



Trilogy

MEDICALLY ORIENTED GYM

PHYSICAL THERAPY

COLLABORATIVE PARTNERS



ESTATE PLANNING 101

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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Do you know the difference between a health care proxy and a living will? Do you know what it means to appoint a power of attorney? Do you have a will or do you think that it isn't needed if you're married?

If these or other questions regarding estate planning have been on your mind, make plans now to join us at one of the upcoming Lunch and Learn Sessions to be held at our Grand Island and Clarence locations.

Our guest speaker will be Elizabeth Ingold, of Ingold Law. Elizabeth has been specializing in elder law and estate planning for over 15 years and has handled over 3,000 cases in that timeframe. Here's what you'll learn during the session:

- Safeguarding choices regarding medical and end-of-life treatment: the importance of the health care proxy and living will
- Safeguarding choices and assets in the instance of incapacity: the power of attorney
- Safeguarding estate assets: probate, the will & possible provisions dictating how an inheritance is spent
- Safeguarding choices and assets: long-term care planning
- Medicare vs. Medicaid benefits: understand the difference when it comes to paying for long term care
- Strategies to protect assets and strategies that do not protect assets from cost of long term care
- Best way to protect your home
- Common mistakes of caregivers

In addition to the presentation that Elizabeth will be providing we will also have Matt Gardiner from Oasis Senior Advisors do a brief presentation. Here's more info on Matt and his services:

Meet Matt Gardiner, the owner and Certified Senior Advisor at Oasis Senior Advisors Buffalo. Searching for the ideal senior living accommodations, whether for yourself or a loved one, can be a daunting task. But with Oasis Senior Advisors Buffalo, the stress of the search disappears.

Our experienced advisors in Buffalo are dedicated to understanding your individual preferences, financial circumstances, and desired location to provide personalized assisted living recommendations. Above all, we are committed to finding the perfect community that meets your unique needs, because we genuinely care about your well-being.

**JOIN US AT THE GRAND ISLAND
OFFICE ON MAY 15TH OR THE
CLARENCE OFFICE ON MAY 22ND**

Both sessions will begin promptly at noon. A light lunch will be served. Call 716.773.4323 to reserve a seat for the May 15th session at Grand Island or 716.634.1578 to reserve a seat for the May 22nd session at Clarence. Seats are limited and registration is required, so call today!

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DON'T LET KNEE PAIN GET IN THE WAY OF GARDENING THIS SPRING!

Do you notice getting up and down seems to be more difficult and even painful at times? Are you concerned about all the work you have to do in your garden and how your knees will handle it?

At Trilogy Physical Therapy, our physical therapists have proven success in helping people with knee pain feel better to do what they love!

Gardening is one of the most popular activities people of all ages, and physical abilities enjoy worldwide. If you are someone who enjoys gardening, you understand that it can be physically demanding at times. Whether you are lifting or carrying or kneeling and bending over, the demands on the body can lead to pain and injury.

Anyone who gardens knows that getting out in nature and the pure enjoyment of using your hands to get something to grow is worth the effort. Most gardeners don't know that your knees also benefit from the work!

At Trilogy Physical Therapy, our physical therapists understand the importance of staying active for knee health. We will work with you to resolve any limitations you may have so you can get back in the garden and enjoy a pain-free season! Request an appointment today!

WHY GARDENING IS GOOD FOR THE KNEES

One of the biggest mistakes people with sore knees make is avoiding activity altogether. For years the message was, "If it hurts, don't do it." Unfortunately, this is one of the worst things you can do when it comes to the knees.

One of the most common problems gardeners deal with is knee osteoarthritis. In recent years, knee degeneration has been proven to be related to inactivity. Unfortunately, most people still believe the myth that using your knees will lead to more wear and tear of the cartilage.

Multiple research studies have concluded that keeping your thigh muscles strong and joints mobile is the foundation for the health of your knees. The cartilage in our knees gets its nutrition through movement, and sedentary lifestyles cause more harm and damage to the knees than activity.

