



Trilogy

MEDICALLY ORIENTED GYM

PHYSICAL THERAPY

COLLABORATIVE PARTNERS



HOW LOWER BACK PAIN & NECK PAIN
ARE CONNECTED



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HOW TO FIND PAIN RELIEF BEFORE THE HOLIDAYS

Do you notice the more your lower back hurts, the tighter your neck feels? Have you ever had a sharp pain in your lower back when turning your neck? If so, you have likely experienced how all the joints in your spine are connected. At Trilogy Physical Therapy, we can help you resolve the source of your pain and address the entire spine as a whole!

Your spine is a complex interconnected series of joints – it requires proper posture, flexibility, coordination, and strength, to do its job correctly. When one of these elements is altered, your spine can emit painful responses settling in other nearby parts of the body. Among adults, up to 80% will experience back pain, and 70% will experience neck pain that interferes with their daily activities. At times both are present, and one seems to aggravate the other. The good news is that with guidance from our physical therapists at Trilogy Physical Therapy, you can find solutions to your pain and learn how to help prevent future episodes!

HOW PAIN IN THE SPINE IS CONNECTED TO YOUR NECK

Your spine is connected through a series of muscles, ligaments, tendons, and joints where movement in one region influences movements in another. As with any type of interconnected system, breakdowns can happen at any time. This is why dysfunction in one area can lead to pain in the other.

Pain in your spine can range from a mild, dull, annoying ache to persistent, severe, and disabling pain. Often the pain in your back or neck restricts mobility and interferes with normal functioning and quality of life.

We don't typically think about it, but we use our spine for many of our daily activities. Even simple things, such as turning to grab something out of the cupboard or looking over your shoulder, requires the interaction of the entire spinal joints, muscles, and nerves.

Amherst
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716.503.2320

Grand Island
716.202.2405

Kenmore
716.427.0278

West Seneca
716.202.2916

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716.427.0323

How Physical Therapy Can Help

(continued from outside)

When you have limited motion in your neck, your body compensates by twisting more than it usually would allow you to complete the task. Our spine requires the coordination of the entire spine; otherwise, movements can cause pain or limitations that impair your ability to complete the activity.

If you are experiencing neck pain, back pain, or a combination of both, our physical therapists would be more than happy to meet with you for a consultation to discuss how they can help.

Physical therapists are trained to evaluate muscle and joint movement, and they can quickly assist you in finding the root of your problem. Our physical therapists will thoroughly evaluate you, determine why you are experiencing pain, and treat all affected areas. After your initial consultation, we will create a specialized treatment plan based on your specific needs. At Trilogy Physical Therapy, our physical therapist's end goal is the same as yours – to get you feeling better!

WHAT TO EXPECT IN PHYSICAL THERAPY

After performing a thorough assessment and treatment plan, our therapist will teach you strategies to avoid future problems by focusing on strategies for spine health.

LIMIT SITTING FOR TOO LONG

Prolonged sitting is not suitable for your back or your overall health. Although adjusting your posture while sitting can be helpful, a more practical option is to stand up periodically throughout the day.

Limit your sitting to 30-45 minutes at a time. The results will be noticeable!

USE GOOD POSTURE

Our spine is designed to move, which means our posture should also move. The spine does not like to remain in one position for extended periods, but when you need to sit or stand for long periods, find a "good" posture.

For example, imagine your breast bone is lifted towards the sky, causing your spine to straighten out — lifting you up — keeping your hips, spine, shoulders, and neck aligned.

Learning to care for your spine will minimize the pain and dysfunction that comes from neglect.

CALL OUR CLINIC TODAY

Visit a physical therapist at Trilogy Physical Therapy for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you are experiencing lower back pain or neck pain, give us a call today!

Source: https://journals.lww.com/md-journal/fulltext/2017/05190/trends_in_diagnosis_of_painful_neck_and_back3.aspx • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/> • <https://bmcmusculoskeletdisord.biomedcentral.com/articles/10.1186/s12891-020-03871-5>



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GOLF FITNESS PROGRAM

Are you an avid golfer? Are you looking to improve your balance, consistency, develop a more powerful swing, increase your balance, or gain distance? Do you struggle with back pain, limited mobility, or flexibility? If you're nodding your head "yes" to any or all of these questions, chances are you could benefit from our golf fitness program. Our program starts in January and runs for 12 weeks. We have a Titleist Performance Institute (TPI) certified physical therapist that will conduct the TPI screen focused on golf specific movements. With the use of the TPI screen, our staff can determine the body-swing connection to allow for the best possible rehab/fitness program for your individual needs. In addition to your individual plan, we have a group circuit class on Saturday mornings that focuses on golf specific strength and conditioning exercises. Our goal is to provide the best training and thorough assessments that will help you play better while experiencing less pain.

If you are interested in registering, please e-mail us at info@mytrilogy.org or call us at 716.773.1600!

MEMBER SUCCESS

"Trilogy is the BEST!!! Tiffany helped ease my knee, hip & back tightness. Thought I was destined for some surgery but I'm totally healed. I can do my splits again." — Beverly Reczek



UPCOMING WORKSHOPS

SHOULDER PAIN

Dec. 5th @ 6:00 PM

At Our Kenmore Clinic

Dec. 19th @ 6:30 PM

At Our West Seneca Clinic

BALANCE

Dec. 14th @ 6:00 PM

At Our Clarence Clinic

KNEE PAIN

Dec. 11th @ 6:00 PM

At Our Kenmore Clinic

Dec. 5th @ 6:30 PM

At Our West Seneca Clinic



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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