



amber hill
THERAPY CENTERS
Comprehensive Adult & Pediatric Therapies



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

PHYSICAL THERAPY CAN HELP YOU **STRENGTHEN YOUR CORE**

Read more inside on Targeted Core Strengthening:
Pain Relief through Physical Therapy, and Choco-Peanut Butter Energy Bombs!

www.amberhillpt.com

Give us a call today!



PHYSICAL THERAPY CAN HELP YOU

STRENGTHEN YOUR CORE

Have you noticed that your back pain seems to make standing upright more difficult, that you don't feel as balanced as you once used to? Believe it or not, these are signs of core muscle weakness. At Amber Hill Therapy Centers, our physical therapists can help you figure out if your core is weak, and more importantly, how to get it strong again!

Your core muscles help you do a lot – from sitting, to walking, to getting up and down from chairs. If your core muscles are weak, they may be affecting your function and possibly your pain levels.

Our team of physical therapists can assess your core and determine if it is affecting your daily activities. With proper guidance, you can learn how to get strong and engage your muscles the way they were designed to move!

Contact Amber Hill Therapy Centers today to figure out how we can help you strengthen your core muscles and improve your overall health.

What Are The Core Muscles?

When most people think of core muscles, they immediately think of the abdominals. However, the muscles of the core comprises the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

The muscles that make up your core are designed to help stabilize your body, support your posture, and allow your skeleton to move appropriately. When any of the muscles within that group become weak, your trunk experiences instability, which makes it difficult for your body to function correctly.

The stability of the trunk plays a role in maintaining an upright posture and helping to change positions when sitting, standing, and walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact.

Significant weakness in the core will often lead to compensations and straining different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

**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!



TARGETED CORE STRENGTHENING: **PAIN RELIEF THROUGH PHYSICAL THERAPY**

Our licensed physical therapists will conduct a physical evaluation to determine where the weakness is rooted and what muscles must be strengthened to correct it.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement, and strength to pinpoint precisely what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating pain.

Core stability is about muscular strength and proper sensory input. This sensory input alerts the central nervous system about the movements and positions you are putting your body through. This means specific exercises designed to help your body react to different movements.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program that focuses on core-specific exercises and progresses to multi-joint free weight exercises to train the core muscles adequately.

We will provide constant feedback and allow refinement of movements to ensure the core provides optimal spinal stabilization.

What To Expect In Physical Therapy

When your core is strong, reactive, and mobile, it can perform at optimal levels. Our team of physical therapists will assess

your particular condition to identify how your core is affecting your function.

Your therapist can educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Through an individualized exercise program, you can reduce your pain, prevent the condition from worsening, and improve daily function.

In many cases, physical therapy can design appropriate core strengthening exercises and provide relevant feedback to your central nervous system that improves your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle!

Contact Us Today To Schedule An Appointment

At Amber Hill Therapy Centers, our physical therapists are here to help you improve your function and relieve your pain.

If you want to strengthen your core, relieve your pain, and improve your overall health, call us today to set up an appointment!

Sources:
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USING AQUATIC THERAPY TO STRENGTHEN YOUR CORE IN THE POOL!

Do you want to improve your core strength but worry that standard core exercises might be too intense? Then you should try aquatic therapy at Amber Hill Therapy Center's warm water pool in New Market!

Aquatic therapy uses water's unique physical properties to maximize your exercise program while reducing the impact on your body, making it an excellent choice for people with pain or other musculoskeletal impairments. Aquatic therapy provides most of the same benefits as physical therapy—including helping to strengthen your core!

When you exercise in the water, a couple of things happen. Firstly, the water's buoyancy reduces the effects of gravity, helping to ease pressure on your joints (and thus reducing pain). Secondly, because our pool is heated, the warm water helps promote blood circulation and muscle relaxation.

But perhaps most importantly, water provides resistance in all directions, which can be increased or decreased by changing the speed of your movements. When you perform exercises in water, your muscles (including core muscles) must work harder to move against this resistance, helping to strengthen the muscles.



When you visit us for your first appointment, let our physical therapists know you're interested in aquatic therapy. We'll develop a customized care plan based on your needs, including a tailored aquatic therapy program. During your sessions, we'll show you how to perform all water-based exercises to ensure you get their full benefits.

Dive Into Aquatic Therapy Today!

Aquatic therapy is great for everyone, regardless of age or ability level. Core strength is crucial to good health, and aquatic therapy provides an alternative method of improving your core for people who might struggle otherwise—or who simply want a unique core training program!

Ready to get started? Call Amber Hill Therapy Center's New Market location at (301) 732-4771 to set up an initial consultation.

Sources:
<https://www.physio-pedia.com/Aquatherapy>



OUR PATIENTS GET GREAT RESULTS!

"I have been to other PTs that were larger or fancier, but I never felt like I mattered there. I like this one because they are VERY caring and also very good! I strongly recommend them. Very good experiences. :)"

- 5 Star Google Review, Urbana Location



CHOCO-PEANUT BUTTER ENERGY BOMBS

- 2 cups old-fashioned rolled oats
- ½ cup ground flax seed
- 1 tbsp black chia seeds
- 1 tsp cinnamon
- ½ cup raw honey
- ½ cup peanut butter
- 1 tsp vanilla extract
- 1 scoop vanilla whey protein powder
- ½ cup dark chocolate chips

Add rolled oats, ground flax seed, chia seeds, cinnamon, honey, peanut butter, vanilla extract, and vanilla protein powder to food processor. Pulse until ingredients are blended (about 7-9 times). Add mixture to a large bowl, add in chocolate chips. Stir to combine. Form energy bite mixture into 1" balls and place on parchment paper lined baking sheet. Cover and place in refrigerator for 2 hours.

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