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# HOW PHYSICAL THERAPY CAN HELP YOU GET HEALTHIER

Read more inside on Join The Amber Hill Therapy Centers Team, Heal Your Cycling Injuries With Physical Therapy, and From Leg Injuries to Cycling Triumphs!

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# HOW PHYSICAL THERAPY CAN HELP YOU GET HEALTHIER

Do you find it challenging to find the time to get healthier? Do you struggle with injuries and pain? You may benefit from working with a physical therapist to help you get back on track. At Amber Hill Therapy Centers, our therapists are experts at eliminating pain and resolving both old and recent injuries so that you can enjoy a healthier life!

When you are in pain or tired after a long day at work, it can sometimes be difficult to find the energy to deal with injuries or stick to a nutritious diet. As a result, your body may start to suffer the consequences of more injuries, pain, or severe health issues like high blood pressure and diabetes.

Lifestyle diseases are the primary cause of morbidity and mortality in the United States. These include heart disease, cancer, diabetes, and joint and muscle disorders. All of these conditions are associated with physical inactivity, an unhealthy diet, and stress. Fortunately, the vast majority of these behaviors can be successfully treated by a licensed physical therapist.

Physical therapists are leaders in promoting health and wellness. Our therapists can help you by providing education, prescribing physical activity and exercise. They provide hands-on interventions to help you resolve your pain and injuries and get back to a healthy life!

**Contact Amber Hill Therapy Centers today to find out more about how our services can help you live a healthier, stronger, and more active life!**

## What Does It Mean To Be Healthier?

Health is defined as the state of being free from illness or injury. It essentially means that your body is operating at its highest levels of function. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you.

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well.

*Some tips you can do on your own to become healthier, stronger, and more active include:*

- 1. Getting enough sleep.** Sleep is the most effective strategy that has one of the most significant effects on your overall well-being. To keep your body functioning normally, try and get between 7 and 8 hours of sleep per night. The more regular your rest, the better you will feel.
- 2. Strength training.** Strength training is one of the most effective injury prevention strategies to help stay injury-free.
- 3. Cardiovascular exercise.** Get your heart rate up and make sure you walk or are active and moving every day! Frequent exercise can boost your metabolism and improve your mood.
- 4. Joint and muscle mobility.** Stretching helps keep you moving and feeling better. Knowing the proper exercises and specialized treatments can relieve your joint and muscle pain and improve your overall health.
- 5. Nutrition matters.** You are what you eat. Make sure you're putting the right kinds of things in your body. Avoid fad diets and stick with a plant-based, whole grain, and lean protein diet. Avoid sugar and processed foods.
- 6. Stay hydrated.** Hydration is essential for injury prevention and the proper functioning of your body. Water keeps your body systems functioning at an optimum level.
- 7. Practice meditating.** Meditation is beneficial for physical and mental well-being. Try practicing things like meditation and yoga regularly. The downtime will help you feel better.

Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

**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](http://www.amberhillpt.com) today!**



# HOW PHYSICAL THERAPY CAN HELP YOU

Our physical therapists evaluate and treat abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. We play a leading role in preventing, reversing, and managing lifestyle-related conditions.

Every program is designed based on your individual needs. Learning how to safely move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve overall health.

## Contact Our Clinic Today To Make An Appointment

Are you looking for assistance with improving your health and increasing your strength and physical activity? Our team at Amber Hill Therapy Centers would love to help you live the highest quality of life possible.

**Contact us today to begin your new chapter toward becoming a healthier you!**

Sources:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/>  
<https://academic.oup.com/ptj/article/95/10/1433/2686492>



## Interested In Joining The Amber Hill Therapy Centers Team?

We are currently hiring for a part or full-time PT and OT at our Frederick and Northern Montgomery County locations. Please visit the Join Our Team page on our website for more information and to submit an application.

