



Trilogy

MEDICALLY ORIENTED GYM

PHYSICAL THERAPY

COLLABORATIVE PARTNERS



FIND RELIEF FROM OSTEOARTHRITIS PAIN

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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Are you experiencing persistent joint pain, particularly in a weight-bearing joint like your hip or knee? Do you ever notice a clicking or grinding sensation in your painful joint? If so, you may have developed osteoarthritis, the most common form of arthritis in the United States.

Arthritis is an umbrella term for over 100 conditions that cause joint inflammation and lead to pain and restricted mobility. The source of that inflammation will vary depending on the type of arthritis. In osteoarthritis, it's caused by degeneration of the cartilage and bone tissue in the affected joint.

Osteoarthritis has no cure and can profoundly impact your overall quality of life, making it harder for you to stay active, keep up with chores, and enjoy time with your loved ones. Fortunately, physical therapy at Trilogy Physical Therapy offers several tools and techniques to help you manage your symptoms—often enough that you can delay or even avoid surgical interventions.

If you're tired of living with osteoarthritis pain, call us to schedule an appointment today!

Understanding Osteoarthritis

The primary symptoms of osteoarthritis are pain and stiffness in the affected joint. These symptoms often manifest in the following ways:



- Pain during activity but not while at rest
- Pain when you press on the joint
- Joint stiffness first thing in the morning
- Joint stiffness after sitting or lying down for long periods
- Noises in the joint, including creaking, cracking, or crunching

While any joint can develop osteoarthritis, it most commonly occurs in weight-bearing joints like the knees and hips. However, it's also fairly common in the hands, spine, and feet.

The causes of osteoarthritis are complex, and several factors can contribute to it. One of these factors is age: approximately 73% of people with the condition are 55 years or older. That's not to say osteoarthritis is an inevitable part of the aging process—plenty of older people don't have it. But your chances of developing it do increase as you age. Other possible factors contributing to osteoarthritis include past injuries to the joint, gender (women are more likely to develop it than men), body weight, and even genetic predispositions.

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HOW WE HELP MANAGE OSTEOARTHRITIS SYMPTOMS

The good news is that you can control osteoarthritis symptoms with the help of physical therapy. Although movement can be painful with osteoarthritis, exercise is one of the best drug-free ways to manage the condition. Our physical therapists will help you find an exercise program that suits your needs.

Here's how we'll do it:

- **Comprehensive Evaluation:** We start by evaluating how osteoarthritis impacts you, including performing simple tests to assess your strength, mobility, and/or balance. We'll also ask you about the ways that osteoarthritis is negatively affecting your life. For example, which activities do you find challenging?
- **Provide Pain Relief:** We'll use manual therapy techniques to help manage your pain and get the joint moving in a gentle way. For example, we might guide the joint through its current range of motion or manipulate the surrounding soft tissue.
- **Build Strength and Restore Mobility:** We'll develop a customized, progressive exercise program to rebuild lost strength and mobility in the affected joint. Building strength, in particular, can help support and protect the joint so you can move more easily.
- **Develop An At-Home Exercise Program:** You'll supplement your sessions in our clinic with a personalized home workout program to ensure you keep moving! We'll find something that suits your abilities and interests, such as a walking program or water aerobics.
- **Provide Strategies for Activity Modifications:** Finally, we can help you identify and avoid any specific activities that might put too much strain on your joints. If needed, we can also show you how to use mobility aids (such as canes or walkers).

Don't Let Osteoarthritis Pain Hold You Back!

We know that living with osteoarthritis can be difficult, but the physical therapists at Trilogy Physical Therapy are here to help you manage your condition and live your life to the fullest. With customized treatment plans, targeted exercise programs, and acute pain management techniques, physical therapy can help you take control of osteoarthritis pain. Ready to get started? Call us to schedule your initial consultation today!

Sources: <https://www.choosept.com/guide/physical-therapy-guide-osteoarthritis> • <https://www.who.int/news-room/fact-sheets/detail/osteoarthritis> • <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/getting-started/benefits-of-exercise-for-osteoarthritis>



UPCOMING WORKSHOPS

SHOULDER PAIN

Feb. 22nd @ 6 PM

At Our Clarence Clinic

Feb. 26th @ 6 PM

At Our Kenmore Clinic

KNEE PAIN

Feb. 6th @ 6:30 PM

At Our West Seneca Clinic

Feb. 13th @ 6:30 PM

At Our Kenmore Clinic

BALANCE

Feb. 8th @ 6:30 PM

At Our Clarence Clinic

[mytrilogy.org](https://www.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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FREE SCREENS FOR THE MONTH OF FEBRUARY

Seeking relief from pain or weakness? Look no further! Whether you're recovering from an injury or just looking to improve your overall well-being, we are here to help! We are offering a complimentary session with a physical therapist at our West Seneca and Wheatfield offices. There are limited spots available, so book today and let's work towards a healthier you!

Excited To Welcome Katie & Ryan



Katherine Myers graduated from D'Youville University with a doctorate in physical therapy and continued her pelvic floor education through Herman and Wallace. She is a Cert-MDT practitioner, trained in Graston and Kinesio taping techniques. She is working on her PCES certification (pregnancy and post-partum corrective exercises). Katie will be working in our West Seneca office. Call us to learn more about her pelvic floor specialty, or to find out if she can help you!



Ryan attended St. John Fisher College in their Sport Management Program and was a track and field athlete. His time there as an athlete was when he found his passion with physical activity. After college, he worked at a commercial gym when his career progressed from an entry level sales associate to a general manager. Prior to joining our team, Ryan worked as a sales consultant at West Herr Automotive Group. He is excited to return back to the field he is passionate about, while also bringing sales and leadership experience with him. He hopes to bring a new and refreshing presence to the Medically Oriented Gym and establish connections with his fellow colleagues and clients. His favorite hobbies are going to Buffalo Bills games and working out.

We Offer Massage Therapy

Do you know the benefits of massage therapy? We will now be offering this at our Grand Island location. Welcome David!



Renewed Energy Massage - "All the relaxation you knead!"

— David J. Faccini, Jr., PTA, LMT

Massage therapy, encompassing techniques such as Swedish and deep tissue massage, has proven to be a valuable adjunct in managing orthopedic conditions. Swedish massage, characterized by long, flowing strokes and kneading motions, promotes relaxation and enhances circulation. This can be particularly beneficial for individuals with orthopedic issues as improved blood flow facilitates the delivery of oxygen and nutrients to injured tissues, aiding in the healing process.

Deep tissue massage, on the other hand, targets deeper layers of muscles and connective tissue. It can effectively alleviate chronic pain associated with orthopedic conditions by releasing tension and breaking down scar tissue. This targeted approach helps to improve range of motion and flexibility, crucial elements in the rehabilitation of orthopedic injuries.

Massage therapy also plays a vital role in reducing inflammation and promoting joint health. By stimulating the lymphatic system, massages facilitate the removal of toxins and reduce swelling providing relief for conditions such as arthritis or tendinitis. Furthermore, the psychological benefits of massage, including stress reduction and improved sleep quality, contributes to an overall sense of well-being.

To schedule your appointment, contact David directly at 716.361.2711.

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