



# Trilogy

MEDICALLY ORIENTED GYM

PHYSICAL THERAPY

COLLABORATIVE PARTNERS



## Avoiding Opioids With Physical Therapy

Are you tired of being told that medication is your only option? Have you been looking for a more holistic approach to your injuries? At Trilogy Physical Therapy, our physical therapists can guide you to solutions without using strong medications. If you have recently been in a car accident, you know how frightening it can be. Automobile accidents can result in injuries ranging from mild aches and pains to severe whiplash.

In many cases, you may be prescribed strong medications, including opioids, as a way to ease your pain during your recovery process. Unfortunately, opioids are highly addictive and contain undesirable side effects. It is also estimated that millions of Americans misuse the pain-management drugs they're prescribed when recovering from an injury – such as those sustained during car accidents. According to the CDC, overdose deaths involving prescription opioids more than quadrupled from 1999 to 2019.

Fortunately, physical therapy is a much safer and more effective pain-management solution. Physical therapy can help in your recovery from an automobile accident by reducing pain and inflammation, in addition to restoring your range of motion. Our team is here to help you recover from the injuries you sustained in your car accident. Contact Trilogy Physical Therapy today to schedule an appointment and get back on track to leading a life you live, free of pain.

It is important to note that opioids and over-the-counter drugs are very different. For the most part, Advil, Tylenol, and ibuprofen are safe to use in moderation if you are trying to find immediate relief when recovering from your car accident. There aren't many significant health risks when people turn to over-the-counter medications to help ease the pain.

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

# The Dangers Of Using Opioids

Opioids are one of the most commonly used medications for pain management. Their use for acute or terminal pain is well accepted, but their role and benefit for chronic, non-cancer related pain are controversial.

But for a more serious injury, you may have sustained during an accident, prescription-strength medications may be issued.

One of the primary reasons for the controversy is the well-known psychological addiction that can occur from using these medications. Opioids are highly addictive and are the most commonly abused prescription medication.

More than 2 million people in the United States become addicted to pain medication every year, many of the medicines being opioids.

Opioids are a highly dangerous class of substances, and the risks of opioids often outweigh the rewards. The more severe side effects of opioids include depression, overdose, and addiction. The withdrawal symptoms when stopping opioid use are also a serious problem that can be avoided by not getting started on them in the first place.

You don't need to have a history of addiction to become dependent on opioids. Many people who become addicted have never had any issues with drug dependency in the past. Fortunately, physical therapy can help provide the same pain relief in a much safer, healthier, and natural way.

## ADDITIONAL WORKSHOPS

### AT OUR CLARENCE CLINIC

**Shoulder Pain:** July 24<sup>th</sup>, @ 6:00 PM

### AT OUR WEST SENECA CLINIC

**Rotator Cuff:** July 11<sup>th</sup>, @ 6:00 PM

**Knee Pain:** July 25<sup>th</sup>, @ 6:00 PM

### AT OUR KENMORE CLINIC

**Rotator Cuff:** July 13<sup>th</sup>, @ 6:00 PM

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

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

## Call today to set up an appointment

If you've been in a car accident, Trilogy Physical Therapy is here for you. Our advanced holistic methods will help you recover the right way – without harmful risks. We'll be your support system during every step of your treatment plan. Contact us today.

## 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!



Source: <https://www.cdc.gov/drugoverdose/deaths/prescription/overview.html> • [https://journals.lww.com/painrpts/fulltext/2020/10000/physical\\_therapy\\_and\\_opioid\\_use\\_for.12.aspx](https://journals.lww.com/painrpts/fulltext/2020/10000/physical_therapy_and_opioid_use_for.12.aspx) • <https://pubmed.ncbi.nlm.nih.gov/18443635/>

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## How Physical Therapy Can Help After A Crash

If you were injured in a car accident, physical therapy is a form of treatment that will help in both easing your pain and helping your body heal. Unlike opioids, physical therapy aims to provide long-term relief instead of short-term. Physical therapy goes beyond pain relief and works to improve your body's overall function by getting to the root of the problem.

