



Trilogy

MEDICALLY ORIENTED GYM

PHYSICAL THERAPY

COLLABORATIVE PARTNERS

AVOID SURGERY & MANAGE YOUR PAIN

WITH PHYSICAL THERAPY



Do you have a chronic pain condition or general aches and pains? Have you been searching for a course of treatment that doesn't involve surgery? Physical therapy may be your key to a happier and healthier life!

We understand the desire to avoid surgery. Our highly trained team uses the most advanced strategies to help alleviate pain and prevent recurring injury. And the best part is, we use only conservative and natural treatment options!

Are you ready to start on the path towards natural pain relief? Contact Trilogy Physical Therapy today to schedule an appointment. Our team of dedicated therapists can treat your pain and return you to a more comfortable life.

WHAT TREATMENT OPTIONS ARE AVAILABLE AT TRILOGY PHYSICAL THERAPY?

There is a wide variety of treatment options available at our physical therapy clinic. Depending on your injury or condition you may be prescribed one or more of the following therapeutic modalities.

Laser therapy: Laser therapy is a medical treatment that uses concentrated light to treat

patients. This non-invasive technique promotes cellular healing and decreases inflammation. Laser therapy can reduce pain and restore normal range of motion to the dysfunctional area. Though this method of treatment might sound intimidating, it is perfectly safe and has been approved by the FDA since 2003! This treatment option offers a safer alternative to surgery and the continued use of prescription medication.

Manual Therapy: Manual therapy is a type of physical therapy used to treat musculoskeletal pain and disability. It primarily consists of muscle kneading and manipulation, joint mobilization, and joint manipulation. Manual therapy techniques move muscles and joints and include the following:

- Palpation
- Stretching
- Gentle and high-pressure forces
- Gentle and strong resistance of movements to affect change
- Rapid and/or forceful manipulation

These treatments assist a physical therapist's rehabilitation program by encouraging your body to heal itself. Manual techniques aim to ensure that your bones and muscles are aligned, balanced, and functioning correctly.

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

What Can I Expect From Physical Therapy?

Physical therapy should start immediately following most injuries to ensure the fastest recovery possible. Understanding the stages of healing is essential to resolve your condition promptly.

Our therapists will begin with an injury evaluation and a biomechanical assessment to identify all the factors contributing to your pain/injury. We will use this information to identify the most likely tissue causing your pain and dysfunction.

Based on the stage of healing you are in, we will develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques for the fastest possible recovery. Our team will interpret the clues your body is giving you and provide you with clearly defined instructions on how long it will likely take

to resolve your problems. Our goal is to help you recover using the body's natural, noninvasive systems for healing.

REQUEST AN APPOINTMENT AT TRILOGY PHYSICAL THERAPY TODAY!

At Trilogy Physical Therapy, our physical therapists are experts at treating all musculoskeletal-related injuries. When you make an appointment with us, you'll gain access to a wide variety of treatment options to relieve your pain.

Are you ready to recover without undergoing surgery? Call today to schedule an appointment with one of our specialists!

Sources: <https://franklinstitute.com/acoustic-wave-therapy-what-is-it-and-what-does-it-do/>
<https://www.vjfc.com/insights/blog/laser-therapy-physical-therapy-perfect-treatment-pairing/>
<https://my.clevelandclinic.org/health/treatments/17677-craniosacral-therapy>

ADDITIONAL WORKSHOPS

AT OUR CLARENCE CLINIC

Rotator Cuff: September 4th, @ 6:00 PM

Rotator Cuff: September 28th, @ 6:00 PM

AT OUR WEST SENECA CLINIC

Knee Pain: September 5th, @ 6:00 PM

Rotator Cuff: September 19th, @ 6:00 PM

AT OUR KENMORE CLINIC

Rotator Cuff: September 11th, @ 6:00 PM

Knee Pain: September 28th, @ 6:00 PM



Click here to book your appointment at the location closest to you!

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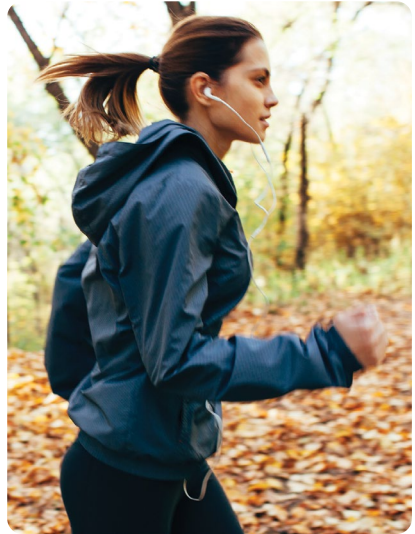
Wheatfield
716.427.0323

Turkey Trot Training Program

SEPTEMBER 25TH - NOVEMBER 19TH

Gear up for a fantastic Thanksgiving by participating in our Turkey Trot Running Program! Whether you're aiming for a personal best or simply wanting to enjoy a leisurely jog, this program has something for everyone.

As you train for the Turkey Trot (or just use it to get in better shape) you'll meet with a physical therapist to perform a running analysis. This will help to identify any irregularities or inefficiencies in your running form that might contribute to discomfort, decreased performance, or even injuries. Once these areas of concern are identified, we'll prescribe specific exercises and movements to help optimize running technique, prevent overuse injuries, and contribute to overall running enjoyment and success. Mark your calendar, invite your friends and family, and let's trot together towards health and happiness.



Our Nutrition Seminars

Join us in partnership with Buffalo Nutrition and Dietetics. We will discuss the role of medical nutrition therapy/RDNs in complex chronic disease and rehab and sample a healthy smoothie.

Sign up at the front desk of any of our 6 offices or call 716.773.1600

KENMORE

Monday, September 28th
8:30 - 9:30 am
Ashley Carpenter

GRAND ISLAND

Saturday, October 7th
10:30 - 11:30 AM
Tricia Sauer

CLARENCE

Friday, November 13th
1:30 - 2:30 PM
Noelle Citarella

WEST SENECA

Monday, December 11th
2:00 - 3:00 PM
Mary Chojnowski



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

Feel Better Today

Click here to book your appointment at the location closest to you!

Our Services

- Aquatic Therapy
- ASTYM
- Cold Laser Therapy
- Electrical Stimulation
- Fall Prevention
- Fitness
- Parkinson's
- Lymphedema
- Manual Stretching
- Manual Therapy
- Muscular Injuries
- Occupational Therapy
- Pelvic Floor
- Personal Training
- Physical Therapy
- Spinal Manipulation
- Therapeutic Exercise
- Vestibular Therapy
- & More!

Member Success

"Going to the gym here has really helped me get stronger and has made me succeed more in the sports I play. I play Hockey, Golf and Lacrosse. In hockey one day my coach noticed that I was way faster than he had seen since the last time. After I got training here to get stronger and faster. Also in lacrosse, I was able to keep up with other kids in the game that are really fast. Usually, I'm one of the slowest ones on the team and after a few months here I've been able to become one of the fastest. Also to play school golf you need to pass an APP test which tests you on different athletic abilities. With the people here's help I've been trying the tests I missed and just last week I finally passed one of them."

— Adam K.



Click here to book your appointment at the location closest to you!

mytrilogy.org