

A woman with long brown hair, wearing a grey sweater over a yellow collared shirt, is shown from the waist up. She is stretching her arms forward, with her hands clasped together. She is looking off to the side with a slight smile. The background is a bright, indoor setting with a bookshelf on the left, a potted plant in the center, and a window on the right.

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# IMPROVE YOUR SPINE HEALTH BY IMPROVING YOUR POSTURE

Read more inside on What You Can Do To Improve Your Posture, Staff Spotlight, and Valentine's White Chocolate Raspberry Smoothie!

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Give us a call today!



## IMPROVE YOUR SPINE HEALTH BY IMPROVING YOUR POSTURE

Do you find your back and neck getting stiff and sore at the end of the day? Do you notice your mood feels worse after sitting slumped over your computer? If so, your posture may be to blame.

At Amber Hill Therapy Centers, our physical therapists can help determine if your posture is the problem and how to restore it for a healthy spine!

Your body was made to move, especially your spine. It is typical for areas of your spine to tighten up, placing too much strain on other areas. When this happens, those areas can become irritated and painful.

Too often, we spend our time staring at a computer screen, hunched over our desks, or looking down at our phones. These postures create a lot of stress on our spine. The worse your posture is, the more intense your back and neck pain, the harder it is to breathe, and the worse your mood becomes.

Fortunately, Amber Hill Therapy Centers can help ease some of these stressors. Specialized hands-on techniques and targeted exercises can help restore mobility and strength in your spine and improve your posture.

Our dedicated physical therapists can teach you how to correct your posture and bring you relief before it becomes a significant problem! **Call today to make an appointment.**

### What Exactly Is Good Posture?

When people think of posture, they usually imagine someone sitting tall or perhaps slumped. Or they imagine someone standing tall at attention (like in the military). Posture is the position(s) of a person's body in space. This includes how we move, like our lifting postures or reaching postures.

When the spine is in its natural position, the vertebrae stack up over one another. This is what people call "good posture" (also referred to as a neutral spine). This neutral spine posture allows the body to absorb and distribute stresses from everyday activities such as sitting, standing, walking or more intense activities such as running and jumping.

Our spine is designed to move, which means our posture should also move. The spine does not like to remain in any one position for extended times. Our therapists can help teach you to find your neutral spine posture to counteract the slouching to alleviate your pain 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](http://www.amberhillpt.com) today!



## WHAT YOU CAN DO TO IMPROVE YOUR POSTURE

Prolonged slumping while standing or sitting can cause your back, hip/pelvis, and abdominal muscles to become strained and painful. Poor postural habits also impact your overall health by reducing your cardiovascular function, inhibiting your breathing, impacting your balance and gait, and harming your overall mood.

Our highly trained therapists can educate you about your posture's impact on your body and teach you simple skills to find and maintain a neutral spine. For example, when you're standing, imagine your breast bone is lifted towards the sky. This will naturally cause your spine to straighten out — lifting you up — keeping your hips, spine, shoulders, and neck aligned.

Prolonged sitting is the position that puts significant pressure on the lower back. It is essential to break up your sitting time throughout the day and take frequent breaks. Schedule standing or walking activities at various times throughout the day to ensure you limit your sitting to about 45-60 minutes at a time.

### How Can Physical Therapy Help My Posture?

Physical therapy is the right solution to improving your posture and spinal health. Our physical therapists are experts in evaluating posture and movement. By pinpointing the source of your aches and pains, we can develop a plan for you that will return you to an ideal posture and quickly relieve your pain.

It is normal for people to lose a sense of how their postural muscles work and contribute to the health of their spine. These

muscles become weak and uncoordinated with prolonged sitting, before/after pregnancy, and after surgeries or injuries.

Strength training exercises have been shown to help improve your overall posture. It is vital to make sure your core muscles (i.e., hip/ pelvis, back, and abdominal muscles) are strong and integral to practicing proper posture.

*Your therapist will teach you strategies like:*

- Stand tall whenever you are standing or walking.
- Use support when you sit to keep your posture correct.
- Maintain a straight spine when you lift heavy objects.

We can help you mobilize your spine and strengthen the surrounding muscles to alleviate the pain associated with your poor postural habits.

### Improve Your Posture With Amber Hill Therapy Centers Today!

Get back to your optimum health by consulting with a licensed physical therapist. We'll help you achieve the strong spine health you need. **Contact our office today to get started on the path toward better posture and decreased pain!**

Sources:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>  
<https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00586/full>  
<https://www.sciencedirect.com/science/article/abs/pii/S0021929020301445>

# STAFF SPOTLIGHT

## Kyle Staley, PTA & Health Coach



My name is Kyle Staley and I live with my wife and two German Shepherds in the New Market area. I have a Bachelors in Exercise Science from Salisbury University and am a licensed Physical Therapist Assistant.

I am also a Health Coach, and I assist people in their personal journey in changing their lifestyle. For more information visit my Facebook page Healthy4ever Health Coaching.

My goals are to continue learning more about the Physical Therapy field as new research is coming out daily. Lastly, continue to grow and learn to be a better supervisor through online management classes.

When I am not working, I like spending time with my wife and going on adventures, such as kayaking, hiking, fishing, crabbing, and working on home projects.

To learn more about our team, visit us online at [www.amberhillpt.com](http://www.amberhillpt.com) today!



## VALENTINE'S WHITE CHOCOLATE RASPBERRY SMOOTHIE

- 1 tbsp white chocolate chips
- 1/2 cup nonfat vanilla greek yogurt
- 3/4 cup frozen raspberries
- 1 cup almond milk/milk of choice
- 1/2 cup ice
- Fresh raspberries for garnish (optional)

In a small microwave safe bowl, heat white chocolate chips about 30 seconds and stir until smooth and melted through. Set aside to cool slightly. Add all ingredients, including melted chocolate, to a blender (or bullet, food processor, etc). Blend until smooth. Pour into glasses and top with fresh berries.

<https://livelytable.com/white-chocolate-raspberry-valentines-smoothie/>

## KICKSTART YOUR HEART HEALTH!

February is American Heart Month, so now is a great time to begin paying attention to the very organ that keeps you alive: your heart!

Your heart's primary purpose is to keep oxygen-rich blood moving throughout your body. Because your heart is so important to your survival, it's critical to keep it healthy by eating a well-balanced diet and exercising regularly, as well as avoiding things that can harm it, such as smoking.

Physical therapy at Amber Hill Therapy Centers offers a variety of ways for you to improve your heart health and wellness! Call our clinic to set up an appointment today.

### How Can Physical Therapy Keep Your Heart Healthy?

Getting enough exercise is the best way to keep your heart strong and healthy. Physical therapy offers a safe and effective way to incorporate more physical activity into your routine!

*Some ways a therapist may ensure your heart is functioning at its highest levels are as follows:*

- **Cardiovascular exercise.** Getting your heart rate up can be achieved through regular walks and/or biking around your neighborhood. Frequent exercise can boost your metabolism and improve your mood.
- **Strength training.** Strength training is one of the most effective injury prevention strategies to help stay injury-free! Your therapist can work with you on safe strength training methods.
- **Joint and muscle mobility.** Stretching helps keep you moving and feeling better. Knowing the proper exercises and specialized treatments can relieve your joint and muscle pain and improve your overall health.
- **Asking you about your diet.** You are what you eat. Make sure you're putting the right kinds of things in your body. Avoid fad diets and stick with a plant-based, whole grain, and lean protein diet. Avoid sugar and processed foods as well as eating too much red meat, as it can cause an increased risk of heart disease.

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