Sustaining a crash-related injury may hinder your ability to stand, walk, run, work, and move altogether. Physical therapists treat pain through movement and teaming up with you to improve or maintain your mobility and quality of life. We will address these areas of function at your initial appointment and throughout the entirety of your treatment plan. The main goal of any physical therapy program is to relieve pain and get you back to your optimum levels of physical function. Your typical treatment plans will incorporate a series of treatments based on the nature of your condition, aimed at providing relief and recovery.



## Get Back In The Garden

Gardening can put some strain on the body but these tips can help you minimize gardening aches and pains:

- 1. Get moving before you garden.** Take a 10-minute brisk walk and stretch your spine and limbs to warm up.
- 2. Change positions often to avoid stiffness or cramping.** Be aware of how your body feels as you work. If a part of your body starts to ache, take a break. Stretch that body part in the opposite direction, or switch to a different gardening activity. For example, if you've been leaning forward for a while, and your back starts to ache, slowly stand up, and gently lean backward a few times.
- 3. Use a garden cart or wheelbarrow to move heavy materials or tools.** Lift with your knees and use good posture while moving a cart or wheelbarrow.
- 4. Give your knees a break.** Use knee pads or a gardening pad. If kneeling or leaning down to the ground causes a lot of pain in your back or knees, try using elevated planters for your garden. If kneeling on both knees causes back discomfort, try kneeling on one and keep the other foot on the ground.
- 5. Maintain good posture.** Use good body mechanics when you pick something up or pull weeds. Bend your knees, tighten your stomach muscles, and keep your back straight as you lift or pull. Avoid twisting your spine or knees when moving things to the side. Instead, move your feet or pivot on your toes to turn your whole body.
- 6. Take breaks.** If you haven't done gardening or other yard work in a while, plan to work in short stints. And set a timer to take short breaks before you start feeling aches and pains.
- 7. Keep moving after you garden.** End your gardening session with some gentle backward bending of your low back. Take a short walk do light stretching. If you are not able to manage aches and pains with these tips and your discomfort lingers, a physical therapist can help.



# Trilogy

## 6 Convenient Locations

*Call To Book Your Appointment Today!*

### AMHERST

3970 Harlem Rd.,  
Amherst, NY

**716.217.5083**

### CLARENCE

8637 Main St.,  
Clarence, NY 14221

**716.503.2320**

### GRAND ISLAND

1801 Grand Island Blvd.,  
Grand Island, NY

**PT:** 716.202.2405

**MOG:** 716.202.2762

### KENMORE

1491 Sheridan Dr.,  
STE 300, Kenmore, NY

**716.427.0278**

### WEST SENECA

100 Union Rd.,  
West Seneca, NY

**716.202.2916**

### WHEATFIELD

3571 Niagara Falls Blvd.,  
North Tonawanda, NY

**716.427.0323**



## Patient Success

"I received physical therapy from Mike for several weeks for vestibular issues. I didn't think this problem would ever go away, but it's 90% gone now and I'm doing much better. Visiting the office was always pleasant and relaxing thanks to the friendly, knowledgeable staff. They know all their clients by name so it has a familiar, comfortable feel. I always felt in great hands with Mike, who is highly skilled, gentle, and attentive. Same goes for Mark, who filled in for Mike once, and Peter, who helped out with some tips one day. They're all great. It's not that I want to need more physical therapy, but I actually do miss my visits here. :-)" — M.C.Y.



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



## Feel Better Today

Scan the QR code now to book your appointment at the location closest to you!

## Our Services

- Aquatic Therapy
- Occupational Therapy
- ASTYM
- Cold Laser Therapy
- Electrical Stimulation
- Fall Prevention
- Joint Mobilization
- Manual Therapy
- Lsvt Big
- Muscular Injuries
- Neuromuscular Re-Education
- Physical Therapy
- Spinal Manipulation
- Therapeutic Exercise
- Ultrasound
- Vestibular Therapy
- & More!