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IS BACK PAIN INTERFERING WITH YOUR EVERYDAY LIFE?

Read more inside on How Physical Therapy Helps Back Pain,
Service Spotlight: Aquatic Therapy, and Don't Let Your Insurance Go To Waste!

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Give us a call today!

IS BACK PAIN INTERFERING WITH YOUR EVERYDAY LIFE?



Are you experiencing pain or tension in your lower back? Are these symptoms making it difficult for you to go about your daily routine? A life free of back pain is within your grasp.

For some, back pain is a daily occurrence that dictates the way you live your life. The pain in your back determines every movement, every motion. Standing, sitting, laying down, driving, walking, or running — the pain persists. According to most studies, poor postural habits, prolonged sitting, repetitive movements like bending and twisting, and lack of physical exercise have a significant association with low back pain.

Knowing what to do can be confusing. Our physical therapists help you find solutions to your pain and provide you with an individualized program to help you manage your pain and get you back to living the life you enjoy! **Call Amber Hill Therapy Centers today to make an appointment.**

Physical Therapy Solutions For Back Pain

It has become more evident that passive methods (i.e., rest and medication) are associated with worsening disability and are not recommended. Education and the recommencement of regular activities and exercise are related to decreased disability. Physical therapy aims to improve function and prevent disability from getting worse.

Physical therapy at Amber Hill Therapy Centers offers a long-term solution to back pain by using targeted exercises that focus on the cause of the pain. Through a combination of strength and flexibility training that focuses on muscle development and joint movement, physical therapy can address the underlying cause of the pain and significantly improve your quality of life.

Understanding The Risk Factors Associated With Back Pain

Though several risk factors have been identified, the exact cause of lower back pain remains challenging. Whether from overuse work-related postures and movements or injuries from traumatic events or athletic pursuits, the exact mechanism of lower back pain varies by the individual. Sprains and strains are common, but issues with the vertebrae, discs, and even concerns regarding the spinal nerves.

You might be amazed to discover the different risk factors influencing your back health include:

- Lack of exercise
- Prolonged sitting
- Lifting heavy objects
- Bending or twisting
- Anxiety and depression
- Use of soft foam mattress
- Sleep disorder
- Hypertension

Aerobic activity and strength training exercises make it possible to reduce your risk of injury and improve your ability to overcome back pain by strengthening the vertebrae and enhancing blood flow and nutrient disbursement throughout the back.

What's more, recent research indicates that resting may not be the ideal solution for long-term back care. Spending too much time on the couch or off your feet can lead to more long-term issues with back pain — not fewer. Exercise, in general, is shown to increase strength and flexibility, supporting healthy muscles and bones, and therefore supporting ideal back health.

Stop letting pain get in the way. Give us a call or visit www.amberhillpt.com today!

HOW PHYSICAL THERAPY HELPS BACK PAIN

According to research, physical therapy treatments are effective for acute and chronic back pain. Physical therapy treatments for back pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like the McKenzie Method and Therapeutic Yoga.

These have all been proven to help alleviate pain and restore function. Physical therapists assess your particular condition to identify the contributing factors and address ALL of them. Rather than focusing on one cause of your pain, your physical therapist will handle all causes.

At Amber Hill Therapy Centers, our physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

Call Our Clinic Today

Anyone who has struggled with back pain can tell you plain and simple: When your back is hurting, there is no way to pretend that it isn't.

Our physical therapists will help you overcome back pain by giving you the knowledge and support necessary to help your back feel better! Working with a licensed and experienced physical therapist ensures that you do not take on too much too quickly. Our therapists will guide you through the process of healing with gradual steps.

Call our Amber Hill Therapy Centers for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you have a history of back injuries, pain, or minor aches, don't hesitate to talk to a physical therapist. We offer the results you are looking for!

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

SERVICE SPOTLIGHT

AQUATIC THERAPY

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 Center's 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.

DON'T LET YOUR INSURANCE GO TO WASTE!

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining in your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan. Let our family help your family get a head start going into 2023, before your deductible renews again!

EXERCISE OF THE MONTH

TRUNK ROTATION CHAIR

Sit tall on the edge of the chair with feet flat on the ground. Inhale and raise arms over head. Exhale and turn your trunk to one side as you lower arms. Keep feet flat on the floor and do as large a rotation as possible while maintaining balance. Switch directions. Repeat 6 times.



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