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THERAPY CENTERS

Comprehensive Adult & Pediatric Therapies



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NATURAL ARTHRITIS PAIN RELIEF WITH AQUATIC THERAPY

Read more inside on How Aquatic Therapy Can Help Alleviate Arthritis Symptoms,
Trigger Point Dry Needling, and Patient Success Spotlight!

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Give us a call today!



NATURAL ARTHRITIS PAIN RELIEF WITH AQUATIC THERAPY

Have you ever woken up with tight joints that ache as soon as you move or become more painful throughout the day? If you answered yes, you may be experiencing early-onset arthritic symptoms. Aquatic therapy is a successful treatment choice for arthritis sufferers.

Many people suffer from this illness and refuse to seek therapy because they assume it is something they will have to cope with as they age. This could not be further from the truth! With our aquatic treatment program, our qualified and experienced therapists can assist you in managing your arthritis pain.

If you're looking for long-term relief from arthritic pain, aquatic treatment is a fantastic option. Our goal at our clinic is to ensure that you can go about your daily activities without being hurt.

Common Types of Arthritis

Arthritis is a condition that attacks the joints of the body by causing mass amounts of pain and inflammation. According to the CDC "In the United States, 23% of all adults—over 54 million people—have arthritis. About 24 million adults are limited in their activities from arthritis, and more than 1 in 4 adults with arthritis report severe joint pain."

Osteoarthritis is the most common type of arthritis. Combined with some changes that take place during aging, this condition is typically a natural consequence of a lifetime of joint movement. It can form as a result of a sudden injury to a joint, and it can develop even if a previous injury has healed!

Safe joints not only provide a lubricating fluid to keep the ends of the bone moving smoothly but also a cartilage layer that serves as a part of shock absorption and anti-friction. Over time, however, the lubricating fluid output can begin to dry up, as the cartilage becomes thinner and wearier until it eventually breaks down completely. If you try to shift or place weight on the joint, this leaves you with discomfort, swelling, and inflammation that typically feels worse.

Rheumatoid arthritis is another kind of arthritis that is caused by an auto-immune disorder or dysfunction. The same defense mechanisms that normally fight disease-causing germs decide to turn on your joints, mistaking them for the enemy and attacking them. This causes painful inflammation that comes and goes, leaving joint swelling and deformity in its wake. Your medical history, hormones, and environment are a few. It's also common for this condition to affect the same joints on opposite sides of the body because of the fact that it is an autoimmune disease.

**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 AQUATIC THERAPY CAN HELP ALLEVIATE ARTHRITIS SYMPTOMS

Aquatic therapy may help to restore the use of joints affected by either of these arthritic conditions and also increase your ability to move about and participate in everyday activities.

If you're experiencing any of the following commonly experienced symptoms, aquatic therapy could be your best bet to finding pain relief!

Are you dealing with any of these on a daily basis?

- Joint pain
- Reduced range of motion
- Stiffness in the affected area
- Trouble getting up on your own or sitting down
- Swelling and inflammation
- Tenderness or soreness especially in the mornings as you begin to move around

Benefits of Aquatic Therapy For Arthritis Pain and Discomfort

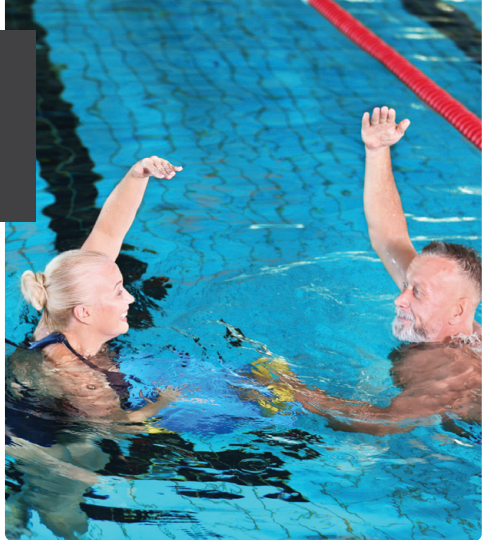
People with arthritis can benefit from aquatic treatment in a variety of ways. Aquatic therapy patients are frequently able to forgo having costly surgery or purchasing drugs entirely! Your professional and experienced therapists at Amber Hill will be able to do a comprehensive physical examination in order to find the best treatment for your individual pain issues.

Aquatic treatment is a great alternative for people with arthritis since it helps to restore normal joint motion, strengthen supporting muscles, and improve general mobility. For long-term rehabilitation, our aquatic therapy treatments are tailored to your unique needs. We can also show you how to prevent future joint injuries as well as at-home therapy exercises that you can do on your own.

Call Our Clinic Today For More Information

If you're struggling with arthritis or have noticed any of the arthritic symptoms listed above, it's a good idea to contact an aquatic therapist for an assessment as soon as possible. Your days of succumbing to arthritis pain and discomfort could become few and far between, but there's only one way to find out! Give us a call today to set up your first appointment. We can't wait to see you!

<https://creakyjoints.org/diet-exercise/water-exercises-for-arthritis/>



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!

TRIGGER POINT DRY NEEDLING

Dry needling offers a safe alternative treatment option for pain relief and improved muscle movement. It has been proven to treat numerous musculoskeletal issues, including acute and chronic injuries, overuse injuries, neck pain, headaches, back pain, sciatica, muscle spasms, muscle strains, tendinitis, knee pain, hip pain, fibromyalgia, tennis elbow, golfer's elbow, and more.

Dry Needling is one technique that complements a larger, comprehensive treatment plan. After conducting a comprehensive evaluation to assess the nature of your condition, our licensed therapists will let you know if dry needling is the best course of treatment for you. Patients who receive treatment often report immediate pain relief and see an improvement with movement and focus.

Physical Therapists at Amber Hill who use Dry Needling as a treatment approach are specifically trained in the technique and have met requirements for Dry Needling Trigger Point certification. If you're looking for a physical therapist that can incorporate dry needling into your physical therapy plan of care, call Amber Hill Therapy Centers!

Give us a call or visit www.amberhillpt.com to schedule your appointment today!



STAFF SPOTLIGHTS

DR. KELLY REICHENBAUGH, PT, DPT, CMTPT

Kelly Reichenbaugh received her Bachelor of Science from Duquesne University and her Doctorate in Physical Therapy from Shenandoah University. Kelly has been a member of the AHPT team since 2000 in various roles ranging from PT Aide to Practice Administrator and finally Physical Therapist after following her passion for PT to return to graduate school. Kelly is an active member of the American Physical Therapy Association and has completed her certification in Trigger Point Dry Needling with Myopain Seminars. Kelly enjoys running and takes special interest in working with runners who are injured or just looking to improve their gait as an ACE certified Running Gait Analyst.



DR. HEATHER PINER, PT, DPT, CMTPT

Heather Piner has a Bachelor of Science in Exercise and Sports Science from the University of North Carolina at Greensboro and a Doctorate in Physical Therapy from Long Island University, Brooklyn Campus. Heather was attracted to her career in physical therapy because she enjoys getting to know people from all walks of life and giving them the tools to help improve their mobility so they can improve their lives and achieve their goals. Heather has completed her certification in Trigger Point Dry Needling from Myopain Seminars and has completed course work of SMFA (Selective Functional Movement Assessment) by FMS. She has worked in the fields of orthopedics, neurology and sports and is a member of the American Physical Therapy Association.

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