



amber hill
THERAPY CENTERS

Comprehensive Adult & Pediatric Therapies



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

LIVE COMFORTABLY ONCE AGAIN WITH
**OCCUPATIONAL
THERAPY**

Read more inside on What To Expect At An Occupational Therapy Visit,
Gain Independence with Occupational Therapy, and This Month's Staff Spotlight!

www.amberhillpt.com

Give us a call today!

LIVE COMFORTABLY ONCE AGAIN WITH OCCUPATIONAL THERAPY



Are you recovering from a recent injury or surgical procedure? Are you living with a chronic condition that causes constant discomfort? Whatever the case may be, occupational therapy can help improve your health. At Amber Hill Therapy Centers, our occupational therapists can help you restore your function and teach you the skills to manage your daily activities.

Occupational therapy helps people from young to old do the things they want and need to do. This kind of therapy works with people of all ages to live their life to the fullest by promoting health and/or living with injury, illness, or disability.

Occupational therapists (OTs) treat injured, ill, or disabled patients with the therapeutic use of everyday activities. By implementing strategies to help patients recover, improve, learn and maintain the skills needed for daily living and working duties.

If you are experiencing discomfort, contact Amber Hill Therapy Centers today for more information.

What Conditions Are Treated By An Occupational Therapist?

The word "occupation" is used to describe activities of daily living, instrumental activities of daily living, health management, rest and sleep, education, work, play, leisure, and social participation.

Occupational therapists work with people to address their physical, cognitive, psychosocial, and sensory-perceptual limitations. OT aims to help improve a person's performance and engagement in occupations that affect physical and mental health and quality of life.

OTs work with elderly patients to teach them techniques to make completing daily tasks, such as dressing, eating, and bathing, much more manageable. In addition, we also help patients improve their fine and basic motor skills, strength, dexterity, and range of motion.

Occupational therapy focuses more closely on hand, elbow, and wrist pain relief. *Some common conditions we treat with OT, through our specialized hand therapy services, include:*

- Carpal tunnel syndrome
- Arthritis
- Burns
- Nerve injuries
- Fractures
- Tendinitis

The medical conditions that occupational therapists often treat include the following:

- ADHD
- Chronic pain
- Stroke
- Diabetes
- Spinal cord injuries
- Brain injuries
- Multiple sclerosis

Everyday personalized activities that people do as individuals, in families, with communities and to occupy time bring meaning and purpose to life. Occupations can involve the execution of multiple activities for completion and can result in various outcomes.

Whether you're dealing with an old or new issue, conservative care of an occupational therapist is one of the most effective ways to treat pain and injury. The goal of rehabilitation is to help you regardless of your current condition or the setting you need assistance in. We will help you participate in the activities you need and want to do.

**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!

WHAT TO EXPECT AT AN OCCUPATIONAL THERAPY VISIT

Occupational therapy is more than just addressing an injury. At Amber Hill Therapy Centers, our dedicated therapists focus on the functional needs of each patient by implementing specific exercises and activities that promote physical and psychological well-being.

We will perform a thorough evaluation, determine the best course of action, and implement the strategies to ensure a positive outcome. We may also include evaluating your home and other environments (i.e., workplace, school) and making recommendations for adaptive equipment and/or training to fit your needs.

Our team will implement compensatory techniques to help you perform tasks in an alternative manner or by using adaptive aids to be more independent. We can also use compensatory strategies to help you learn new tasks when your abilities and current situation dictate a new way.

Occupational therapists use a holistic perspective, focusing on adapting the environment to fit the person. You will feel better emotionally when you can comfortably engage in essential activities. This unique approach makes occupational therapy a vital part of your health care.

Call To Schedule An Appointment

Whether you are looking for relief, looking to prevent an injury, or simply improving your physical function, occupational therapy is here for you. Our skilled OTs will work closely with you to help you reach your goals!

If you're ready to get started on the path toward improved health, contact our office today!

Sources:
<https://www.otoa.org/conference-events/1stmonth/what-is-ot.aspx>
https://go.gale.com/ps/i.do?id=6&E%7CA62373417&sid=googleScholar&v=2.1&it=r&linkaccess=abs&issn=02723490&p=HRC&sw=w&userGroupName=ar_o_ota



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!

GAIN INDEPENDENCE WITH OCCUPATIONAL THERAPY

With the help of an occupational therapist, you can achieve a greater degree of independence and lower your pain symptoms. Our team of occupational therapists help people of all ages live their lives to the fullest by promoting health and teaching individuals how to function with an injury, illness, or disability.

Some conditions and situations where an occupational therapist's guidance and care can be beneficial include:

- Tendinitis
- Multiple sclerosis
- Parkinson's disease
- Orthopedic conditions
- Recovery after burns/scar management
- Neurological conditions
- Carpal tunnel syndrome
- Down's syndrome
- Cerebral palsy
- Autism
- Asperger's syndrome

At Amber Hill Therapy Centers, we understand how difficult it can be to struggle to complete everyday activities. If tasks like showering, getting in and out of bed, or getting dressed present major difficulties for you, know that help can be found at our occupational therapy clinic.

Are you ready to regain a sense of independence and control of your life? Contact Amber Hill Therapy Centers to schedule an appointment with one of our dedicated therapists. It's time to get back to the life you love!

PEDIATRIC CLASSES

APRIL 2023

\$100 for a 4-class session

Life Skills (Ages 12+) Learn important skills needed for the real world including money management, household chores, getting a job and how to take care of yourself! (April 3rd, 10th, 17th & 24th 11:00AM in our Frederick location)

Baking For Beginners (5+ years old) Learn the basics of baking and make delicious treats. (April 6th, 13th, 20th & 27th, 3:00PM in the Frederick location)

Play Group (Ages 3 - 6 years old) In this class your little one will learn important social skills including cooperation, turn taking and problem solving needed to engage with peers during play. (April 7th, 14th, 21st & 28th at 11:00AM in our Frederick location)

Spring Into Action (Ages 5+) Join our movement class consisting of both yoga and fun dance moves to help burn off some energy as well as work on gross motor coordination and balance. (April 6th, 13th, 20th & 27th at 1:40PM in our Urbana location)

Please contact the Urbana location at (240) 529-0175 for additional information.



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.



STAFF SPOTLIGHT

LESLIE GRAY, MOT, OTR/L

Leslie Gray has a Master of Occupational Therapy with a Minor in Psychology and a Bachelor of Health Sciences, all from Saint Francis University. Leslie has more than 10 years of experience in pediatric rehabilitation. She is certified in Beckman Oral Motor Assessment and Intervention as well as CPR certified. She is a member of the NBCOT (Certified) and the Maryland Board of Occupational Therapy. Leslie enjoys spending time outdoors, hiking, biking, boating, visiting state and national parks, coaching soccer and spending time with family and friends. She has a husband and two sons. Leslie said she chose her career because she has always enjoyed caring for others, particularly children from a young age.

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