Our team is always accepting resumes from therapy and administrative staff who love accepting new challenges and who have a strong desire to help others. As a Frederick, Damascus, Jefferson, Thurmont, Urbana, or New Market, MD physical therapy practice, we are committed to helping patients become pain-free so they can get back to doing all the things they love.

If you're someone who has the same drive, passion, and enthusiasm to help patients that we do, you might be a good fit for the Amber Hill Therapy Centers team!

If you think you'd be a good addition to our team of dedicated and compassionate therapists, technicians, please don't hesitate to apply today.

[amberhillpt.com/join-our-team/](http://amberhillpt.com/join-our-team/)



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Life is too short to not feel your best. Give us a call or visit [www.amberhillpt.com](http://www.amberhillpt.com) today!

# HEAL YOUR CYCLING INJURIES WITH PHYSICAL THERAPY

Have you been waiting all winter to get back on your bike? Now that it's finally summer, it's time to engage in all your favorite warm-weather activities!

However, if you're struggling with an injury or chronic pain condition, you might be wondering if you'll be able to take advantage of everything this season has to offer.

That's where we come in. At Amber Hill Therapy Centers, our physical therapists possess the tools to help you recover from common cycling injuries, including knee, neck, and back pain.

## Common Cycling Injuries

You're likely aware that cycling is a repetitive sport, but did you know that the average rider completes up to 5,400 revolutions per hour? This repetitive movement can cause soft tissue breakdown in the legs, pelvis, back, and neck, which leads to pain and difficulty riding.

At Amber Hill Therapy Centers, our physical therapists have specialized training in cycling mechanics. We are uniquely qualified to evaluate your individual cycling anatomy, biomechanics, and address any associated cycling soft tissue pain.

*Some of the most common injuries our physical therapists treat include:*

### Knee Pain

Knee pain in cyclists falls into three categories and is typically associated with inappropriate bike fit or inadequate training.

Medial pain is located on the inside of the knee and occurs as a result of overwhelming friction between the knee cap and thigh bone.

Lateral pain occurs on the outside of the knee and is commonly caused by friction of the iliotibial band over the femur bone.

Anterior pain is located directly in front of the knee and is due to excessive compression forces between the knee cap and thigh bone.

### Low Back and Neck Pain

*Neck and back pain in cyclists is generally associated with one or more of the following issues:*

- Poor posture
- Limited flexibility
- Inadequate postural strength
- Improper frame size and or excessive crank arm length
- Misaligned cleat position
- Leg length discrepancy
- Seat and handlebar/stem misalignment

If you have been experiencing any pain in the areas mentioned above, don't hesitate to reach out to a physical therapist at Amber Hill Therapy Centers.



## FROM LEG INJURIES TO CYCLING TRIUMPHS: MY PATH TO PHYSICAL THERAPY AND BEYOND

Hello, I'm Mike Johnston, PT. I am so grateful to have found PT as my profession following my leg injuries & surgery years ago from running. After getting my exercise fix from swimming for a while, I got a bike during PT school and haven't stopped since. I get to enjoy nature's scents, vistas, and sounds, all while keeping fit. I find Frederick County a fabulous place to ride. There are challenging hills and beautiful sparsely trafficked country roads that I ride alone and with friends. When my kids were little, we enjoyed the nearby C&O canal trail and I have ridden Skyline Drive a number of times.

Gliding down those winding curves, I feel like a 10-year-old again. My son and I met so many wonderful people when we rode from Oregon to Delaware one summer. Right now, besides commuting to work by bike, I am training for the Annual Tour de Frederick Century ride.

Cycling is a great way to stay in shape and visit with friends without the pounding on my legs. Thanks to the city planners, there are designated cycling corridors and cyclists' lanes as well as some new overpasses with a safe space for us to cross. The local bike shops are super helpful and have organized rides each week. So, dust off your old bike and join me on the road or trails.

Your health is our highest priority. Give us a call or visit [www.amberhillpt.com](http://www.amberhillpt.com) today!