

A man with a beard, wearing a grey t-shirt, orange shorts, a black knee brace on his left knee, and a black wristband on his right wrist, is in a dynamic pose on a pickleball court. He is holding a pickleball paddle and looking towards the camera. A yellow pickleball is in the air to his left. In the background, there is a white net and a building structure.

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HOW PHYSICAL THERAPY CAN HELP YOUR PICKLEBALL INJURIES

Read more inside on What To Expect At Physical Therapy Sessions,
Cupping Therapy, and Our Damascus Location!

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HOW PHYSICAL THERAPY CAN HELP YOUR PICKLEBALL INJURIES

Have you been hearing about Pickleball but wonder what the heck it is? Are you looking for a fun activity but worry about aggravating an old injury? You may benefit from a physical therapy assessment to resolve an old injury and get your body ready for the start of Pickleball season!

No matter what your skill level or experience with Pickleball, learning how to prepare your body correctly is the key to enjoying the sport. Pickleball is the fastest growing sport in America, and the game is gaining more and more players every day.

Pickleball is an easy and fun way to stay active. The sport is similar to other racket sports and is often played on modified tennis courts. It is especially popular with older, retired folks looking to stay active and enjoy the social aspects associated with the game.

Unfortunately, people jump right into the sport without any preparation or training to prepare their bodies for the demands on their muscles, tendons, and joints. At Amber Hill Therapy Centers, our physical therapists have proven success working with people of all ages to recover from injury and resume whatever sport they enjoy.

Request an appointment with one of our specialists and let us help you resolve any injury (old and new) and design a program to make sure you minimize the risk of future injuries!

What Is Pickleball?

The game was developed in 1965 by a former Washington state congressman, Joel Pritchard. He and a friend were looking to play badminton, but unable to find a complete set of racquets, they improvised, playing with wooden ping-pong paddles and a perforated plastic ball. The game is played on a modified tennis court, and the net is similar to tennis.

The premise of the game is similar to other racket sports. A player hits a hard plastic ball with holes over the net with

a wooden or composite racket to score points. The racket is larger than a ping-pong paddle but smaller than a tennis racket. The game is called "Pickleball" after the inventor's dog, Pickles, and is currently the fastest growing sport in the US.

The Most Common Injuries Associated With Pickleball

As with any sport, injuries are part of playing the game of Pickleball. The sport's popularity has opened it up to people of all ages. The game is easy to play for beginners and can also meet the requirements of a more competitive player with the possibility of a fast-paced match for singles or doubles. As the popularity grows, so too does the risk of injury.

The sport requires abrupt changes of direction and stopping and starting movements, all of which have been linked to non-contact injuries like sprains and strains. There is also the potential for falling and repetitive movement type injuries, especially to the upper extremities. Another potential risk of injury stems from the lack of preparation and the age of the deconditioned athletes.

The most common injuries in Pickleball include:

- Ankle sprains
- Achilles tendon injuries and inflammation
- Patella (knee cap) tendinopathies
- Hamstring, adductor (inner thigh), or quadriceps muscle strains
- Shoulder impingements and rotator cuff injuries
- Elbow tendonitis (Tennis elbow)
- Wrist fractures from falls

Fortunately, our physical therapists are experts at treating all injuries related to Pickleball and any other sport. We will provide a comprehensive program including the most advanced therapeutic techniques to help you resolve your injury and get back on the court sooner than later!



WHAT TO EXPECT AT PHYSICAL THERAPY SESSIONS

Physical therapy should start immediately following most injuries to ensure the fastest recovery possible. A physical therapist with experience treating sports-related injuries will conduct a thorough evaluation to determine the injury's severity and identify any other factor that may affect your ability to recover promptly.

Next, your therapist at Amber Hill Therapy Centers will create a targeted, individualized treatment plan for you to promote an accelerated recovery plan and prevent future injuries associated with Pickleball.