In addition, we have known for decades that muscles stay strong by using them. Resting and inactivity lead to atrophy and weakness in the muscles. The weaker the thigh muscles, the more pain, and dysfunction in the knee joints.

Too often, people think that if their knees hurt, they should avoid activity. Studies have demonstrated that gardening is one of the safest and most effective ways to improve the health and function of the knees!

Another common knee condition associated with gardening is prepatellar bursitis. The kneecap (patella) is protected by little sacs of fluid (bursa), which become irritated and/or inflamed from prolonged and/or repetitive kneeling.

The most effective solution to this condition is to prevent it in the first place. The easiest way to avoid this condition is to limit the time you are kneeling and use a pad to minimize the pressure on the kneecap itself.

Like osteoarthritis, the treatment of prepatellar bursitis is restoring any lost motion and strengthening the thigh muscles. At Trilogy Physical Therapy, our physical therapists are highly trained in treating all types of knee injuries. Our assessments will identify the factors contributing to your pain/injury and help us provide the most effective treatment to resolve your issues and get you back in the garden sooner rather than later!



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WHAT TO EXPECT IN PHYSICAL THERAPY SESSIONS

We will start with an injury evaluation and a biomechanical assessment to identify all the factors contributing to your pain. This will consist of a thorough history to understand more about the type of gardening you enjoy and the demands on the body required to perform the duties necessary.

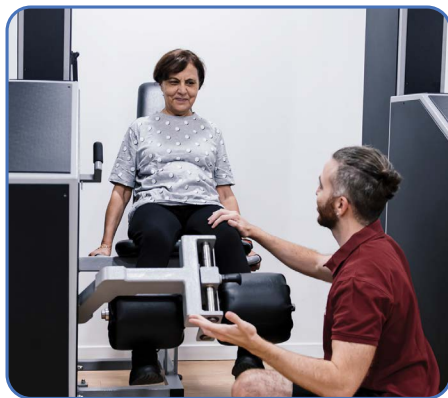
We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques for the individual gardener.

REQUEST AN APPOINTMENT TODAY!

At TrilogY Physical Therapy, our physical therapists are experts at treating gardening-related injuries. We have proven success with treating gardeners of all ages and physical abilities. Call today to schedule an appointment with one of our specialists!

Sources: <https://www.nursingjournal.com/article/511063-4584/18/30608-3/fulltext> • <https://www.sciencedirect.com/science/article/abs/pii/S1062458421006981> • <https://www.sciencedirect.com/science/article/pii/S182695531901249> • <https://pubmed.ncbi.nlm.nih.gov/25515757/>

Now Offering a Pre & Post Operative Total Knee Rehab Program!



We are excited to announce our new Total Knee program at our Grand Island location! It is designed to provide comprehensive care for patients before and after knee surgery. Our team of experts will work with you to create a personalized treatment plan to help you achieve optimal outcomes and a speedy recovery.

The program includes pre-operative education and exercises to strengthen the muscles around your knee, as well as post-operative rehabilitation to help you regain full range of motion and function. Our goal is to get you back to your daily activities and enjoying a pain-free lifestyle as quickly as possible.

If you are planning on have a knee replacement, contact us today to learn more at 716.202.2405!

UPCOMING WORKSHOPS

KNEE PAIN

May 8th @ 6 PM

At Our Kenmore Clinic

May 7th @ 6:30 PM

At Our West Seneca Clinic

June 4th @ 6:30 PM

At Our West Seneca Clinic

June 18th @ 6 PM

At Our Kenmore Clinic

BALANCE

May 30th @ 6 PM

At Our Clarence Clinic

SHOULDER PAIN

May 2nd @ 6 PM

At Our Clarence Clinic

May 14th @ 6:30 PM

At Our West Seneca Clinic

May 21st @ 6 PM

At Our Kenmore Clinic

June 5th @ 6 PM

At Our Kenmore Clinic

June 18th @ 6:30 PM

At Our West Seneca Clinic

June 20th @ 6 PM

At Our Clarence Clinic

Call 1.716.351.4991 to reserve your spot now! There is a limited number of spots available.



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