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HOW TO RELIEVE YOUR BACK PAIN BY FIXING YOUR POSTURE

Read more inside on How Physical Therapy Can Help Common Posture Issues, 10 Ways To Approach A New Year's Resolution, and Patient Success Spotlight!

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HOW TO RELIEVE YOUR BACK PAIN BY FIXING YOUR POSTURE

Are you able to maintain your posture throughout the day? Do you catch yourself slouching frequently? If you notice daily or persistent aches and pains in your back, your posture is likely contributing to the problem. At Amber Hill Therapy Centers, our physical therapists can help identify the source of your pain and whether or not your posture is part of the problem. We offer solutions that work no matter what is causing your back pain!

When your posture is incorrect, it can cause stress on your back, resulting in pain, inflammation, or dysfunction. Back pain is the most commonly reported area of pain and often leads to significant limits to one's daily life. It is estimated that up to 70%–80% of adults experience lower back pain at some time in their lives.

If you are experiencing back pain, it is essential to realize whether it stems from the way you stand, sit, and lie down. Fortunately, Amber Hill Therapy Centers can help. We'll determine the cause of the pain so you can get back to living your life comfortably!

If you have been noticing persistent pains in your back, don't hesitate to contact us today!

Poor Posture Is Common And May Be The Cause Of Your Back Pain

Very few people have perfect posture, and most people use bad postural habits in one way or another. We become so wrapped up in whatever tasks we are doing that we forget to think about how our bodies are positioned.

Poor posture is one of the most common causes of back pain. It's common for people to slouch at their desks, lean forward to read emails, or just slump on their couch while watching T.V. Too often, these are all things people do subconsciously, without realizing the toll it takes on the body.

Your posture affects how your body moves - whether you're sitting, standing, walking, running, or performing pretty much any other task throughout the day. Your posture may also change depending on what you are doing - perhaps your posture when you stand is perfect, but when you sit at a desk, your body begins to hunch and fold in ways that it is simply not supposed to.

Poor posture isn't due to laziness or apathy; instead, it generally has something to do with our bodies' habits or physical weakness. Even if you exercise regularly, there may still be weak muscles or compensations contributing to poor posture. The muscles in your shoulders, back, abdomen, buttocks, and pelvic floor all play an essential role in your posture. If even one of these is weak, your posture may suffer.

**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!

HOW PHYSICAL THERAPY CAN HELP COMMON POSTURE ISSUES

Physical therapy is a great way to regain normal posture. At Amber Hill Therapy Centers, our physical therapists are experts in movement and excellent resources to have when trying to achieve your physical performance goals. We will aid you in improving your balance, stability, flexibility, and mobility, all of which will positively affect your posture.

At your initial evaluation, we will start by conducting functional testing to identify weaknesses contributing to your posture and causing your back pain. In addition, we will identify any mobility changes in your spine that may influence how you hold your body when you sit, stand, or move.

Our customized treatment plans are tailored to your specific needs and typically include manual therapy and targeted stretches and strengthening exercises to alleviate pain and regain proper postural habits.

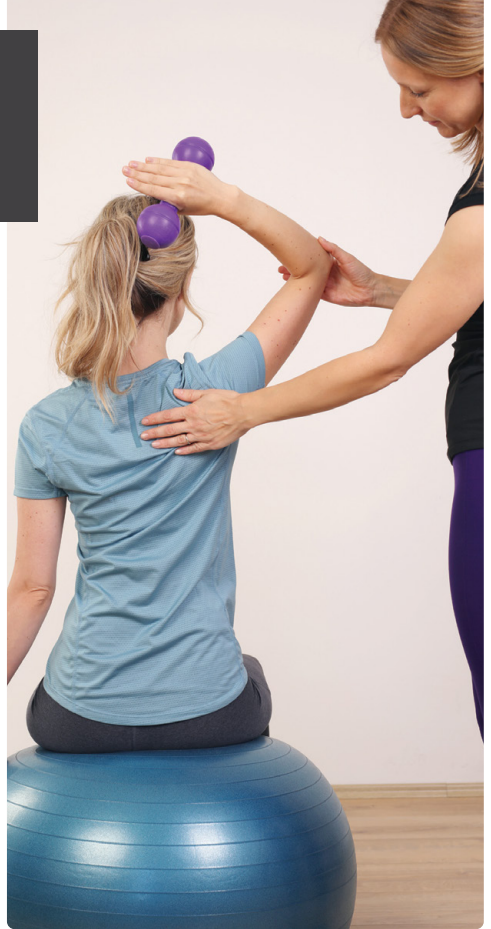
Your physical therapist may add treatments, such as ice and heat therapies, ultrasound, or electrical stimulation as appropriate. Find out for yourself why physical therapy is one of the most effective ways to address your back pain and start on the road to recovery and improved posture.

