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THERAPY CENTERS

Comprehensive Adult & Pediatric Therapies



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# GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY

Read more inside on The Benefits Of Physical Therapy, Don't Let Your 2023 Insurance Benefits Go To Waste, and Preventing Running-Related Injuries!

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# GET YOUR HEALTH BACK ON TRACK

WITH PHYSICAL THERAPY

Have you struggled with pain? Are you dealing with an injury affecting your ability to do your usual routine? Our highly skilled physical therapists can guide you back to health and back to doing what you love!

Whether you have recently had surgery or are recovering from a new injury, physical therapy at Amber Hill Therapy Centers can help.

October is National Physical Therapy Month. Amber Hill Therapy Centers wants to make sure that you have a reliable source to help you resolve whatever physical condition you face. Our physical therapists are highly trained and experienced in treating musculoskeletal disorders. We understand how important it is to get to the root of the problem and provide solutions that work.

Our team of physical therapists is devoted to helping our patients recover from injuries and pain that are interfering with everyday activities and making life way harder than it should be.

**Request an appointment with Amber Hill Therapy Centers today, so we can help you get back to the life you deserve!**

## Why Should I Choose Physical Therapy?

There are several reasons to choose physical therapy over

costly surgeries and medications. Physical therapy has been shown to not only help resolve pain and improve function, but it is also effective at enhancing your overall health and well-being.

One of the most significant benefits of physical therapy is that it can uncover the underlying reasons for your injuries and/or pain. *Some of the impairments your physical therapist can help you correct include:*

- Loss of motion
- Weakness
- Poor posture and faulty movement patterns
- Gait abnormalities
- Loss of balance
- Coordination deficits
- Neurological impairment
- Unhealthy lifestyle behaviors (i.e., poor sleep habits, improper nutrition, lack of exercise, etc.).

**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!**



# THE BENEFITS OF PHYSICAL THERAPY

A physical therapist can educate you about ways to move safer that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care. The benefits of physical therapy treatments include easing pain, reducing spasms, increasing circulation, and promoting healing.

## **Physical therapy can help improve your joint range of motion and overall mobility:**

Our ability to move depends on how individual joints move and how the body's joints move in concert with one another. Increasing joint range of motion and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better.

## **Physical therapy can help strengthen weaknesses and compensation patterns:**

Through injury or surgery, muscles become weak and impact your ability to move and function normally. Physical therapists are skilled at assessing the whole body, identifying weakness, and teaching how to restore strength and function.

## **Physical therapy can improve your overall health and well-being:**

When you see a physical therapist for pain and/or injuries, you will receive the benefits of rehabilitation to resolve the condition and a total body approach to health. Physical therapists can recommend nutrition to improve pain, reduce inflammation, and improve overall health.

**Physical therapy can help you reduce the risk of injury:** By implementing a holistic approach, we can improve and restore your function and prevent injuries. This may include all components of typical physical therapy and include gait modifications and coordination exercises to stimulate the nervous system and help ensure your mechanics are ideal to avoid an injury.

## **Call Us Today To Request An Appointment**

The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We provide outstanding and personalized skills as movement and rehabilitation physical therapists through exceedingly high customer service and results!

Contact Amber Hill Therapy Centers to learn more about National Physical Therapy Month and the benefits of physical therapy.

If you're struggling with a painful condition or experiencing a physical limitation, our therapists will work with you to ensure your success!

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## **Don't Let Your 2023 Insurance Benefits Go To Waste!**

**Take charge of your health today and make the most of your insurance benefits!** If you've already met your deductible this year or have funds left in your HSA account, you can take advantage of our remarkable opportunity at Amber Hill Therapy Centers. Don't let these valuable benefits go unused!

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

# HOW PHYSICAL THERAPY RESOLVES AND PREVENTS RUNNING-RELATED INJURIES

Are you excited to get back into running outside with the weather cooling down? Do you want to prevent future injuries and improve your running performance? Physical therapy at Amber Hill Therapy Centers can help!

Various factors, including overuse, improper technique, and inadequate warm-up and cool-down routines, can cause running-related injuries. As many as 50% of runners experience injuries yearly; the most common cause is having had an injury in the past year.

By addressing the underlying causes of running-related injuries, we help runners prevent future injuries and improve their running performance. If you are a runner experiencing pain or discomfort, don't ignore it. Seek the help of our Amber Hill physical therapists to get back on track and achieve your running goals!

## What Are The Most Common Causes Of Running-Related Injuries?

As one of the most popular exercise methods, running is a great way to improve physical, mental, and emotional well-being. Unfortunately, running can also lead to a high incidence of injuries.

Studies have shown that runners who experience a previous injury within the past 12 months are at the highest risk of sustaining another injury. *Other risk factors include:*

- Running experience of 0-2 years
- Restarting running after extended rest
- Overtraining (i.e., more than 40 miles per week, men > women)
- Women recreational runners are associated with a greater risk of running-related injury.

*The most common running-related conditions treated by our physical therapists include the following:*

- Patellofemoral pain syndrome
- IT band syndrome
- Plantar fasciitis
- Achilles tendonitis
- Shin splints
- Stress fractures



Ken Whang, PT

## What Does An Active Warm-Up Mean?

One of the most effective ways to prevent running injuries is by engaging in an active warm-up. Dynamic stretching is an active warm-up that involves repeatedly moving limbs through their maximum range of motion.

Active warm-ups have been shown to improve the range of motion and increase blood flow and overall performance, especially in runners. Our Amber Hill physical therapists can help runners implement dynamic warm-ups into their training sessions to ensure they are prepared for exercise and sports and can safely participate in the activities they love.

## What To Expect At Amber Hill Therapy Centers Sessions

Physical therapists can help runners prevent injuries by providing a comprehensive program that provides targeted manual techniques, mobility work, strengthening, and any appropriate pain relief technique for the individual.

Our team will start by assessing previous injuries and developing an individualized program to alleviate pain and improve mobility. We also incorporate balance and coordination treatments to ensure runners can safely return to training and competition. Our goal is to reduce the risk of future injuries and ensure runners can continue to do what they love.

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**Request an appointment with one of our specialists today to learn how to achieve results!**

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