



amber hill
THERAPY CENTERS

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!

NATURAL KNEE AND HIP PAIN RELIEF WITH PHYSICAL THERAPY

Read more inside on What You Can Expect At Physical Therapy, Our Aquatic Wellness Program, and This Month's Staff Spotlight!

www.amberhillpt.com

Give us a call today!



NATURAL KNEE AND HIP PAIN RELIEF WITH PHYSICAL THERAPY

Physical Therapy Can Help Resolve Your Pain!

Are you struggling with hip and/or knee pain? Is hip or knee pain causing you to move slower and leaving you with pain that becomes more difficult to cope with, step after step? When you are dealing with knee or hip pain, every step requires more effort than usual.

Pain can drain your energy level as you attempt to do even basic tasks, such as taking care of your home or walking around the office.

When hip or knee pain develops, seeking the support of a physical therapist is the best course of action. Working with a physical therapist can reduce your recovery time and improve your ability to cope with the pain and discomfort by introducing you to targeted exercises and stretching techniques that can enhance your ability to recover from the injury.

Call Amber Hill Therapy Centers today to make an appointment. With guidance from our physical therapist you can find solutions to your pain and get back to living the life you enjoy!

What Is Causing Your Pain?

There are several reasons why hip or knee pain may develop from a slip or fall-related accident to a sports injury. Knee pain is often due to sprains or tears of a ligament(s), cartilage tears, tendonitis, and arthritis. In comparison, hip pain is associated with similar injuries and the result of congenital malformations of the joint, fractures, or bursitis.

The main risk factors associated with the onset of hip and knee pain are:

- Getting older
- Being overweight/obesity
- Previous knee injury

Identifying the risk factors for hip and knee joints can be challenging, so getting a physical therapy assessment is crucial for a good outcome. At Amber Hill Therapy Centers, our therapists are skilled and identify the source of the issue and help you find a solution.

How Physical Therapy Can Help You

Physical therapy is a long-term solution to pain and suffering through targeted exercises and stretching techniques. Our programs at Amber Hill Therapy Centers are designed to strengthen the targeted areas and help the body recover and heal.

Our therapists are highly trained and experts at identifying the underlying cause of the pain and educating you on significantly improving your quality of life. We recognize the exact points on the body that are not moving as they should and provide individualized programs to restore your function and minimize your pain.

Get Your Life Back with Amber Hill Therapy Centers!

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



WHAT YOU CAN EXPECT AT PHYSICAL THERAPY

If you're experiencing hip or knee pain, contact a physical therapist immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

Education - Understanding the source of your pain and managing it can help you be proactive and find a solution. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions.

Advice to stay active - Pain in the lower extremities can play an essential role in the deterioration of quality of life, loss of balance, and changes in gait function. It is crucial to stay active. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

Exercise therapy - A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes:

- Range of motion exercises
- Proper stretches exercises
- Strength exercises
- Balance and coordination exercises
- Gait training

Contact our clinic today

Our physical therapy exercise programs make it possible to increase mobility and strength while simultaneously improving your coordination and balance. Call Amber Hill Therapy Centers today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes.

Source

<https://www.uptodate.com/contents/approach-to-the-adult-with-unspecified-hip-pain>
<https://painphysicianjournal.com/current/pdf/article=NTlwOQ%3D%3D&journal=111>
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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3261259/>
<https://doi.org/10.1016/j.pmn.2020.12.011>



AQUATIC WELLNESS PROGRAM

Amber Hill Therapy Centers are here to help you with all your aquatic needs. Our state of the art endless pool is available not only to our current patients but also to members of the community. Please contact Amber Hill Therapy Centers of New Market for additional information.

First Time Wellness Special - 8 sessions for \$35 (Includes 1 hour in the pool and use of exercise equipment)

First Time Endless Pool Special - 8 sessions for \$70 (Includes 1 hour in the pool with use of current)

Get Your Life Back with Amber Hill Therapy Centers!

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

Life is too short to not feel your best. Give us a call or visit www.amberhillpt.com today!

STAFF SPOTLIGHT

Dr. Scott Quackenbush, PT, DPT

I grew up in the small town of Caledonia NY. I left home to attend college in Buffalo and then I resided in Virginia Beach for 9 years. In 2004 I moved my family to Mount Airy, MD. I am married to a wonderful woman and have 2 amazing daughters. The youngest is in high school and my older daughter is attending the University of Maryland College Park. I have been a member of the Amber Hill team for over 15 years.

I obtained a Bachelor of Science degree in Biology from SUNY Buffalo in 1990, a Bachelor of Science in Physical Therapy in 1995 at Daemon College in Amherst, NY, and my Doctorate in Physical Therapy in 2011 at Shenandoah University.

I enjoy gardening, downhill skiing, tinkering and building stuff, fishing, biking, weightlifting, archery, camping, hiking, and watching my daughter's sporting events.



SCAN ME

To learn more about our team, scan the QR code to the left or visit us online at www.amberhillpt.com today!



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!