



# Trilogy

MEDICALLY ORIENTED GYM

PHYSICAL THERAPY

COLLABORATIVE PARTNERS



## SOLVE YOUR LOWER BACK PAIN BY SUMMER

Amherst  
716.217.5083

Grand Island  
716.202.2405

West Seneca  
716.202.2916

Clarence  
716.503.2320

Kenmore  
716.427.0278

Wheatfield  
716.427.0323



# Trilogy

MEDICALLY ORIENTED GYM

PHYSICAL THERAPY

COLLABORATIVE PARTNERS

## Call Today

Amherst: 716.217.5083

Clarence: 716.503.2320

Grand Island: 716.202.2405

Kenmore: 716.427.0278

West Seneca: 716.202.2916

Wheatfield: 716.427.0323

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

## Book Your Appointment

Are you in need of one of our services? Scan the QR code now to book your appointment at the location closest to you!



## Is Your Lower Back Pain Caused By Sacroiliac Joint Dysfunction?

Are you living with sacroiliac joint dysfunction? This condition, also known as SI Dysfunction, is a painful sensation felt in the sacroiliac joint region, which is located at the bottom of the spine. A diagnosis for this condition means that the joints connecting the sacrum to the pelvis are moving improperly.

This condition can result in pain in the lower back, buttocks, and/or legs. Inflammation of the joints in this region can also occur, referred to as sacroiliitis. If you think you may be experiencing the symptoms of sacroiliac joint dysfunction, don't hesitate to contact Trilogy today. We'll help improve your normal mobility so you can get moving comfortably again!

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

# Don't Have A Pool This Summer?

## *Don't Worry We Do!*

If you are living with aches and pains, aquatic therapy can help you find comfort once again. Aquatic therapy is a type of physical therapy treatment that takes place in water, generally in an in-clinic pool. **We offer an aquatic pool at our West Seneca location and an aquatic treadmill at our Amherst location.**

Aquatic therapy sessions are very organized and typically begin with a warm-up. They all take place in the water and will likely begin with gentle, low-resistance exercises to target the lower and upper extremities.

This may include brief walking and light stretches. Then they will turn to more advanced cardiovascular and core activities, such as running, squatting, arm swings, and leg swings.

After your session, you will also have some cool-down methods. In many clinics, there will be a massage hose that provides a deep tissue massage-like experience. This prevents lactic acid from building up.

**Aquatic therapy at Trilogy Physical Therapy is able to provide the following:**

- **Relief:** It can help provide relief for many conditions, including arthritis, chronic pain, lower back pain, orthopedic injuries, sprains, strains, and tendonitis.
- **Improved Breathing:** The respiratory muscles are forced to work harder during aquatic therapy, which helps you breathe better.

- **Relaxation:** It provides a soothing and relaxing environment for aching muscles and joints.
- **Resistance:** Its natural resistance can be used to increase the rehabilitation process and strengthen muscles.
- **Wave Propagation/Turbulence:** Wave propagation and turbulence allow our physical therapist to gently manipulate your body.
- **Buoyancy:** Water has a natural buoyancy for flotation and reduces gravity on aching muscles and joints. There is less pain when you exercise in water.
- **Hydrostatic Pressure:** With its hydrostatic pressure, you're supported and don't have to fear falling while performing exercises.

If you are looking for relief and relaxation, aquatic therapy will likely be beneficial to you. Call our Amherst or West Seneca locations today to get started!



Amherst  
716.217.5083

Clarence  
716.503.2320

Grand Island  
716.202.2405

Kenmore  
716.427.0278

West Seneca  
716.202.2916

Wheatfield  
716.427.0323

# Summer Strong Program

## Medically Oriented Gym

Join us for an eight-week Summer Strong program that starts on 6/19/23 and runs through 8/14/23! Work with our Exercise Staff to challenge yourself on: Squats, Push ups, Rows, Lunges and Planks! This program includes an initial, mid-way, and final evaluations with our Exercise Specialist. They will also meet with you weekly to review your exercise plan.

**We will have prize categories for:**

1. Attendance
2. Highest number of total movements
3. Biggest percent improvements

**Please see a MOG staff member to enroll by 6/19/23.**

## Knee Pain Workshops

Co-presented with Thurman Thomas and Trilogi

Are you an athlete or active adult that's struggling with pain around your kneecap when using stairs, squatting, running, or jumping? Learn more at our upcoming Knee Pain Workshop on June 6<sup>th</sup> when Pro Football Hall of Famer, Thurman Thomas, will appear to share his story about overcoming knee pain both during and after his career.

**Where:** Grand Island Location, 1801 Grand Island Blvd., Grand Island, NY 14072

**When:** Tuesday, June 6<sup>th</sup> 5:00 - 6:00 PM or 6:30 - 7:30 PM

**Spots are limited! Call us at 716.336.4622 to reserve your spot.**



## Patient Success



"I worked with Michelle for over 5 months after shoulder surgery. She was great as she was very knowledgeable on my recovery progress and helped me recover in a timely fashion. Overall, the facility was very well maintained and the staff was friendly. I would recommend Michelle and Trilogi to family and friends." — M.C.

## Additional Workshops

**AT OUR CLARENCE CLINIC**

**Shoulder Pain:** June 12<sup>th</sup>, @ 6:00 PM

**Knee Pain:** June 29<sup>th</sup>, @ 6:00 PM

**AT OUR WEST SENECA CLINIC**

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

**Knee Pain:** June 20<sup>th</sup>, @ 6:00 PM

**AT OUR KENMORE CLINIC**

**Knee Pain:** June 15<sup>th</sup>, @ 6:00 PM

**Call 716.336.4622 to reserve your spot now!**

[mytrilogi.org](https://mytrilogi.org)