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THERAPY CENTERS

Comprehensive Adult & Pediatric Therapies



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to schedule your next appointment now!*

PHYSICAL THERAPY CAN REDUCE YOUR RISK OF A **FALL-RELATED INJURY**

Read more inside on How Physical Therapy Can Keep You On Your Feet
and This Month's Healthy Recipe: Homemade Turkey Meatballs

www.amberhillpt.com

Give us a call today!



PHYSICAL THERAPY CAN REDUCE YOUR RISK OF A FALL-RELATED INJURY

Do you frequently notice an imbalance, dizziness, or unsteadiness that makes you feel as if you may fall over at any given time? Have you suffered from a fall in the past? Are you worried that you may be at risk of falling? At Amber Hill Therapy Centers, our team will address your concerns and help you regain your confidence!

In older adults, falls are the leading cause of fatal and nonfatal injuries. Most people don't think about working on their balance until it is too late. The good news is that you can easily prevent most falls with guidance from a physical therapist.

Falls are a significant concern for seniors, and even without an injury, a fall can cause a loss of confidence and reduce a person's ability to carry on with daily activities. If you have recently sustained a balance-related injury, it is important to seek the help of a physical therapist immediately to avoid additional injuries in the future.

Our team will give you the tools to recover from a recent fall or avoid additional injuries in the future. Call Amber Hill Therapy Centers today for an appointment, and let us help you get stronger and more confident so you can do the things you enjoy!

Are You At Risk Of Falling?

Some people have a higher risk of falling than others, and a combination of factors causes most falls. The more risk factors a person has, the greater their chances of falling.

The most common risk factors include:

- Advanced age
- Dizziness or vertigo ("spinning" sensations, even when remaining still)
- Vision problems
- Impaired balance and gait control (whether age-related or due to illness)
- Muscle weakness and reduced physical fitness due to a sedentary lifestyle
- Neurological disorders (i.e., Parkinson's disease and Alzheimer's)
- Cardiovascular disease (i.e., heart attack, stroke, PAD)
- Cognitive impairments
- Depression
- Acute and chronic illnesses
- Previous history of falls

Your physical therapist will assess your medical history to determine how many risk factors toward falling you may have. They will educate you on what these factors mean, as well as steps you can take to decrease your risk.

**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 KEEP YOU ON YOUR FEET

Our physical therapists will perform a thorough physical evaluation to figure out the best treatment plan for you. We will start with an injury evaluation and a mobility, strength, and balance assessment to identify all the factors contributing to the injury. This will consist of a thorough history to understand more about the demands on the body, how many risk factors you may have, and your overall health status.

In addition, we will include a review of your fall history and fear of falling, as well as identify any home hazards/environmental factors that may contribute to your fall risk. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques for the individual.

What To Expect In Physical Therapy

The good news is that you can prevent most falls. The key is to get guidance from your therapist, who will teach you the correct exercises to improve your balance.

Our recommendations aim to reduce your risk of falling, but they will also aid you in improving coordination, strength, flexibility, and overall movement.

Some common aspects of treatment include:

- **Pain management.** Your physical therapist will work with you on relieving pain first before continuing any other forms of physical activity.
- **Balance training.** Balance is a large part of fall prevention,

as lack of stability is one of the main reasons falls occur. Your physical therapist will design a balance training plan for you as part of your treatment.

- **Strength training.** Your physical therapist will design a strength training plan for you, which will focus on specific muscle groups in need of improvement.

Your physical therapist will then incorporate task-specific treatments with a safe and effective progression to assist you in a safe return to daily activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

Call Our Clinic For Help Today

Exercise is one of the most effective treatment methods for patients with an increased risk of falling. Our team will help guide you through the steps you need to regain your confidence and reclaim your life.

Contact Amber Hill Therapy Centers to schedule a consultation and get started today!

Sources:
<https://www.cdc.gov/homeandcommunitybased/safety/falls/adultfalls.html>
<https://www.bmj.com/content/347/bmj.f6234>
<https://bmjgeriatr.biomedcentral.com/articles/10.1186/s12877-019-1359-9>
<https://jbnpa.biomedcentral.com/articles/10.1186/s12966-020-01041-3>



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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!

FIND YOUR BALANCE ONCE AGAIN WITH VESTIBULAR THERAPY

If your balance is limiting you, vestibular therapy can help.

Feelings of dizziness or vertigo can greatly limit your daily life, making it difficult for you to perform even the simplest tasks without feeling as if you might fall over.

Fortunately, at Amber Hill Therapy Centers we offer some of the most effective vestibular rehab services aimed at retraining your vestibular system to regulate feelings of stability and balance.

What's Causing My Dizziness?

The second most commonly reported complaint within doctors' offices is dizziness and loss of balance.

In fact, 76 million Americans will experience some sort of dizzy spell or vertigo at some point in their lives.

These are both extremely common conditions that can affect your equilibrium, making you feel off balance.



PTA Zach Whipp

Symptoms can vary from acute to chronic and in some severe cases, they can even be indicators of serious health risks.

What Should I Know About Vestibular Therapy?

Vestibular therapy also referred to as vestibular rehabilitation, is conducted through a process of "adaptation and compensation."

This means that the vestibular system is actually being "reprogrammed" through both passive and active therapies to form connections with the brain on adjusting imbalances and regaining stability.

Get Back On Your Feet Today

If your dizzying symptoms are holding you back from living your normal daily life, contact Amber Hill Therapy Centers to schedule an appointment with one of our physical therapists.

Our specialized services will help you get back on your feet as quickly as possible!



CONTACT ONE OF OUR SIX LOCATIONS TODAY!

FREDERICK
(301) 663-1157

DAMASCUS
(301) 253-0896

JEFFERSON
(301) 473-5900

THURMONT
(301) 271-9230

URBANA
(240) 529-0175

NEW MARKET
(301) 732-4771



HOMEMADE TURKEY MEATBALLS

- 1 lb ground turkey
- 1 large egg beaten
- 1/4 cup shaved parmesan
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp basil
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1 (24 oz) jar of red pasta sauce
- 1/2 lb whole grain spaghetti

Preheat broiler on high for 5 minutes. Combine all meatball ingredients in a large bowl. Use your hands to mix the ingredients. Use a 1.5 tablespoon cookie scoop to scoop 18 meatballs onto a rimmed cookie sheet. Broil on top rack for 5 minutes. In a large skillet, bring pasta sauce to a low simmer. Add in cooked meatballs and simmer together for 5-10 minutes or until meatballs are completely cooked through. Serve with your choice of pasta, fresh basil, more parmesan and enjoy!

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