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THERAPY CENTERS

Comprehensive Adult & Pediatric Therapies



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to schedule your next appointment now!*

PHYSICAL THERAPY CAN HELP YOU **GET READY FOR FALL SPORTS**

Read more inside on Injury Prevention With Physical Therapy, Hidden Benefits of Good Posture For Students, and Easy Lemon Rosemary Salmon!

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Give us a call today!



PHYSICAL THERAPY CAN HELP YOU

GET READY FOR FALL SPORTS

Are you wondering how to prepare yourself for the fall sports season this year? Have you been struggling with an old injury that just doesn't seem to be going away? Before you know it, the cooler season will come, and so will fall sports!

Everyone involved in athletics knows that one thing is for sure: competition comes with a risk of injury. Fortunately, we know how to prepare athletes for the fall sports season. At Amber Hill Therapy Centers, our physical therapists specialize in helping athletes recover from injuries and preparing them for their upcoming seasons.

Whether you compete in cross country running, football or soccer, one of our skilled physical therapists can help you resolve an injury and provide you with the tools you need to be at your peak physical condition for the start of the season!

Request an appointment to get our team to help you get ready to compete!

How Physical Therapists Help Athletes Prepare For Fall Sports

Making sure your body is strong, stable, and prepped for the game is vital for maintaining high performance. Playing the

sport you love, whether competitively or just for fun, is an important part of staying healthy and enjoying your life.

Conditioning is a significant part of staying healthy when you play sports. Conditioning programs can lower your risk of sustaining an injury during the game and improve your performance. Our programs focus on keeping your joints healthy and strong. We implement sports-specific strengthening and training methods to ensure your body can tolerate the demands of your sport while improving your ability to compete at a high level.

We utilize targeted exercises, lifting weights, and proactive recovery practices to prevent athletes from injuring themselves. We strive to help our athletes be prepared for the ups and downs of a sports season.

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!



INJURY PREVENTION WITH PHYSICAL THERAPY

One significant aspect of physical therapy at Amber Hill Therapy Centers is that it can help you prevent an injury this fall. Injuries are a part of any sports season and are typically placed into two categories: traumatic or overuse.

Traumatic injuries are caused by a specific incident, such as:

- Sprains (i.e., ankle or ACL)
- Strains, including pulled muscles
- Concussions
(i.e., football collisions, soccer ball heading, falls, etc.)

In contrast, overuse injuries are caused by repetitive movements and/or poor technique performed over time. *Some examples of overuse injuries include:*

- Tendinitis (i.e., shin splints, jumper's knee)
- Repetitive stress with poor technique (i.e., stress fractures, throwing injuries)

Sprains are extremely common in sports. Ligaments connect your bone to bone. When a ligament is stretched beyond its limits, a sprain can occur. Once the ligament is stretched, it is looser and more susceptible to being sprained again in the future.

Strains, or pulled muscles, are similar to sprains but occur to muscles and tendons, not ligaments. Tendons connect your muscles to your bones. When a tendon is stretched beyond its limit, a strain can occur. Once the tendon is injured, it needs to be resolved fully, or it can lead to a chronic overuse condition.

Receiving physical therapy before you begin playing this fall could

make all the difference in how ready your body is to be out on the field or court. We will perform an injury screening to identify any underlying condition that can lead to future injuries. If/when we identify limitations and weaknesses, we will address them head-on to resolve them thoroughly.

As you progress through rehabilitation, our focus will shift to increase the intensity and complexity of your program. Our team will incorporate sports-specific training to prepare your body for the demands of a competitive sports season. We will work to ensure you are ready for the start of your season.

Request An Appointment At Amber Hill Therapy Centers Today

At Amber Hill Therapy Centers, we make it our top priority to encourage healing and injury prevention for our athletes. In addition to treating injuries, our physical therapists can help you improve your range of motion, flexibility, strength, and overall function to prevent additional harm from occurring and get you ready for your sport.

Are you an athlete prepping for fall sports? Call us today to learn more about how physical therapy can get you geared up to have your best season yet!

Sources:
<https://efamdac.org/wp-content/uploads/2019/11/current-trends-sports-injury-prevention.pdf>
<https://link.springer.com/article/10.1007/s40279-019-01232-4>



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HIDDEN BENEFITS OF GOOD POSTURE FOR STUDENTS

The benefits of good posture are more than just looking good, especially as a college student where you spend most of your time sitting down at a desk in the library or an uncomfortable chair in a lecture hall. *No worries, though, we have your back and we have some tips for you to improve your posture without even trying.*

- 1. Adjust your backpack:** One of the reasons your back hurts is because of the weight you carry in your backpack. The weight should be distributed evenly between your pelvis, shoulders, and back. Always use both straps and avoid hunching over when wearing it. If your backpack sways when you walk or hangs low, adjust the straps to make it tighter.
- 2. Unload your backpack:** I know, I know, you have a biology exam tomorrow and you need to bring your chemistry book with you so you can do the lab properly. But carrying everything in your backpack and loading it with heavy school supplies is not good for your back or your posture. Leave the heavy supplies at your apartment and take a good walk home



every time you need them (say yes to exercise!) or carry them in your hands. This will -literally- take weight from your back and will improve your posture.

- 3. Wear both straps of your backpack:** The cool kids walk around campus carrying their backpacks on just one shoulder, but the cool kids also have bad posture and back problems. Do not follow this trend, and use both straps of your backpack so the weight is evenly distributed on your back.

Source: <https://www.uprightpose.com/blogs/news/how-to-improve-your-posture-as-a-college-student>

CONGRATULATIONS LINDSAY AND BEN

Congratulations Lindsay (OT) and Ben Drewry on the birth of their son Cole Benjamin. Cole was born on 6/8 at 5:40 am weighing 8 lbs. 6 oz and 20.25 inches long!



EASY LEMON ROSEMARY SALMON

- 1 lemon, thinly sliced
- 4 sprigs fresh rosemary
- 2 salmon fillets
- Salt to taste
- 1 tablespoon olive oil

Preheat oven to 400 degrees F (200 degrees C). Arrange half the lemon slices in a single layer in a baking dish. Layer with 2 sprigs rosemary, and top with salmon fillets. Sprinkle salmon with salt, layer with remaining rosemary sprigs, and top with remaining lemon slices. Drizzle with olive oil. Bake 20 minutes in the preheated oven, or until fish is easily flaked with a fork.

<https://www.allrecipes.com/recipe/80388/lemon-rosemary-salmon/>



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