



# Trilogy

MEDICALLY ORIENTED GYM

PHYSICAL THERAPY

COLLABORATIVE PARTNERS

HEALTH PROMOTION EVENTS (DETAILS INSIDE)



## INTRODUCING TRILOGY'S TOTAL KNEE REHABILITATION PROGRAM

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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PHYSICAL THERAPY

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## Revolutionizing Total Knee Replacement Recovery!

In the United States alone, over 700,000 Total Knee Joint Replacements, or Arthroplasties (TKAs), are performed annually, with a staggering total of 790,000 procedures reported. Among states, New York stands as the fourth highest in TKA prevalence. These statistics highlight the necessity of robust rehabilitation programs to aid patients in their challenging journey to recovery.

A key principle guiding this program is the preference for outpatient physical therapy (PT) following the surgery, except in cases where extenuating circumstances dictate otherwise. Research has demonstrated the superiority of outpatient therapy over home health therapy.

Individuals discharged directly to outpatient therapy showcased a more rapid recovery trajectory, with notable improvements in functional performance and strength.

We are now introducing Trilogy's Total Joint Rehabilitation Program, an approach set to transform knee recovery. Central to our program is the preoperative evaluation, ideally performed four weeks prior to surgery. During this evaluation our patients can expect:

- **A comprehensive exam** assessing lower body strength, knee range of motion, fall risk, current health status, and various facets of a patient's life including home environment and support network.
- **Visual demonstrations and practice** with safety movements: car transfers, sit to stand transfers, bed mobility, stair negotiation, and instruction in the use of various assistive devices for ambulatory activities.

- **A handout of exercises** to assist with maintaining, or even improving, leg strength and knee motion prior to surgery.

During this pre-operative appointment, we will arrange for the first evaluation immediately following surgery, ensuring it's taken care of beforehand.

In regards to post-operative rehab, our program is unique in that our therapists will follow a structured protocol\*\*\* with specified parameters to ensure patients are meeting desired range of motion benchmarks, as supported by the literature, to ensure optimal post-surgical outcomes.

*\*\*\*site specific/dependent*



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# THINGS THAT ARE SPECIFIC TO OUR TOTAL KNEE PROGRAM

- **Priority scheduling**
- **Access to a Game Ready\*\*\***, a system designed to provide both cold and compression, which has been found to be more effective at managing post-operative swelling, inflammation, and pain compared to an ice pack alone.
- **Use of blood flow restriction (BFR)\*\*\*** cuff to combat muscle atrophy and post-surgical pain by being able to implement low load/low intensity exercise early on after surgery
- **Communication with an EMSI representative** to set up access to an at home electrical stimulation unit to provide pain relief and muscle re-education to support independent mobility.

## \*\*\*site specific/dependent

Patients will also have frequent re-assessments performed to ensure they are progressing as expected and open lines of communication will be developed with each surgeon's office to discuss any concerns that may arise. By championing the principles of early intervention and tailored rehabilitation, our



program not only aims to expedite recovery but also to foster lasting improvements in patient well-being and function. By prioritizing high-quality and intensive rehabilitation interventions during this critical period, Trilogy's Total Joint Rehabilitation Program aims to empower patients to reclaim their mobility, independence, and quality of life. Contact any of our locations today to schedule an appointment, or to request more information!

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6612479/>

## Our Health Promotion Events Happening In June

### FOAM ROLLING CLINIC

Come prepared to try foam rolling techniques, learn about the benefits of foam rolling, proper duration and frequency, and the integration with exercise and recovery!

- Date: Monday, June 17<sup>th</sup>
- Time: 12:30 PM — 1:30 PM
- Location: Grand Island Trilogy, 1801 Grand Island Boulevard Grand Island, NY 14072, Aerobics Room

### FITNESS EVAL DAY

Have you received a fitness evaluation in the last 3 months? If not, it's time!

- Date: Friday, June 21<sup>st</sup>
- Time: 12:00 PM — 4:00 PM
- Location: Grand Island Trilogy, 1801 Grand Island Boulevard Grand Island, NY 14072, Aerobics Room

### FOAM ROLLING CLINIC

Come prepared to try foam rolling techniques, learn about the benefits of foam rolling, proper duration and frequency, and the integration with exercise and recovery!

- Date: Monday, June 24<sup>th</sup>
- Time: 11:30 AM — 12:30 PM
- Location: Kenmore Trilogy, 1491 Sheridan Dr. Kenmore NY 14217, Aerobics Room

Call the respective location to register or e-mail us at [info@mytrilogy.org](mailto:info@mytrilogy.org)

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## Summer Stretch Series!

Come join our stretch class and coffee social fundraiser

Donation based class

All donations to benefit the Glioblastoma Foundation

May 18  
June 22  
July 20  
August 17



**One Saturday a Month from 10am-10:45am**

Sign up by calling our Kenmore location or emailing [info@mytrilogy.org](mailto:info@mytrilogy.org).  
Slots are limited.

1491 Sheridan Drive Kenmore, New York 14224  
(716)871-1100

## PATIENT SUCCESS

"Trilogy was recommended by a friend who had two knee replacements. She was very satisfied with care provided and suggested her therapist, Jessica Schrauth. I was impressed with Trilogy from the beginning. It is not one of those therapy places that have multiple clients essentially taking care of themselves with a therapist behind a counter watching from a distance. Jessica was with me pretty much one on one. She was patient and understanding and respectful of my needs. When I completed my therapy I was confident that I could continue independently at home. Jessica made it clear if I needed further assistance to just call and let them know. I would recommend Trilogy for any physical therapy patients. Thanks for the great care." — M.M.



## UPCOMING WORKSHOPS

### SHOULDER PAIN

**June 18<sup>th</sup> @ 6:30 PM**

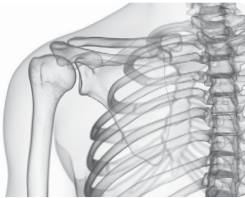
*At Our West Seneca Clinic*

**June 20<sup>th</sup> @ 6 PM**

*At Our Clarence Clinic*

**June 26<sup>th</sup> @ 6 PM**

*At Our Kenmore Clinic*



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