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THERAPY CENTERS

Comprehensive Adult & Pediatric Therapies



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TIPS TO ALLEVIATE YOUR PAIN AND IMPROVE YOUR SPINE HEALTH

Read more inside on Improving the Health of Your Spine, Don't Let Your 2023 Insurance Benefits Go To Waste, and 3 Tips to Improve Nutrition in the Fall!

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TIPS TO ALLEVIATE YOUR PAIN AND

IMPROVE YOUR SPINE HEALTH

Are you living with back pain? Do you notice your pain worsens when you have to stand for more than 10 minutes or when you have to walk long distances? At Amber Hill Therapy Centers, our physical therapists are experts at helping our patients resolve their pain and get back to doing what they love!

The severity of back pain can range from minor dull aches to sharp stabbing pains. Pain that radiates from the spine to the buttocks and down the leg(s) may be a sign of sciatica. Understanding why you are having pain and what to do about it can be tricky.

Your spine does a lot for your body — it protects your spinal cord, allows you to breathe correctly, and it is what allows your body to move. Almost every function in your body is directly connected to the health of your spine. You may even wonder how to tell if your spine is healthy.

When we think of health, we typically focus on nutrition, exercise, and heart health — but spine health is also essential. At Amber Hill Therapy Centers, our therapists can help you resolve your pain and get your spine healthy again!

Call today to schedule an appointment with one of our experts and rest assured that you're in good hands in our clinic!

The Importance of Good Spine Health

Your spine is a complicated structure of bones, joints, muscles, discs, and nerves. It takes a delicate balance to make sure it is at its peak level of health and function. Back pain is often the result of a breakdown somewhere in the system and can be avoided by improving your spinal health.

To make sure your spine is at its optimum health, you must achieve the following:

- Good posture and spinal curves
- Strong trunk muscles (i.e., core, gluteus, and spinal muscles)
- Good joint and muscle mobility
- Good balance and coordination ability
- Good nutrition and rest at night

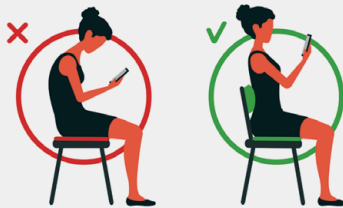
Of course, much like anything else, maintaining great spine health is easier said than done. Fortunately, our team of physical therapists knows how to make sure you understand what to do to keep it functioning at its peak level!

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 IMPROVE THE HEALTH OF YOUR SPINE



We will start with an injury evaluation and a movement assessment to identify all the factors contributing to your pain. This will consist of a thorough history to understand more about your typical daily routine, the demands on your back, and your overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief techniques that might help.

Your physical therapist will then incorporate activity-specific treatments with a deliberate progression that ensures a safe return to your normal activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

What To Expect At Your Physical Therapy Visits

Your body is meant to move — this is the most important purpose of the spine. Our physical therapists will provide you with the tools to resolve your pain and improve your spinal health.

We will tailor your program to address your specific needs. We will then monitor and progress you based on your response to this program. *Our supervised programs will likely include:*

- Postural education and instructions for finding your unique ideal posture
- Targeted stretches for pain relief and improved mobility
- Strength exercises for core, gluteus, and spinal muscles
- Manual therapy techniques for pain relief and enhanced mobility
- Electrical stimulation for pain relief

Understanding the source of your pain and managing it can help you be proactive and find a solution. We will help you modify the painful activities and tasks to give you the confidence and freedom to resume the things you have been avoiding.

Healthy lifestyle choices are also crucial for a healthy spine. *The following are all examples of healthy changes and habits you can do in your life to improve your spine health:*

- Proper nutrition
- Proper sleep
- Giving up cigarettes and limiting alcohol consumption
- Participating in meditation or other stress-reducing activities

Our physical therapists can check your spine health every six months to ensure your back is moving how it should. Whether you are focusing on your heart, joints, or spine – whatever you do, it is always important to take care of it now so it will be there for you later!

Call Today For An Appointment

If you have been living with back pain, or you'd like to avoid potential back pain, contact us today. Don't live with the limits of back pain – improve your spine health with us.

Sources:
<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD006555.pub2/full?highlight=abstract-bacC=exercise%7Cpain%7Cexercise>
<https://bjpm.bmj.com/content/55/9/463>
<https://www.sciencedirect.com/science/article/abs/pii/S0140673618304896>



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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 this 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 today!



3 TIPS TO IMPROVE NUTRITION IN THE FALL

What do you think of when you hear the word fall? Crisp refreshing days? Bonfires and changing leaves? Pumpkin carving? What if you were to focus on your nutrition this fall?

The food we eat has a significant impact on several elements of our health, particularly our heart health. Obesity, weight gain, physical inactivity, stress, high blood pressure, and high cholesterol all increase the risk of heart disease and other cancers.

Considering the importance of nutrition, it's never the wrong time to think critically about your diet. At Amber Hill Therapy Centers, we know that fall can be busy, which is why we want to give you a few simple tips on how to improve your nutrition this season.

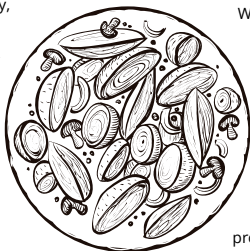
1. Try to eat more root vegetables

The majority of root vegetables are available all year, but they are most ripe from fall to spring. During the cooler months, garlic, onions, ginger, turnips, carrots, sweet potatoes, beets, and parsnips provide plenty of flavor and nutrients.

Many root vegetables are high in folate, which is essential for cell growth and metabolism!

2. Make a hearty soup

Making a large pot of soup every weekend is a great way to improve your nutrition throughout the week. Soups, while they can take several hours to cook, usually require very little active time.



When it comes to recipes to try, your options are virtually endless. There's hearty bean soup, pureed root vegetable soup, winter squash soup, traditional chicken noodle soup, chili, and so much more! And with temperatures dropping, what tastes better than a warm stew?

3. Select leaner sources of protein

Did you know that regularly eating red meat and processed meat can raise the risk of type 2 diabetes, coronary heart disease, stroke and certain cancers?

So, instead of opting for red meat, select leaner sources of protein for your meals and recipes. This can include chicken, turkey, beans, lentils, low fat yogurt, fish, tofu, and nuts.

If you think you need a little more help developing a healthy diet this fall, contact Amber Hill Therapy Centers today. We can help you develop an exercise and nutrition plan that works for your needs.



OUR PATIENTS GET GREAT RESULTS!

"After multiple failed steroid injections in my lower back, I was referred by my rheumatologist to have physical therapy. I was in unbearable pain when I walked in to Amber Hill PT, was assessed by Kelly, who set a plan of pool therapy and a land exercise plan. I am now pain-free and able to walk without pain. Highly recommend Kelly and all her employees in the New Market Amber Hill PT Center!" - Claire G.



APPLE PIE CHIA SMOOTHIE

Yes, this actually tastes like pie! So drink this instead and save yourself a ton of calories. The chia seeds have plenty of fiber and protein to keep you full until lunch.

- 1 apple cut into small pieces
- 1 cup almond milk
- 2 tablespoons chia seeds
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- pinch nutmeg and salt

Blend all ingredients until smooth; add ice if desired.

<https://helloglow.co/fall-smoothies/> Photo by Ana Stanciu

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