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Comprehensive Adult & Pediatric Therapies



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# START YOUR NEW YEAR REFRESHED!

Read more inside on Boosting Your Immunity Levels, Staff Spotlight, Make 2022 Your Year, and COVID-19 Precautions!

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# START YOUR NEW YEAR REFRESHED!

We all know what happens when the New Year hits! Everybody starts attempting to set goals to improve their lives over the next 12 months.

While there's never a wrong time to prioritize your health and wellbeing, the beginning of a brand new year certainly feels like a great time to make significant changes!

It doesn't matter if you're looking for new ways to become more active, or you just want to put a stronger pulse on your overall health, Amber Hill Therapy Centers is here to help you!

We want all of our patients to know that we are behind you 100% when it comes to maintaining their fitness and embarking on a journey to better health.

That's why we wanted to share some of the best things you can start doing today to get your health on the right track for 2022!

## Stretches And Exercises For Improved Health

When it comes to getting fit, exercising more often is truly a no-brainer. Tons of targeted stretches and exercises may help you feel better and get into better shape at the same time.

Amber Hill Therapy Centers physical therapists are movement experts who enjoy teaching our patients how to perform a variety of exercises to make them stronger and increase their flexibility, stability, and stamina.

Here are some types of stretches and exercise pointers that may help you improve your overall health. If you see a physical therapist, they may incorporate some of these into a treatment plan for you.

## Aerobic Activities

Aerobic stretches and exercises help increase your stamina. They keep you healthy, improve your fitness, and allow you to have an easier time doing the things you love.

## Some Forms Of Aerobic Endurance Exercises Include:

- Biking
- Dancing
- Swimming
- Playing a sport
- Climbing
- Walking, sprinting

## Strength Training Exercises

Strength training makes your muscles stronger and also helps to prevent fall injuries. Some common forms of strength-building exercises include:

- Lifting weights
- Using resistance bands during a workout

## Dynamic Stretching Techniques

These stretches are a bit more interactive and can expand your range of motion. One example is a hamstring stretch, in which the leg is kicked upward through its range of motion and gradually increases in height with each pass.

It's essential to know your limits when it comes to your range of motion, as excess momentum can overextend the limb and cause a painful injury to be sustained.

There are more ways stretching can benefit you and help improve your overall performance and health. Healthline lists out a variety of things in your life that can be made easier by a regular stretching routine:

- Improves posture
- Improves flexibility
- Helps to heal and prevent back pain
- Can calm your mind
- Helps decrease tension headaches
- Increases range of motion
- Improves your performance in physical activities
- Increases blood flow to your muscles

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



## BOOSTING YOUR IMMUNITY LEVELS

Making sure our immune systems are performing in tip-top shape should definitely be a priority for everyone this year. After all, the stronger your immune system is, the less likely you are to contract an illness that could leave you worse for the wear.

**Harvard Health suggests a few helpful tips to make sure your immune system is working the way it's supposed to, including:**

- Refraining from smoking
- Eat a diet high in fruits and vegetables.
- Exercising regularly.
- Maintaining a healthy weight
- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- Try to minimize stress.

Don't forget that physical therapy is essential for relieving pain and keeping your immune system healthy. If you're dealing with a chronic pain condition affecting your overall wellness, one of our skilled therapists can help!

### How Amber Hill Therapy Centers Can Help

Our therapy clinic provides several helpful services at our clinic that can aid in your recovery journey! Some of the ways we treat our patients in need are as follows:

- Therapeutic exercise
- Occupational therapy
- Physical therapy
- Neurorehabilitation
- Fall prevention
- Aquatic therapy
- Dry needling
- Electrical stimulation
- Iontophoresis
- Manual therapy
- Kinesio taping

If you're searching for a way to bring in the new year right, you can start by scheduling to have your physical health assessed by one of the excellent movement specialists here at our clinic! We're here to support you every step of the way. Your symptoms and condition will be taken into account, and a customized treatment plan will be created to help you feel your absolute best as 2022 begins!

### Let Us Help You Bring In The New Year Right

The beginning of a new year is certainly a wonderful time to set forth expectations about improving our health! If you're interested in learning more about how you can put your health first once and for all, contact Amber Hill Therapy Centers today for more information.

Sources

<https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>  
<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>

<https://www.healthline.com/health/benefits-of-stretching#types>



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

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

# STAFF SPOTLIGHT

## Ryan Reid, PT Tech

My name is Ryan Reid and I am from Stephens City, Virginia. I graduated from Sherando High School and went to Shenandoah University where I played baseball and got my bachelor's degree in Kinesiology specializing in Exercise Science. I also have a minor in Biology and a Coaching Certificate.

I am the oldest of three and we all grew up playing multiple sports, but mostly baseball and softball. After graduating I spent time as a personal trainer and JV baseball coach.

I met my wife, Elizabeth, in summer of 2014, which eventually prompted my move to the Frederick area. We got married March 9th, 2019.

My hobbies include sports, working out and video games. I am an Atlanta Braves fan and was glad to celebrate their World Series Championship this year.



To learn more about our team, scan the QR code to the left or visit us online at [www.amberhillpt.com](http://www.amberhillpt.com) today!



## MAKE 2022 YOUR YEAR!

Our highly experienced team of physical therapists offers specialized treatment services for any pain, injury, or discomfort you may be feeling. Our goal is to empower you to get you back to living the life you deserve. Let Amber Hill Therapy Centers help you on your journey to becoming strong, healthy, and active in 2022.

## 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!