



Comprehensive Adult & Pediatric Therapies



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

DON'T JUST TOLERATE NECK PAIN, RELIEVE IT!

Read more inside on How Physical Therapy Can Help You Find Relief,
3 Gardening Tips For Spring, and Blueberry Muffin Overnight Oats!

www.amberhillpt.com

Give us a call today!

PHYSICAL THERAPY CAN HELP YOU FIND RELIEF FROM NECK PAIN



Do you struggle to turn your neck while driving? Are you finding it difficult to get through the day without stiffness and pain in your neck? Physical therapy at Amber Hill Therapy Centers can help you find the relief you're searching for!

Neck pain can be both debilitating and scary to live with. When you experience an injury that leaves your neck in severe pain, the thought of not being able to turn your head freely is overwhelmingly stressful. What's more, the pain from no apparent reason can be even more challenging to know what to do.

There are a lot of different ways that you can relieve neck pain. Our team of therapists is focused on finding the best treatment for your personal needs. Call our clinic today to learn how we can help you keep living the kind of life you want with less pain and movement restrictions.

What Is Causing Your Neck Pain?

Neck pain that is the result of a sudden trauma is also known as whiplash. In most traumatic events, it is difficult to isolate a particular tissue causing the pain, and most likely, all the tissues in the neck are affected.

Identifying the cause of neck pain can be tricky because several factors contribute to it. The most commonly reported risk factor is working in an awkward or sustained posture (i.e., sitting at a computer or working at a desk that's too low). These sustained postures or awkward positions strain the muscles that are supporting the neck.

Sleeping in an awkward position can also lead to neck pain. If the head is held at a bad angle or twists wrong during the night, a stiff neck might be present in the morning. These awkward postures can affect the joints themselves, so the movements are

limited and/or painful. Joint pain can come from the cartilage, ligaments, and the disc.

Turning the head repetitively, such as side to side while dancing or swimming, may overuse the neck's muscles, tendons, and ligaments. Sometimes, neck pain develops after a particular injury, such as a car accident or even a result of a slip and fall. When this happens, your pain could be a result of a muscle strain or a ligament sprain.

What Are The Most Common Symptoms?

It is important to note that pain is not the only symptom associated with neck dysfunction. It is also very common to have stiffness, a "crick" in the neck, tightness in the muscles of the upper back and shoulders, and even headaches from neck dysfunction.

The stiffness or range of motion impairments often come from the joint itself or the muscles surrounding it. When you experience pain turning or side-bending to the same side as the pain, you are likely dealing with a joint issue. When you turn or side bend away from the side that you have pain, this typically means that you have a muscle problem. Your therapist can determine what is the likely cause of your problem and prescribe stretches to resolve it.

**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 YOU FIND RELIEF

Physical therapists can target your pain's source by examining your symptoms. Then, they can offer exercises that stretch and/or relax your neck muscles. Manual techniques, like Myofascial release, are used to alleviate your pain and allow you to tolerate stretching. A custom-tailored program of neck exercises will assure your neck stays loose, limber, and healthy.

Your physical therapist can also teach you how to arrange your working environment ergonomically and recommend various postural changes. Such changes may include:

- When standing and sitting, be sure your shoulders are in a straight line over your hips and your ears are directly over your shoulders.
- Adjust your desk, chair and computer so that the monitor is at eye level. Knees should be slightly lower than hips. Use your chair's armrests.
- Avoid tucking the phone between your ear and shoulder when you talk. Use a headset or speakerphone instead.



Physical Therapy Is An Effective Solution For Neck Pain!

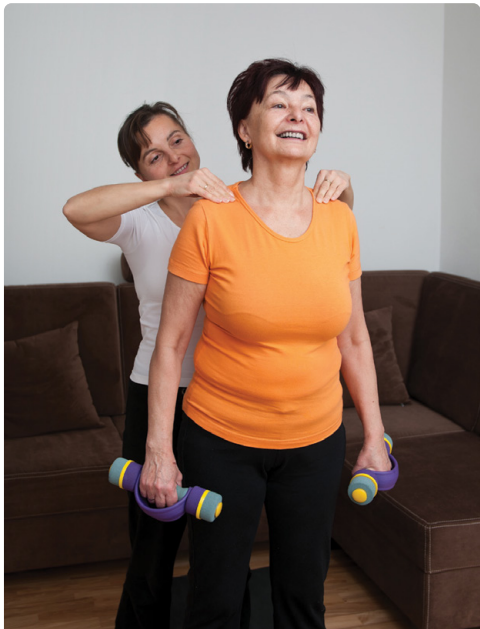
Physical therapy treatments for neck pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques.

Physical therapists assess your particular condition to identify the contributing factors and address all of them. Your therapist is 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 Amber Hill Therapy Centers Today!

If you're dealing with neck pain, we can help! We'll work side by side with your goals, creating the proactive, effective programs you need to achieve mobility once more. We offer the results you are looking for!

Source
<https://pubmed.ncbi.nlm.nih.gov/29197234/>
<https://pubmed.ncbi.nlm.nih.gov/31133629/>
<https://pubmed.ncbi.nlm.nih.gov/32317109/>
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3 GARDENING TIPS FOR SPRING!

Springtime is finally here, and with it comes a renewed sense of energy and drive to reach your fitness goals!

After a long winter of being stuck inside, it's more important than ever to stay on top of your health and make sure you're engaging in physical activities.

Gardening is an enjoyable way to get active, especially in the spring! Nothing beats the smell of blooming flowers, fresh air, and warm sunshine.

Here are a few tips to ensure you avoid injury and make the most out of gardening this season:

1. Warm Up First.

Like any other physical activity, it is crucial to warm up before gardening. Morning gardeners need to make sure to walk around, or at least be up and moving, for about 45 minutes before starting any bending or lifting.

2. Practice Proper Technique.

One of the most common mistakes gardeners make is with their technique. Your back is incredibly strong and resilient when you maintain its natural curves. In the lower back, the curve you need to maintain is called lordosis.



When you stick your butt out, you will naturally increase the curve, a.k.a lordosis, and protect your back from injuries. Whether you are working with a shovel, rake, or spade, it is vital to keep your curves intact. Also, when bending to pull weeds, it is better to kneel or squat so you can maintain the straight spine position and protect your back.

3. Take Breaks.

Taking frequent breaks or alternating tasks such as digging, lifting, and walking is beneficial for your body. Adding in some simple backbends before starting can also help decrease your risk of pain or injury.

Are you ready to enjoy gardening this season? Practicing these three tips will help you prevent injury and make the most out of this season!

CONGRATULATIONS KYLE AND ALISON

Kyle and Alison Staley welcome baby Landon Staley
April 10th, 2023 | 20-1/2 inches long | 6lbs, 10 oz



BLUEBERRY MUFFIN OVERNIGHT OATS

- 1 cup rolled oats
- 1/2 cup blueberries,
- mashed
- 2 tablespoons chia seeds
- 1 teaspoon vanilla extract
- 1 tablespoon honey
- 1 teaspoon lemon zest
- pinch of salt
- 1/2 cup vanilla Greek yogurt
- 3/4 cup unsweetened almond milk

First, mash 1/2 cup blueberries in a large bowl. Then add the rest of the wet ingredients and mix until smooth. Add in dry ingredients and mix again. Place in the refrigerator, cover for at least 2 hours or overnight. Serve cold. Top with granola, lemon zest, and fresh blueberries.

Source: <https://fitfoodiefinds.com/blueberry-muffin-overnight-oats/>

