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# OCCUPATIONAL THERAPY CAN HELP WITH STROKE RECOVERY AND AUTISM

Read more inside on What To Expect From Occupational Therapy,  
Easy Roast Potatoes, and Staff Spotlight: Madeline Kaempfer!

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## OCCUPATIONAL THERAPY CAN HELP WITH STROKE RECOVERY AND AUTISM

April is Occupational Therapy Month, and in honor of this, Amber Hill Therapy Centers would like to take the opportunity to educate our patients and readers on the benefits of occupational therapy methods for conditions such as autism and stroke.

Do you have an injury or medical condition that is causing you pain, limiting your daily activities, and preventing you from enjoying the things you love?

Occupational therapy is a great way to learn how to get over these hurdles, improve performance and lower your pain symptoms. OT can help people of different ages and backgrounds to live more independently and comfortably.

Would you like to learn more about how occupational therapy can help you regain control of your life and improve performance? **If so, contact Amber Hill Therapy Centers today to request an appointment.**

### What Is Occupational Therapy?

The American Occupational Therapy Association defines occupational therapy as “the only profession that helps people across their lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations).

Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability.”

One example of how an OT can improve a patient’s daily function is through adaptations. For instance, if a patient suffers a stroke, OT can help. The long-term goal of any stroke rehabilitation plan is to improve physical function. Sometimes, a patient may have to relearn basic skills, such as walking, dressing, writing, speaking, or eating.

An occupational therapist can help them make adjustments and adaptations to their routines to make their lives easier. This unique approach makes occupational therapy a vital part of health care.

**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 TO EXPECT FROM OCCUPATIONAL THERAPY



If you're struggling to do everyday activities such as shower, get out of bed, open doors, or get dressed, occupational therapy could be a great option for you.

Amber Hill Therapy's occupational therapy plans include:

- An individual assessment to determine conditions, pain points, abilities, and patient goals.
- Customized activities focused on the improvement of daily tasks and activities.
- A final evaluation to determine if the patient met their goals and to make changes to the plan/create another treatment plan of action if necessary.

Occupational therapy and physical therapy go hand in hand and can be integrated into care plans to help patients of all kinds to regain mobility flexibility, improve range of motion, and regain a sense of independence in their daily routine.

OT goes beyond addressing and preventing injuries. Therapeutic

intervention takes into consideration all of your functional needs and implements activities to promote psychological well-being, regardless of your condition. We're here to help make your life more comfortable, while providing you with the skills to live as independently as possible.

## Take Care Of Yourself This Spring

If you want to begin improving your quality of life and ability to do the things you love, schedule an appointment with Amber Hill Therapy Centers today to learn more about the benefits of occupational therapy, and how it can change your world for the better.

<https://www.aota.org/Conference-Events/OTMonth/what-is-OT.aspx>

<https://www.choosept.com/symptomsconditionsdetail/physical-therapy-guide-to-stroke>



Scan the QR code to visit [www.amberhillpt.com](http://www.amberhillpt.com) to schedule your next appointment now!



## RECIPE OF THE MONTH EASY ROAST POTATOES

- 2 1/2 lbs of potatoes
  - olive oil
1. Preheat the oven to 220C/200C Fan/Gas 7.
  2. Peel the potatoes and cut into large chunks. Parboil in boiling salted water for 5 minutes. Drain and toss in the pan to roughen the edges.
  3. Put a generous tablespoon or so of olive oil

or goose fat in a roasting tin and put in oven, until smoking. Carefully take the tin out of the oven and add the potatoes to the hot fat, shaking them about as you do so.

4. Put the tin back in the oven and cook for about 1 hour until the roast potatoes are golden and crunchy on the outside and soft in the middle. Turn them over from time to time while they are cooking to make sure they colour on all sides.

Life is too short to not feel your best. Give us a call or visit [www.amberhillpt.com](http://www.amberhillpt.com) today!

# STAFF SPOTLIGHT

## Madeline Kaempfer



My name is Maddie and I am from Frederick, MD. I graduated with my Master's degree in Occupational Therapy from Towson University. I also went to Towson for undergrad and got my Bachelor's in Occupational Health and Well-Being. My goal as an occupational therapist is to make a positive impact on each person that I treat. I also am interested in becoming a Certified Hand Therapist in the future! I come from a big family and have two brothers and two sisters. I also have a golden retriever and labradoodle named Loki and Odin. I love any outdoor activities, mostly kayaking, hiking, and snowboarding. I also enjoy reading, doing puzzles, and crocheting

in my free time. This past summer I traveled to the Grand Canyon and had the opportunity to ride a mule through the canyon and white-water raft the Colorado River, it was absolutely incredible!

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

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