



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

FIND RELIEF FOR PERSISTENT NECK PAIN WITH PHYSICAL THERAPY

Read more inside on We're Your Go To Neck Pain Specialists,
Heart Healthy Hummus, and COVID-19 Safety Announcement!

www.amberhillpt.com

Give us a call today!



FIND RELIEF FOR PERSISTENT NECK PAIN WITH PHYSICAL THERAPY

Are you suffering from the debilitating effects of neck pain? Approximately one-third of the population will experience neck pain in any given year, which can get worse if left untreated. In severe cases, surgery may even be needed. However, at Amber Hill Therapy Centers, we want to do everything we can to help you avoid that.

The neck is extremely important in the overall posture of the body. Where the head and neck move, so does the rest of the body. Changes in the alignment of your neck can cause a variety of symptoms such as neck tension, headaches, migraines, and even radiating pain or numbness to the arms and hands.

It is no secret that the neck is an integral area of everyday movement, and pain can prevent you from functioning properly in day-to-day life. Fortunately, physical therapy can help you regain your normal, pain-free function. **In fact, thousands of people are able to find relief from their neck pain every year with the help of physical therapy.**

How Does Physical Therapy Help With Neck Pain?

Physical therapy has proven successful in relieving long-term symptoms in patients experiencing both acute and chronic neck pain. This evidence is further illustrated in a 2017 qualitative systematic review conducted by the National Institutes of Health, titled "The efficacy of manual therapy and exercise for treating non-specific neck pain: A systematic review."

This review analyzes a number of studies providing evidence

for manual therapy and exercise treatments for patients with different stages of non-specific neck pain. Researchers pulled information from Medline, Cochrane-Register-of-Controlled-Trials, PEDro, and Embase.

According to the researchers, one of the major takeaway points listed in the conclusion is that "combining different forms of [manual therapy] with exercise is better than [manual therapy] or exercise alone." Results from the 23 studies chosen for review demonstrated patient success across the board when pairing manual therapy with targeted exercises for neck pain. Results conclude that physical therapy is a proven successful treatment for patients suffering from neck pain, and manual therapy and exercise methods are the most effective in helping patients regain their optimum levels of function.

The systematic review mentioned above verifies that manual therapy and exercise are two of the most effective treatments for relieving neck pain in patients. At Amber Hill Therapy Centers, those are two methods that we commonly incorporate into treatment plans for neck pain relief, and we have noticed significant success in them.

**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!

WE'RE YOUR GO TO NECK PAIN SPECIALISTS



At your initial evaluation, one of our licensed physical therapists will analyze any limitations that may be caused by your neck pain. They will then design a treatment plan based on your individual needs. Our main focus is helping you overcome discomfort and limitations as quickly as possible, so you can get back to living your daily life without worrying about pain.

Manual, or “hands-on” treatments consist of special techniques designed to reduce the stiffness in the neck and improve range of motion. Targeted exercises focus on the root of the pain, in order to strengthen, build, and improve the muscles and tissues in the neck. Treatments will focus on improving posture to aid in the recovery of the neck muscles, as well as avoiding re-injury in the future. Additional treatment services may also be included as your physical therapist deems fit, based on the nature of your condition.

If you have been suffering from neck pain, don't hesitate to contact Amber Hill Therapy Centers today. We'll get to the root of your neck pain and determine the best course of treatment for your individual needs. **Contact us today to schedule your consultation and get started on the first steps toward saying goodbye to your neck pain!**

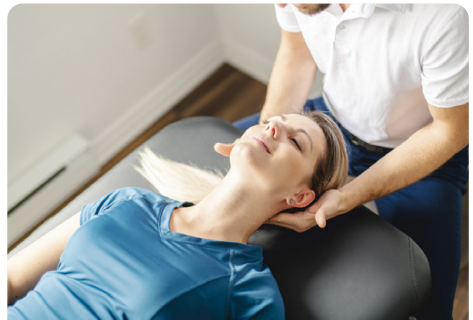


HEALTHY RECIPE HEART HEALTHY HUMMUS

- 2 cans (16 oz each) reduced-sodium chickpeas, rinsed & drained except for 1/4 cup liquid
- 1 tbsp extra-virgin olive oil
- 1/4 cup lemon juice
- 2 garlic cloves, minced
- 1/4 tsp cracked black pepper
- 1/4 tsp paprika
- 3 tbsp tahini (sesame paste)
- 2 tbsp chopped Italian flat-leaf parsley

Using a blender or food processor, puree the chickpeas. Add the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. Blend well. Add the reserved liquid, 1 tablespoon at a time, until the mixture has the consistency of a thick spread. Serve immediately or cover and refrigerate until ready to serve.

Source: <https://www.mayoclinic.org/healthy-lifestyle/recipes/hummus/rcp-20049675>



**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

Keziah Sy



My name is Keziah Sy and I was born in the Philippines and moved to Torrance, CA when I was eight. I graduated from Torrance High School in 2015, which is the school used as filming for various TV and movie productions, including Buffy the Vampire Slayer, She's All That, Bruce Almighty, and more.

In 2020, I obtained a Bachelor of Science degree in Kinesiology, specializing in Exercise Science, at California State University, Long Beach.

I have wonderful and caring parents, a younger sister who will be graduating from high school soon, and an older brother who is currently serving in the Air Force.

I live with my boyfriend of 6 years, our very vocal and mischievous black cat named Kai, and our sweet and whacky chow mix dog named Yume.

During my free time, I like to catch up and spend time with loved ones, read books, play video games with my boyfriend, care for my pets, and watch movies and tv shows.

My goals are to become a Physical Therapy Assistant and continue to learn and experience being in the field of physical therapy.

MEET THE TEAM!



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



WE'RE HIRING!

We are looking for a full-time Physical Therapist and Speech Therapist in the Frederick, MD area! Applicants must be licensed in Maryland. Check out details at <https://amberhillpt.com/join-our-team/> today! If you are interested in working in a team environment, continuously learning, advancing your clinical skills and getting patients back to the activities they love, we encourage you to send your cover letter and resume to kreichenbaugh@amberhillpt.com.



COVID-19 SAFETY ANNOUNCEMENT

During the coronavirus pandemic, public health and safety are major concerns for everyone.

This is especially true for those in need of physical therapy. While it is critical to adhere to social distance rules and reduce exposure risk, it is equally important to continue receiving regular physical therapy treatment in order to maintain your physical health.

While we understand the worry and stress over the spike in cases of COVID-19, we do want to emphasize the importance of taking care of your health and medical conditions during this time.

We want to reassure all of our patients that our clinic is following CDC-recommended protocols for sanitization, the use of masks, hand washing stations, and social distancing. Our equipment is cleaned and sanitized before and after use, we are only allowing a

limited number of patients in the clinic at once.

We strongly encourage you to continue coming for your appointments unless you are ill or have been exposed to the virus recently. Our ultimate goal is to help you achieve your goals and be as successful as possible in your therapeutic treatment. The only way we can assist you in meeting this goal is by continuing regular treatment with your physical therapist so that you do not regress or develop worsening pain symptoms.

If you would like to talk with our clinic about our COVID-19 protocols, please feel free to give us a call at your nearest location today. We are here to help you and support you in your healing journey and want you to feel as safe and comfortable as possible in our clinic.

Your health is our highest priority. Give us a call or visit www.amberhillpt.com today!