Steps To Improve Your Posture On Your Own

Poor posture can be challenging to overcome. The more you practice proper posture, the easier it will become. *Here are a couple of tips you can try at home:*

- **Sit properly:** Start by scooting your buttocks to the back of the chair and sitting back against the backrest of the chair. Using lumbar support can help you maintain the upright position.
- **Take breaks:** It is vital to make sure that you get up every 30-45 minutes and take a short walk, at least for a minute or two. Changing your positions can prevent the slouched posture from becoming your default posture.

Sometimes the most helpful solution is to avoid the problem from the beginning. Starting in a good posture and taking frequent breaks can eliminate the pain associated with poor postural habits.



Schedule An Appointment Today

Contact Amber Hill Therapy Centers today to schedule a consultation and figure out how physical therapy can help your posture!

Sources:
<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6305160/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>



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10 WAYS TO APPROACH A NEW YEAR'S RESOLUTION

A New Year's resolution is a promise or commitment made by an individual to themselves, and it can be anything from a pledge to stop smoking to a promise to lose weight.

Achieving your goals takes time, patience, and determination. It also requires you to set realistic goals that you know you can work towards.

Setting a resolution for the New Year is a great way to set yourself up for success. Resolutions give you direction and help you get things done. But how do you set a resolution? What if the resolution is too hard to achieve? What if you don't know what your resolution should be?

It's essential to start with small achievable goals that will lead to bigger ones. *When you're crafting your New Year's Resolution this season, keep these 10 tips in mind.*

1. Start with a list of what you want from life and the most important things to you.
2. Choose one aspect of your life that you would like to improve from this list. This could be anything from your physical fitness to learning a new skill.
3. Write down your goal every day for a month to keep yourself accountable.
4. Find someone who will hold you accountable if necessary. You



might find that working towards a goal with a buddy is also more fun!

5. Break down large goals into smaller ones so that they are more manageable and less intimidating.
6. Your resolution should not be too difficult to achieve.
7. Resolutions should be specific, making it easier to track your progress.
8. Your goals should be realistic and attainable but also challenging enough to push you out of your comfort zone.
9. A resolution should have deadlines, so there is a sense of urgency and accountability.
10. Pick a goal that will bring you joy. If your resolution brings you a sense of accomplishment or happiness, you're more likely to stick with it.

Good luck completing your resolutions this year! Our team at Amber Hill Therapy Centers is confident in your ability to hit your goals.



PATIENT SUCCESS SPOTLIGHT

"This Amber Hill location in Frederick, MD is a great place for physical therapy. The therapists and staff are all very nice, knowledgeable, and professional. I benefited greatly, and now have a great PT routine that has increased my quality of life." - 5 Star Google Review



STAFF SPOTLIGHT | THOMAS BARNHART, PTA

Tommy earned his Physical Therapist Assistant degree in 2016 from Penn State Mont Alto and a Bachelor of Science in Exercise Science from Shippensburg University in 2021. Prior to pursuing an education as a PTA, Tommy gained extensive hands-on experience as a massage therapist, which is what interested him in physical therapy.

Tommy has used his experience as a massage therapist and in-depth knowledge of the body to maximize the recovery of his patients.

Outside of the clinic, Tommy enjoys reading, binge watching medical dramas, playing video games, and hiking.

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