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ARE YOU READY TO GET MOVING THIS SPRING?

Read more inside on Become More Active With Physical Therapy, Staff Spotlight: Amy Cyphers, and Our New Market Office Has Expanded!

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Give us a call today!



ARE YOU READY TO GET MOVING THIS SPRING?

Great weather is right around the corner, and we all know what that means! It's time to get in shape and make sure your fitness levels are up to par, so that you can take advantage of the fresh air and sunshine outside.

Amber Hill Therapy Centers extends our physical therapy services to those recovering from painful injuries as well as to people looking to amp up their physical activity.

If you're excited about the opportunities for physical activity this spring but you're worried chronic pain will keep you inside, contact our clinic today for an appointment.

In the meantime, keep reading to learn more about how you can plan to get active outdoors in the coming warmer months!

3 Ways To Get Active This Season

After a long winter, the weather is finally getting nicer! If you are looking to spend as much time outside as possible, we've put together a handful of fun warm weather activities you can start participating in as soon as today!

If you read through this list and see something you know you'd enjoy doing but are unable to because of a pain issue, contact Amber Hill Therapy Centers to schedule a physical therapy appointment.

1. Get Your Hands Dirty In The Garden

Gardening typically requires getting down on your knees in the dirt! Physical therapy will help you get rid of any knee pain you've been having that's keeping you from tending to your flowers, fruits, or vegetables outside.

Bone bruises or cartilage or ligament damage are common in severe knee injuries, which a physical therapist may diagnose and treat.

2. Find A Hiking Trail

Hiking is a great warm-weather activity to participate in, especially if you enjoy taking in the sight and sounds nature has to offer. If you live near a hiking trail or a scenic area, definitely take advantage of it when you can, and always remember to wear the right footwear so as to prevent ankle sprains and strains!

3. Go On A Bike Ride

Biking is a fun sport that many people enjoy when the weather warms up. Biking, like hiking and gardening, can be difficult if you have unhealed injuries or chronic pain issues that limit your mobility.

Physical therapy will assist you in mobilizing your joints while maintaining strength and stamina, allowing you to continue riding your bike through the forest, mountains, or city streets!

**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!



BECOME MORE ACTIVE WITH PHYSICAL THERAPY

Have aches and pains been preventing you from taking advantage of everything this season has to offer? When you're in pain, the idea of exercising can feel far-fetched, if not impossible.

Know that you're not alone in this thinking. Finding the time or the motivation to exercise is difficult for many people, but living a sedentary lifestyle can actually exacerbate aches and pains. With a season of renewal right around the corner for us, there's no better time to develop a game plan for getting active.

According to the HHS, "More than 80% of adults do not meet the guidelines for both aerobic and muscle-strengthening activities, and more than 80% of adolescents do not do enough aerobic physical activity to meet the guidelines for youth."

As you can see, tons of individuals are not keeping up with their fitness levels, and many of them are simply unable to due to chronic pain problems.

Amber Hill Therapy Centers has a solution to this problem. Physical therapy is a useful tool for people recovering from an injury or surgical procedure. Our therapists are movement specialists who offer safe and natural ways of healing, as well as ways to improve your overall level of fitness so that you can enjoy physical activities this spring and summer.

If you're experiencing pain that is keeping you stuck inside and couch bound, a physical therapist at our clinic can help! We can evaluate your current physical condition and fitness levels.

Whether you're currently moving with assistance from a cane, walker, or orthotic device, or you're a serious athlete, physical therapy can help you increase your strength, stamina, endurance, reduce your chance of injury, and eliminate pain.

Don't Let Pain Keep You Inside! Contact Amber Hill Therapy Centers Today!

Our physical therapists are skilled professionals who can assess your pain condition and help you reach your fitness goals. It doesn't matter if you want to enjoy gardening without discomfort in your knees, or you're interested in taking long hikes through the mountains on the weekend, we can help you reach your desired levels of physical fitness!

At Amber Hill Therapy Centers, we are proud to offer a variety of therapeutic methods designed to help our patients participate in the activities they love this season.

Don't let pain keep you on the couch! You deserve to enjoy your time outdoors. If you're interested in polishing up your physical abilities this season, call our clinic today to schedule an appointment.

Sources:
<https://www.hhs.gov/fitness/resource-center/facts-and-statistics/>



Scan the QR code to visit www.amberhillpt.com to schedule your next appointment now!

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



STAFF SPOTLIGHT

Amy Cyphers

My name is Amy Cyphers and I have been a licensed PTA for 7 years. I joined the physical therapy team at Amber Hill when I relocated to Frederick, MD a year ago. I have two adult children and am originally from Bowie, MD. I left home to attend college at NC State where I got a bachelor's degree in Sociology with a Computer Science minor. After college I spent 5 years in Spain and two years in Mexico before returning to the states to raise my children. My time abroad not only gave me the opportunity to become fluent in Spanish but also the chance to immerse myself in the Spanish culture, visit several neighboring countries and meet lots of wonderful people.

When my kids got old enough to attend school, I became a personal trainer and group fitness instructor and after 3 years I opened my own gym at home that I trained out of for 8 years. During that time I also coached my daughter's soccer teams and did private/small group training for aspiring young players. Through the experience of training clients and athletes of all types, ages and fitness levels, I realized my passion for physical therapy. I went back to school and became a licensed PTA in NJ in 2015. I feel very fortunate to have found a career that is the perfect fit for me.

My other interests include spending time with my children and family, going on hikes with our new rescue dog, upcycling furniture and watching tennis.

*To learn more about our entire team,
visit us online at www.amberhillpt.com/our-team*



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.

OUR NEW MARKET OFFICE HAS EXPANDED!

The recently expanded New Market, MD location provides physical therapy and specialized aquatic therapy services. Our dedicated staff is eager to help you live a healthy, normal, pain-free life through our treatment services, advanced technology, and proven pain-relief methods.

Our skilled physical therapists use sophisticated diagnostic methods to help determine which of our services you will benefit most from. Specialized treatment plans are designed to help you achieve your goals, taking into account your symptoms, medical history, and any health restrictions you may have.

Our aquatic physical therapy involves hands-on therapy techniques and specific body movements

designed, taught and supervised by a physical therapist who specializes in aquatic therapy. Your treatment plan is tailored to achieve specific patient needs and goals. We use specially designed exercise equipment, along with simpler exercise aids like balls, and we train you in specific exercise movements.

Amber Hill Therapy Centers goal is to make your daily tasks and activities easier. We want you to be able to experience life to the fullest without being hindered by pain. We understand that it may be difficult to take the first step towards improving, especially if you don't know what the underlying cause of your pain might be.

Our New Market, MD physical therapy practice is located at 11670 Old National Pike, #101.



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