to participate in both "pre-hab" physical therapy (therapy before surgery) and post-op physical therapy.

The more you prepare before your procedure, the better your recovery. Our therapists can provide you with exercises to ensure you go into surgery with the healthiest shoulder possible.

(continued inside)

CALL TODAY!

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

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!



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

HOW PHYSICAL THERAPY CAN HELP

(continued from outside)

Your physical therapist will create a customized program for you. This may include strengthening of the shoulder, neck, and back muscles. Mobility exercises and posture training may also be part of your pre-surgery program. We will also educate you about what to expect after surgery to prepare you for the procedure.

Preparing before surgery will help keep your shoulder functioning the best you can, so the procedure and the recovery are much smoother.

Restoring range of motion and strength following total shoulder replacement is considered critical for a successful outcome post-surgery. Physical therapy that starts early after surgery will offer a more rapid recovery. You will be provided with information on any precautions you should take as your shoulder heals, such as wearing a sling or

brace or limiting certain activities. It is important to follow your physical therapist's guidance to ensure you allow for proper healing and optimal results.

Your therapist will teach you how to deal with simple tasks, such as brushing your teeth, getting dressed, getting in and out of bed, and safely removing/putting on your sling. Early on, you will also be taught helpful tips to reduce pain and swelling, such as how to elevate your arm correctly or where to apply ice packs.

As your recovery progresses, your exercises will become more intensive until the function in your shoulder is fully regained. You will be guided through a series of exercises, all aimed at relieving pain, promoting healing, restoring motion and strength to restore your function, and preventing any further damage from occurring.

TRILOGY WELLNESS WELCOMES KALI SHERBINO MS,OTR/L, CLT, OUR NEWEST TEAM MEMBER



Hi, it's nice to "meet" you all! I graduated from D'Youville College in Buffalo, NY in 2020 with my Masters in Human Occupation. Since then I have been working in outpatient rehabilitation, specializing in orthopedic conditions of the elbow, wrist, and hand. I enjoyed splinting and working with complex wrist tendinopathies to help patients regain their independence. In September of 2023 I was certified in complete decongestive therapy (CDT) and have begun incorporating the treatment of lymphedema and other forms of swelling into my current practice. Conditions addressed with CDT include chronic venous insufficiency, hereditary lymphedema, edema secondary to trauma, cancer, orthopedic surgery, and many other causes. I am excited to continue all of this with Trilogy. When I'm not working I spend my time outside hiking, gardening, camping, and reading in the back of the golf cart. My fiancée and I have recently moved back to Hamburg, which is where his family and most of our friends live, and we are excited to be near them again.

LASER THERAPY

Are you experiencing pain in your joints or from arthritis? There is a natural treatment method that has been proven to help! The laser has been called a “magic wand” by some patients because of its ability to reduce pain so quickly. Laser therapy has been shown to help injured tissue move through the stages of healing by changing the cellular structure of the tissue. It is a powerful tool that can be used within a plan of care to help treat many diagnoses common to physical therapy practices including:

- TMJ
- Neck Pain
- Shoulder Pain
- Elbow & Joint Pain
- Fibromyalgia
- Low Back Pain
- Sciatica
- Arthritis
- Sports Injuries
- Soft Tissue Damage
- Plantar Fasciitis

It can be used for acute injuries, chronic conditions, and post-activity recovery. Following an acute injury, therapy lasers assist with bringing pain under control quickly, which helps the healing process and promotes better recovery.

With chronic conditions, research has shown that therapy lasers can be used to help combat persistent pain and promote circulation to damaged tissues. It can be a powerful, non-pharmaceutical solution to help reduce pain without the side effects of medication.

Lasers can be found on the sidelines of many pro, college, and Olympic sports teams across the United States and many parts of Europe and Asia. Laser therapy has been shown to be effective in improving post-activity recovery times and reducing delayed onset muscle soreness (DOMS).

We are currently offering 10% off laser packages at our Clarence office! Feel free to call the office for additional information, or to schedule an appointment.

UPCOMING WORKSHOPS

AT OUR CLARENCE CLINIC

Shoulder Pain: May 8th, @ 6:00 PM

Knee Pain: May 22nd, @ 6:00 PM

AT OUR WEST SENECA CLINIC

Shoulder Pain: May 9th, @ 6:00 PM

Knee Pain: May 23rd, @ 6:00 PM

AT OUR KENMORE CLINIC

Shoulder Pain: May 4th, @ 6:00 PM

Knee Pain: May 18th, @ 6:00 PM

Call 716.503.2320 to reserve your spot now!

mytrilogy.org

OUR NUTRITION SEMINAR



A nutritionist from Buffalo Nutrition & Dietetics, PLLC came to educate our patients and gym members on a healthy lifestyle, and even made some smoothies to share!

LASER PACKAGE SALE
10% OFF

For the month of May