



# Trilogy

MEDICALLY ORIENTED GYM

PHYSICAL THERAPY

COLLABORATIVE PARTNERS



## GET BACK INTO A SAFE EXERCISE ROUTINE THIS FALL

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



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## GET BACK INTO A SAFE EXERCISE ROUTINE

Have you gotten out of your exercise routine? Are you concerned with new aches and pains or put off taking care of an old injury? At Trilogy Physical Therapy, our physical therapists can guide you through a safe return to exercise or help you resolve an annoying old injury.

Your body, quite simply, was made to move. With any extended break from exercise, you may have some pain and soreness when you get back to your daily physical activity. You must understand the safest ways to get back into your exercise routine, so you can avoid injuries.

At Trilogy Physical Therapy we want to make sure you resolve an old problem and help you get back into your normal exercise routine without developing any new aches and pains. Contact us to see how we can help, whatever your goals!

### TIPS FROM PHYSICAL THERAPY FOR A SAFE RETURN TO EXERCISE

There are some important considerations everyone should know when starting or resuming an exercise program. Our physical therapists are movement experts and skilled at guiding people through rehabilitation and beyond. We will provide you

with solutions that work and aren't based on the latest fad.

#### Always use proper form

No matter what type of physical exercise you are trying to get back into, maintaining your form is a crucial part of it. Understanding how to perform an exercise properly can be the difference between results and injury.

Your ability to safely perform exercises depends on you maintaining good posture and proper body positioning. You might find that your natural posture has changed a little bit because of a lack of physical activity. Our team of physical therapists can help identify joint restrictions and compensations your body makes due to injury or deconditioning.

Our physical therapists at Trilogy Physical Therapy can address any issues you may have while sitting, standing, twisting, bending, running, jumping, or lifting. Our movement analysis is a comprehensive way to learn about how your body moves to ensure you improve your current form and limit the amount of impact on your joints during exercise.

*(continued inside)*

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# Get Back Into a Safe Exercise Routine

(continued from outside)

## Take it easy at first

If you haven't been participating in the same type of vigorous physical activity you used to be accustomed to, it is important to begin with baby steps so that you are not adding extra stress or strain to your joints and muscles. Inactivity leads to physical limitations and an increased risk of injury, so does trying to do too much too soon. After injury or prolonged inactivity it is vital to your health and well-being to progress yourself gradually.

When you push your body past its limits, you become more prone to injuries because your body is not prepared for those kinds of physical demands which in turn leads to poor technique and injury. A physical therapist can help you recognize your body's limits and can create an exercise plan for you to get back to your physical goals. Start small in the beginning with exercises and a plan. Plan for a steady progression to ensure safety and results!

## Focus on health instead of the scale

It is all too common for many of us to experience loss of muscle mass and gaining of extra weight. With help from a physical therapist, you can set up an exercise regimen that will help you shed some pounds and maintain a healthy weight.

Making changes to your health means taking a whole body approach. There is definitive evidence that taking off weight takes off the added stress on your joints. Proper nutrition can help with weight loss and also reduce inflammation in the body. Learning stress management/reduction strategies also helps improve your health and well-being. Your physical therapist will also customize an exercise

plan for your specific needs. This plan may include stretching, aerobic exercise, weight training, or pain relief treatments if necessary. This will help in reaching your health goals and decrease the pressure on your joints!

## Set intentions and plan your day around them

Small modifications to your daily routine can make a big difference to your overall health. Our physical therapists typically recommend small changes to a person's routine in order to make the adjustments manageable.

### Some changes to your routine include:

1. Choose the stairs instead of the elevator.
2. Shovel snow, rake leaves, and garden in your yard as the seasons change.
3. Park farther away from your destination and walk the extra distance.
4. Walk up and down the field while your children are playing sports.
5. Take the dog on walks around the park or your neighborhood every day.
6. Get off the bus one stop early and walk the rest of the way to your destination.

## CALL TO MAKE AN APPOINTMENT

If you've been looking for assistance in getting back in shape, your search ends here. Trilogy Physical Therapy is here to help you achieve your wellness and fitness goals. Contact us today to discover how we can help you safely strengthen your muscles and get your energy back!

Sources: <https://www.sciencedirect.com/science/article/pii/S252900816300127> • [https://www.physio-pedia.com/Injury\\_Prevention\\_and\\_Body\\_Mechanics](https://www.physio-pedia.com/Injury_Prevention_and_Body_Mechanics) • <https://www.sciencedirect.com/science/article/abs/pii/S1568997216302106> • <https://www.intelligenceconnect.com/content/pevo/cr/2019/00000015/00000003/art00005> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6796229/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5942145/>

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## DON'T MISS OUT ON THIS DEAL!

At the Medically Oriented Gym, we offer a wide range of services. Do you know we offer Stretch N Go's and Restore sessions? If not, now is the perfect time to see what they are all about! A Stretch N Go is a manual stretch program that improves your joint range of motion and your muscle flexibility. Your entire body will receive a prolonged stretch in all directions, with special attention to any tight areas. A Restore session is a combination of manual stretching, percussion therapy, and soft tissue mobilization that leaves an individual feeling refreshed and restored. We will focus on any areas you feel need attention. Both services are provided by an Exercise Specialist. We are running specials for both services. They must be purchased from 11/1/23-11/11/23 and use by 1/31/24. Our first special is 10 30-min Stretch N Go's for \$200 (save \$50) and our second special is 10 30-min Restore sessions for \$275 (save \$75). **We only offer these a couple times a year. Don't miss out! These could be given as a holiday gift or save for yourself as a special treat!**

## MEMBER SUCCESS

Hello everyone! My name is Dawn. When I was 16, my world changed. I was in a terrible automobile accident. While in a coma, I suffered three strokes which have left me physically disabled on my right side. I received PT, OT and speech therapy while in the hospital, and continued in outpatient therapy for 5 more years. I earned my Bachelor's degree in Human Services, and my master's degree in Special education. I was able to work for about 20 years, which was very rewarding to me. During that time, I received a knee replacement and hip replacement, both on my impaired right side. My pain and mobility greatly worsened through the years with my degree of disability, and my surgeon recommended more physical therapy. That is when I discovered Trilogy! Kelly evaluated me and became my therapist. She showed me exercises to improve the strength of my muscles, my mobility and balance, and affected my mood, self-esteem, and motivation. Kelly is WONDERFUL! I joined the chair yoga sessions instructed by Olivia and the results are great! I am gaining more strength and flexibility, more self-confidence, and spiritual self-worthiness.

**Trilogy is fabulous! I cannot thank the staff enough for their empathy, professionalism, and positive feedback. I feel blessed to work with such wonderful people. I look forward to getting up in the morning and exercising at their facility!**



## UPCOMING WORKSHOPS

### SHOULDER PAIN

**Nov. 6<sup>th</sup> @ 6:00 PM**

*At Our Kenmore Clinic*

**Nov. 9<sup>th</sup> @ 6:00 PM**

*At Our Clarence Clinic*

**Nov. 21<sup>st</sup> @ 6:00 PM**

*At Our West Seneca Clinic*

**Nov. 27<sup>th</sup> @ 6:00 PM**

*At Our Clarence Clinic*

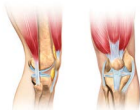
### KNEE PAIN

**Nov. 7<sup>th</sup> @ 6:00 PM**

*At Our West Seneca Clinic*

**Nov. 30<sup>th</sup> @ 6:00 PM**

*At Our Kenmore Clinic*



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

Call 716.503.2320 to reserve your spot now! Hurry there is a limited number of spots for these workshops available.

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