

A photograph of a smiling woman with short grey hair, wearing a dark grey t-shirt, sitting on a large grey exercise ball. In the background, other people are visible, including a woman in a blue tank top and a man in a blue shirt, all appearing to be in a gym or fitness studio setting.

7 WAYS YOU CAN BECOME HEALTHIER, STRONGER AND MORE ACTIVE

Read more inside on 7 Tips You Can Do On Your Own, Mind Exercise:
Summer Word Search, Staff Spotlight, and Our COVID-19 Precautions.

www.amberhillpt.com

Give us a call today!



7 WAYS YOU CAN BECOME HEALTHIER, STRONGER AND MORE ACTIVE

It is a common aspiration to become healthier, stronger, or more active. However, this can sometimes be a difficult feat, with lack of time, pain, injuries, or difficulty sticking to a nutritious diet. When you are in pain, undesirable chemicals within your body are heightened, which can increase stress. As a result, your endocrine system becomes affected, which works to regulate the hormones in your body. Fortunately, the vast majority of aches and pains can be successfully treated by a licensed physical therapist. At Amber Hill Therapy Centers, our team is comprised of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. To find out more about how our services can help you live a healthier, stronger, and more active life, contact our office today!

Your Health & You

The term “health” is all relative. It essentially means that your body is operating at its highest levels of function in regards to breathing, circulation, digestion, and more. It doesn't necessarily mean that you have to be the most athletic person in the room. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you. Your physical therapist

can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

Increasing Your Strength & Flexibility:

It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in the human body? Your muscles work hard, not only to help you move, but also to support your circulatory and breathing systems. When you become stronger and more flexible, you become healthier overall. Our physical therapists can guide you through proper exercises and specialized treatments in order to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health.

**Get Your Life Back with
Amber Hill Therapy Centers!**

*Make an appointment today to start
living your life again, pain-free!*

Stop letting pain get in the way. Give us a call or visit www.amberhillpt.com today!



7 TIPS YOU CAN DO ON YOUR OWN

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. Some tips you can do on your own to become healthier, stronger, and more active include:

1. Taking care of aches and pains.

Don't let these long-term problems linger. Contact Amber Hill Therapy Centers for professional help.

2. Limiting your sitting.

Get up every 30 minutes to walk around at work and home.

3. Getting out and moving.

Exercise regularly, even if it's just taking a short walk every day.

4. Maintaining a nutritious diet and controlling portion.

Make sure your food intake is nutritious and portioned. By chewing your food thoroughly, you won't feel as if you have to eat as much.

5. Drinking more water.

Water keeps your body systems functioning at an optimum level.

6. Breathing!

Work on your deep breathing in order to increase your oxygen intake and get your lymphatic system moving.

7. Getting enough sleep.

Sleep at least 8 hours a day. It is best to get into a routine where you are going to bed and waking up on a regular cycle. This helps your endocrine system.

Contact Amber Hill Therapy Centers today!

Are you looking for assistance with increasing your health, strength, and physical activity? Our team at Amber Hill Therapy Centers would love to help you live your highest quality of life. Contact us today to begin your new chapter toward becoming a healthier you!

Has your pain come back?
We want to help! Give us a call or visit
www.amberhillpt.com today!

MIND EXERCISE SUMMER WORD SEARCH!

S F L I P F F L O P S I S L E P
S U N S C R E E N A N U O S I
A U N G U E S T H D O N V W C
B N E G J O C E A N F S S I N
A P O O L J U R Y S U H O M I
R U G U S A T A E U N I H S C
B M G C R E S A M A S N I U S
E E N U F O N S U M M E R I P
C M A A S T O H E T H I N T R
U V A C A T I O N S R H L A I
E R O B I L K R X J O I O U N
I I N S E F I T S F U N P T K
C A R E L A X S U L Y L O L L
E J U N E A C F A M I L Y S E
I C E P O P A H O T S R E L R

AUGUST
BARBECUE
BEACH
FAMILY
FLIP FLOPS
FUN
HOT
ICE CREAM

ICE POP
JULY
JUNE
OCEAN
PICNIC
POOL
RELAX
SHORTS

SPRINKLER
SUMMER
SUNGLASSES
SUNSCREEN
SUNSHINE
SWIMSUIT
VACATION

STAFF SPOTLIGHT



Zachary Whipp, PTA

Frederick / Jefferson Clinic

My name is Zach. I was born in Frederick, MD but spent most of my life in Smithsburg, MD where I graduated from high school. I completed my first associate's degree from Hagerstown Community College in 2015, then went on to graduate from Penn State Mont Alto in 2018 as a Physical Therapist Assistant. I am always looking to expand my knowledge on therapeutic intervention to provide the best possible care to my patients. Some of my goals include traveling the world, building a drag car, and finding a piece of land to build a house.

To learn more about our entire team and how we can help you, visit us online at amberhillpt.com/our-team today!



"What a wonderful group to work with! Everyone is so friendly, helpful and most assuredly kind. The entire atmosphere at AHPT was one of a great place to come to and heal. Having been in therapy for lower back pain in a therapy clinic years ago (where we were rushed in and out as fast as they could so they could make "more money" out of the next client), I was so impressed. At no time did I ever feel rushed to get out so that another patient could be taken care of. I felt just as important as any other patient in your care and the knowledge made me feel I was special to each of you." - W. J.

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 today!