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# IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE

Read more inside on How Can I Strengthen My Core Muscles,  
October Is National Physical Therapy Month, and This Month's Staff Spotlight!

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## IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE

How is your posture? Posture is an important part of everyday life that many of us tend not to focus on – Do you slouch in your desk chair, or slump at your computer while you do work? When you stand for prolonged periods of time, do you notice your stomach sticking out a bit? These are all signs of core muscle weakness that can affect your posture and cause pain in your back or neck.

Your core muscles help you do a lot – from sitting, to walking, to doing a large number of physical activities. If your core muscles are weak, you may unknowingly be causing some damage to your body. Contact Amber Hill Therapy Centers today to figure out how we can help you strengthen your core muscles and improve your overall health.

### What Exactly Are The Core Muscles?

When most people think of core muscles, they immediately think of the abdominals. However, the core is made up of much more than that! In fact, your core muscles include your abdominal, lower back, pelvic, and gluteus muscles.

The group of muscles that make up your core help with stabilizing your body, constructing your posture, and allowing your skeleton to move properly. When any of the muscles within that group become weak, your body experiences an instability that makes it difficult for your body to function properly. As a result, you end up compensating by straining different areas of the body, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, inflammation, or pain.

**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](http://www.amberhillpt.com) today!



## HOW CAN I STRENGTHEN MY CORE MUSCLES?

When you are experiencing pain, sometimes it is necessary to seek the assistance of a trained professional in the field of human movement. At Amber Hill Therapy Centers, our licensed physical therapists will conduct a physical evaluation to determine where the pain is rooted and what muscles must be strengthened in order to correct it.

Whether you are feeling pain in your back, neck, shoulders, or legs, we will perform a thorough analysis of your posture, movement, and strength to pinpoint exactly what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating your pain.

*There are also a few tips you can do on your own, either before PT treatments or in combination with them, in order to strengthen your core and relieve your pain. These include:*

### 1. Improving your posture.

Make sure to stand up frequently, at least every 30 minutes, and vary your positions of work throughout the day. Aim to correct your posture when sitting and standing, making adjustments as needed.

### 2. Avoiding injury.

Make sure you know the proper way to lift, bend, and pick up objects, even if they are not heavy. It is important to lift with your legs, rather than your back. Our experts can show you proper body mechanics with everyday tasks.

### 3. Getting adequate rest and exercise.

Every day takes a toll on your body, even if you don't realize it.

Sleep deprivation can actually worsen your pain tolerance and decrease your strength. Relaxing and sleeping helps your body to rejuvenate after a long day, and those hours before 12 a.m. are especially important. Exercising can help you fall asleep earlier, allowing you to wake up feeling refreshed the next day. By taking a walk for at least 30 minutes every day, you can get better sleep at night, in addition to improving your strength, flexibility, and heart health.

### 4. Eating nutritious meals.

If you are in pain, it is incredibly important to eat the right foods. A poor diet can aggravate your pain by causing further inflammation, especially when eating processed or fried foods. Instead, make it a habit to eat vegetables, fruits, and lean protein. It is also important to drink a lot of water, as dehydration can dry out your tissues. Keep a glass of water by your desk and refill it during the day so you (and your tissues) stay hydrated.

### 5. Getting expert help.

The best solution for your back or neck pain is to restore proper movement, strength, and coordination for maximum results. At Amber Hill Therapy Centers our physical therapists are here to help you improve your function and relieve your pain. If you are looking to strengthen your core, relieve your pain, and improve your overall health, contact us today!

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

# OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH



National Physical Therapy Month is celebrated annually every October. Not only is this a great month to spread awareness on how physical

therapy is a safe alternative route to opioids and potential surgeries, but it is also a great time to celebrate your physical therapists and physical therapy assistants.

Physical therapists and physical therapy assistants play a big role in helping people improve their quality of life through effective treatments without using harmful medication.

Use #PhysicalTherapyMonth on your social media posts to help spread awareness of the benefits of physical therapy and help others find a way to live a pain-free life!



## 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.



## STAFF SPOTLIGHT - ROBIN SNIDER, PTA

I was born and raised in Towson, MD, but I have called Mt. Airy home for the last 18 years. I have been married for 26 years to my husband, Mike, and we have 3 children, Matt (22), Bailey (20), and Sophie (18). I also have 2 fur babies, a 2-year-old Mini Golden Doodle and a 1-year-old Golden Retriever.

I graduated in 1993 from McDaniel College (formerly western Maryland College) with a double major in Business and Economics. I worked in the investment/business sector for 5 years before becoming a stay-at-home mom for next 15 years.

I went back to school in 2013 and graduated in 2016 from Carroll

Community College with my PT assistant degree. I have worked at Amber Hill in Pediatrics since 2017. I love my job, my co-workers, and my patients!

Some of my interests include traveling, skiing, seeing live music, hiking, camping, and just being in nature. Some of my favorite places are lakeside in New England, the mountains of Colorado, and Costa Rica.

My goals are to continue to learn something new every day. This is easy as my job constantly keeps me on my toes with new situations and patient conditions. I am lucky to work with the best mentor, PT Katie Kober. Every patient and circumstance is an opportunity to learn and grow.

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