



Comprehensive Adult & Pediatric Therapies



Scan the QR Code to learn more about our current Pediatric Classes or visit us online at www.amberhillpt.com today!

DO YOU KNOW ABOUT THE BENEFITS OF OCCUPATIONAL THERAPY?

Read more inside on What Can Occupational Therapists Help With,
Staff Spotlight, Clinic News, and Our COVID-19 Precautions.

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Give us a call today!



DO YOU KNOW ABOUT THE BENEFITS OF OCCUPATIONAL THERAPY?

The conservative care of occupational therapy is one of the most effective ways to treat pain and regain daily function.

In fact, the American Occupational Therapy Association (AOTA) says it best when describing the vast importance of occupational therapy:

“Occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability.”

If you or your child is living with a condition or have sustained an injury resulting in movement restrictions, frustration, and limitations, occupational therapy could be the answer you're searching for.

Your treatment is not complete until you feel that your overall quality of life has been vastly improved. Rest assured that your goals (and your child's) are also ours, and we'll stop at nothing to make sure you reach them.

Call Amber Hill Therapy Centers today to learn more about how our occupational therapists can help you enjoy a higher quality of life.

What Is the Difference Between Occupational and Physical Therapy?

It's very important to know the difference between physical and occupational therapy, as these areas of practice provide different benefits to patients.

Physical therapy refers to a variety of natural and conservative treatments aimed at relieving pain and promoting healing. You might need physical therapy to help you recover from an injury or chronic pain symptoms.

Occupational therapy, while it is a similar form of conservative treatment, focuses more on rehabilitation and the “relearning” of daily activities. The purpose of occupational therapy is to make daily life easier by participating in treatments and exercises. Occupational therapists (OTs) are experts at devising new ways for patients to accomplish tasks and goals in their everyday lives.

Occupational therapy at Amber Hill Therapy Centers is a safe, effective, and non-invasive treatment option that is designed to relieve pain resulting from a wide range of musculoskeletal conditions, sports injuries, workplace injuries, and more. Patients typically see an occupational therapist to regain function in their daily life, help manage chronic pain symptoms and prevent future injury.

Regular appointments with an occupational therapist are ideal for people of all ages, who require guidance or help with a multitude of different conditions!

**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!

WHAT CAN OCCUPATIONAL THERAPISTS HELP WITH?



Occupational therapists are extremely helpful and knowledgeable professionals who specialize in helping people maintain their daily routines, find relief from their chronic pain, and learn how to accomplish tasks with ease more comfortably.

For example, occupational therapy for a young patient may include using a special tool to make cupcakes at home. If an adaptation to a utensil needs to be fashioned, an occupational therapist will do it. This unique approach makes occupational therapy a vital part of health care.

There are several different conditions and circumstances that Amber Hill Therapy Centers' skilled OTs can treat and/or help with.

Recovery From Stroke

If you or a loved one has experienced a stroke, occupational therapy can help. The long-term goal of any stroke rehabilitation plan is to improve physical function. Sometimes, a patient may have to relearn basic skills, such as walking, dressing, writing, speaking, or eating. At Amber Hill Therapy Centers, our advanced methods and modalities are equipped to help you relearn, recover, and reclaim your life.

MoveForward PT lists out some of the most beneficial aspects of OT for patients recovering from a stroke, including:

- **Positioning.** Positioning is used to help with transfers, such as sitting to standing or sitting to lying down. It works to reduce muscle pain, spasms, slowness, and stiffness, by helping the patient relearn proper positioning of their body.
- **Motor imagery and mental practice.** This helps the patient regain function in their arms, hands, feet, and legs by "rehearsing" the action out loud before performing it. This helps rebuild the responses between the brain and the body.

Wrist & Hand Injuries

Have you sustained an injury to your wrist or hand? An occupational therapist can help you as you heal your injury so that you can strengthen your muscles in order to accommodate your lifestyle and physical activity. This will help make frequent daily chores, as well as strenuous, repetitive motions, much easier for you to do!

Your OT can also provide manual techniques for relief, such as

targeted massage, pressure, and stretching of the affected area(s) to keep muscles loose and to relieve inflammation.

Pediatric Therapy For Autism, Cerebral Palsy, and ADHD

If your child has autism, an occupational therapist at Amber Hill Therapy Centers can provide several benefits to make life easier and more enjoyable for them. For example, your child's therapist will collaborate with you to devise special techniques to help your child learn vital skills like grooming, (brushing teeth, combing hair) eating (properly using utensils and napkins), and dressing separately, as well as play/social skills, fine motor skills, and visual processing skills.

Cerebral palsy is another condition that can affect a child's ability to learn and play at the same rate as their peers. Occupational therapists help to increase their independence and mobility, as well as give them a sense of security and improve their fine motor skills, coordination, visual perception, and upper body strength.

Children with ADHD can also gain valuable organizational, planning, and time management skills from occupational therapy. Our team will use several techniques to encourage your child to adjust their behavior to match their home, school, and play environments. **Therapy can assist with setting up predictable rituals at home to help your child know what to expect, and also help you to develop a good sleep schedule for your child so that their ability to focus and participate in activities improves.**

Call Our Clinic Today

At Amber Hill Therapy Centers our occupational therapy plans include an individual evaluation to determine your goals and customized intervention activities to improve you or your child's daily tasks and activities. Contact us today to schedule a consultation with an occupational therapist. We can help you begin your journey toward recovery and optimized function.

STAFF SPOTLIGHT



Lindsay Drewry, OT - Frederick/Urbana Clinics

My name is Lindsay Drewry. I am an Occupational Therapist here at Amber Hill! I am originally from Bethlehem, PA but have lived in New Market, MD for the last 4 years. I received my undergraduate degree in Human Development from Penn State and my Master's degree in Occupational Therapy at Thomas Jefferson University. I have been practicing for 4 years and love to work with both kids and adults! Some of my favorite hobbies include paddleboarding, kayaking and hiking at the lake near our house as well as baking yummy gluten-free treats. My husband and I recently had our first child, Blake, who is now 5 months old! Most of our free time is spent snuggling him and watching him grow!

CLINIC NEWS



Jason & Kristen Hill, Raelynne Layne

Born on July 14, 2021

Helena Hall Engaged to Hunter Ringer

Engaged on July 24, 2021



Join Our Team!

We are hiring part-time and full-time Rehab Technicians



IT'S IMPORTANT NOT TO MISS YOUR APPOINTMENTS

We are here to help you enjoy your life, pain-free! To make sure of this, we ask our patients to commit to their scheduled appointments. If you are feeling sick or have to reschedule, please call in to ask for other options. Our practice is dedicated to helping our patients identify the cause of their pain and creating a custom treatment program that will allow them to return to normal activities pain-free.

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!