For example, your physical therapist will guide you through exercises designed to help the injury and return to your pre-injury abilities. We will start with pain management and restoring mobility to the injured area.

Next, we will focus on progressing your strength, balance, and coordination to ensure you can move and change directions safely and effectively for participation in the game. Our programs are designed to restore function and prevent future injuries.

Our goal is to give you the tools to stay on the court pain-free and injury-free. We will provide you with an effective warm-

up and cool-down program to keep your muscles and joints working correctly. We will also make sure you are educated on increasing your strength and endurance to improve your overall performance on the court and minimize the risk of injury.

Request An Appointment Today!

At Amber Hill Therapy Centers, our therapists are experts at treating Pickleball-related injuries. We have proven success with treating athletes of all skill levels and ages.

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6913863/>
https://journals.lww.com/ajscm-csmr/Fulltext/2020/10000/Pickleball_Review_and_Clinical_Recommendations.8.aspx?context=LatestArticles
<https://www.sciencedirect.com/science/article/abs/pii/S073646719307991>

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Amber Hill Therapy Centers!**

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living your life again, pain-free!*

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CUPPING THERAPY

This therapy uses negative pressure, instead of tissue compression (typical massage work), for impressive results in a wide array of bodywork techniques. When suction & negative pressure is created by cupping therapy, it causes the release of rigid soft tissue, drains excess fluids & toxins, loosens adhesions, lifts connective tissue, & brings blood flow to stagnant skin & muscles.

Cupping pulls stagnation out of tissues & brings the skin to a proper level. Pores expand & discharge waste, & the rest then is more accessible to the body's circulatory lymphatic systems, where it can be properly flushed out. This is what many times looks like "round bruises" which is just debris that rise to the surface & are released through the lymph nodes.

Cupping therapy is great for the back and cellulite areas – including glutes/thighs/hips/legs, anterior thoracic & abdominals, upper/lower arms, & posterior neck from the anterior position. Remember discolorations are not bruises at all. Rather they are when circulation is compromised or sluggish in an injured or dis-eased area.

Cupping can be done for the following reasons:

- Reduce inflammation
- Promote faster healing, promoting blood flow
- Detoxification
- Pain relief
- Relaxation
- A form of deep tissue work



Cupping is perfect for:

- Current athletes or someone with past sports injuries that still linger
- Someone with poor posture who needs better range of motion in their shoulders and back
- People working at a desk all day
- Commuters
- Injury recovery
- Scoliosis (providing relief at the muscle attachment sites on the sides of the spine helps with the pain caused by Scoliosis; cupping cannot cure Scoliosis).
- Someone who needs deeper massage work

If you think you might be interested in Cupping, give our Damascus office a call (301-327-2910) or schedule your appointment online.

OUR DAMASCUS LOCATION

Amber Hill Therapy Centers in Damascus, MD provides adult physical therapy services to Damascus, Mount Airy, Urbana, Clarksburg and Germantown residents as well as neighboring communities. We offer private treatment rooms and are open early mornings, evenings, and Saturdays.

At our clinics, we go out of our way to make your physical rehabilitation and recovery a great experience. Our entire staff, from the front desk to our clinical team, provides a compassionate and motivational environment dedicated to healing. Our skilled physical therapists

use sophisticated diagnostic methods and specialized treatment plans to help you achieve your goals, taking into account your symptoms, medical history, and any health restrictions you may have. They are highly trained and experienced people! They will work to determine the root cause of your problems and provide quality treatment for any kind of pain, injury, or condition you are experiencing. We are proud to offer specialized treatment services for any pain, injury, or discomfort you may feel. Our therapists will use their skills to teach you how to prevent future injuries, which is an extra bonus!

Amber Hill Therapy Centers will help you get back to living your life and feeling like yourself again. 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 Damascus, MD physical therapy office is located at 9701 New Church St., Suite 3. Call 301-327-2910 to schedule an appointment today.

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