



# IS BACK PAIN SLOWING YOU DOWN?

Read more inside on how to prevent back pain, the correlation between exercise and pain relief, and how we're keeping your health in mind!

[www.amberhillpt.com](http://www.amberhillpt.com)

Give us a call today!



# IS BACK PAIN SLOWING YOU DOWN?

## What Causes Back Pain?

A few things cause back pain. The American Physical Therapy Association covers each of these, but the following are leading causes:

- Spinal and core muscle weaknesses
- Bad posture
- Spinal muscle and tissue damage
- Improper lifting form
- Limited hip, spine, and thigh muscle flexibility
- Bad abdominal, pelvic and back muscle coordination

Unfortunately, a lot of people don't seek treatment when back pain arises. Before they know it, they have a big problem. They might assume nothing—except for medication—can solve their back pain problem. Medication might mask the pain, but it won't cure the problem's root cause.

## Back Pain Solutions

You're in luck: Back pain can be cured! The National Institute of Neurological Disorders and Stroke covers a number of back pain remedies. These include the use of strength exercise, physical therapy, and medication. At Amber Hill Therapy Centers, we emphasize thorough spinal evaluation, individualized treatment, and empowering the patient to be able to have the valuable tools to self manage and prevent recurrence of their pain.

Back pain can hinder your day-to-day activities. Left untreated, it can even lead to long-term joint, spine, and nerve damage.

***As one of the most common physical complaints, over 80 percent of the U.S. population will suffer from it at some point in their lifetime.***

The pain itself can hinder your ability to reach, lean, kneel, lift, or bend. It can also hinder your time spent with friends and family. Direct pain aside, minor aches and cramps associated with a back pain problem can make you irritable—ruining your good time.



**Before you can treat your back pain, however, you need to know why it started. Whether you've tweaked a muscle or have a deeper injury, we can help. Give us a call today to schedule your appointment!**

Stop letting pain get in the way. Give us a call or visit [www.amberhillpt.com](http://www.amberhillpt.com) today!

# BACK PAIN PREVENTION

**A little prevention goes a long way. If you want to avoid future back pain, you can make sure you're being good to your back.**

**Lift Properly** - You pick things up constantly. Even if you're lifting something light, make sure you're facing the object. Squat, keeping your spine straight. Lift with your leg muscles, as this will reduce the pressure placed on your spine.

**Use Good Posture** - When you're standing, imagine a string is attached to the top of your head—lifting you upwards. This will keep your hips, spine, shoulders, and neck aligned. If you're sitting, don't slouch.

**Use Strength Training** - Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running, and swimming, you can keep them strong. Train your core muscles. In doing so, you'll easily control quick, lifting movements.

It never hurts to visit a physical therapist, either. Get regular check-ups, and make sure your body is in good condition. If you have a history of back injuries, pain, or minor aches, don't hesitate to talk to a professional.

Has your pain come back?  
We want to help! Give us a call or visit  
[www.amberhillpt.com](http://www.amberhillpt.com) today!



## FEATURED SERVICE

### WORKERS COMP AND AUTO ACCIDENT

#### Industrial Rehabilitation and Worker's Compensation

We offer a full range of physical therapy and occupational therapy services to injured workers. We will work with you, your physician and your employer through the process of assessing the extent of your injuries and customizing a program of care.

Our goal is to help you return to the workplace as quickly as possible.

#### Motor Vehicle Accidents

Our physical and occupational therapists are specially trained to work with your physician and insurance provider to facilitate your recovery following a motor vehicle accident.

Our goal is to assist you in returning to full participation in your life and activities as quickly as possible.

Life is too short to not feel your best. Give us a call or visit [www.amberhillpt.com](http://www.amberhillpt.com) today!

## EXERCISE & PAIN RELIEF

If you have back or joint pain, there are probably sometimes when all you want to do is lay in bed all day. It's tempting, but it might make the problem worse. Doctors used to prescribe bed rest for back pain and other chronic pain conditions, but studies have found that people who exercise and stay flexible manage their pain much better than those who don't.

If you do have a chronic pain condition like back pain or hip, knee, or shoulder problems, you shouldn't begin an exercise program without guidance. Check with your physical therapist first. They have the expertise to help you develop an individualized exercise program. Have a professional physical therapist show you what is appropriate to do given your condition.

**Here are 7 exercises/activities you should do to alleviate pain:**

- |             |            |               |             |
|-------------|------------|---------------|-------------|
| 1. Walking  | 3. Yoga    | 5. Pilates    | 7. Aerobics |
| 2. Swimming | 4. Tai Chi | 6. Stretching |             |

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## FEEL BETTER BY EATING BETTER

### PINK SUNRISE STRAWBERRY SMOOTHIE

- 1 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup blueberries
- ½ - 1 small beet frozen
- 1 ripe banana
- 1/2 cup kefir
- 1/2 cup milk - regular, nut, coconut, hemp, etc.
- 2 tsp honey (optional)
- 1 tsp hemp seeds
- 1/2 cup ice

Place all ingredients into a high speed blender. Run on the smoothie setting or on high for 1-2 minutes or until completely smooth. Serve and enjoy!

## REFER-A-FRIEND AND WIN A \$10 GIFT CARD

*Cut out this box and have your referral present this card at their visit.*

Who Referred Me: \_\_\_\_\_

## COVID-19 PRECAUTIONS

In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, we as medical professionals are diligently trying to serve our patients in the best ways possible without risking the spread of this disease. Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as checking the temperature of each patient as an added precaution.



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCING



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WASHING THEIR HANDS REGULARLY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING OF HANDS

Your health is our highest priority. Give us a call or visit [www.amberhillpt.com](http://www.amberhillpt.com) today!