



amber hill
THERAPY CENTERS

Comprehensive Adult & Pediatric Therapies



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

FIND RELIEF FOR PERSISTENT NECK PAIN WITH PHYSICAL THERAPY

Read more inside on How Physical Therapy Helps with Neck Pain
and New Year, New Insurance Benefits!

www.amberhillpt.com

Give us a call today!



FIND RELIEF FOR PERSISTENT NECK PAIN WITH PHYSICAL THERAPY

Have you noticed your neck seems more sore at the end of a long workday? Have you been in an accident and still have neck pain? If you are suffering from the debilitating effects of neck pain, you may benefit from an assessment by one of our physical therapists at Amber Hill Therapy Centers.

Approximately one-third of the population will experience neck pain in any given year, worsening if left untreated. In severe cases, they may even need surgery.

The neck is essential in the overall posture of the body. Where the head and neck move, so does the rest of the body. Changes in your neck can cause various symptoms such as neck tension, headaches, migraines, and even radiating pain or numbness to the arms and hands.

The neck is an integral area of everyday movement, and pain can prevent you from functioning properly in day-to-day life. Fortunately, physical therapy can help you regain your normal, pain-free function. **Call Amber Hill Therapy Centers today to get the relief you deserve!**

The Most Common Causes of Neck Pain

The most common causes of neck pain are sprains and strains resulting from prolonged postures, repetitive movements, or some form of trauma (i.e., car accidents or sports injuries).

More severe impairments of the neck are often related to degenerative changes, disc pathology, or nerve injuries. Often it is a combination of multiple factors and injuries.

Poor postural habits like a forward head posture will place extra stress on the tissues and joints of the neck.

Trauma, including a fall or some impact like a sports collision or whiplash from a car accident, can lead to neck pain and loss of mobility.

Due to aging or previous injury, degenerative changes make us more susceptible to disc herniations, nerve irritation, and restrictions in the ability to move.

The key to treating neck pain is finding a solution. Our physical therapists are experts at identifying the cause of your pain, how to resolve it and how to prevent it from returning!

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 DOES PHYSICAL THERAPY

HELP WITH NECK PAIN?



Physical therapy has proven successful in relieving long-term symptoms in patients experiencing both acute and chronic neck pain. Our therapists emphasize education and instruction on effective exercises and proper posture.

Our main goals are to:

- Reduce pain and improve motion with manual therapy techniques
- Improve mobility through postural education and targeted movements/stretchers
- Improve strength to help you return to normal functioning in daily activities
- Educate you on strategies and techniques to minimize the risk of recurring pain
- Minimize and/or eliminate the use of medication or surgery

Your therapist will perform a thorough assessment to identify the source of your problem and the solutions that work most effectively. We will then use the information obtained from this assessment to recommend specific neck exercises and advice on which postures are beneficial and which ones to avoid for long-term success.

What To Expect During Your Physical Therapy Visits

At your initial evaluation, one of our licensed physical therapists will analyze any limitations that your neck pain may cause. They will then design a treatment plan based on your individual needs. Our primary focus is helping you overcome discomfort and limitations as quickly as possible, so you can get back to living your daily life without worrying about pain.

Physical therapy can help significantly reduce your neck pain by implementing the following:

- Manual therapy treatments which consist of special techniques designed to reduce the stiffness in the neck and improve the range of motion.
- Targeted exercises focusing on restoring your neck joint mobility and strengthening your mid-back muscles and shoulders to provide support to your neck.
- Improving your posture when sitting and standing.
- Improving the coordination of your neck muscles.

Your therapy may also include additional methods deemed fit by your physical therapists, such as ice and heat therapies, ultrasound, or electrical stimulation. Our team of therapists is dedicated to finding solutions that work!

Contact Amber Hill Therapy Centers For Neck Pain Relief!

If you have been suffering from neck pain, don't hesitate to contact Amber Hill Therapy Centers today. We'll get to the root of your neck pain and determine the best course of treatment for your individual needs.

Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3150268/>
<https://pubmed.ncbi.nlm.nih.gov/28436583/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>
<https://www.jospt.org/doi/10.2519/jospt.2017.0302>



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



New Year, New Insurance Benefits!

With a new year comes a fresh start to an all new you! Starting at the beginning of 2024, your insurance benefits have renewed. This means a whole new year to make the most of your benefits.

Let Amber Hill Therapy Centers help you on your journey to becoming strong, healthy, and active in 2024.

Life is too short to not feel your best. Give us a call or visit www.amberhillpt.com today!

A NEW YEAR MEANS A NEW YOU

We all know what happens when the New Year hits! Everybody starts attempting to set goals to improve their lives over the next 12 months.

While there's never a wrong time to prioritize your health and wellbeing, the beginning of a brand new year certainly feels like a great time to make significant changes!

It doesn't matter if you're looking for new ways to become more active, or you just want to put a stronger pulse on your overall health, Amber Hill Therapy Centers is here to help you!

That's why we wanted to share some of the best things you can start doing today to get your health on the right track for the New Year!

Aerobic Activities

When it comes to getting fit, exercising more often is truly a no-brainer. Tons of targeted stretches and exercises may help you feel better and get into better shape at the same time.

Aerobic stretches and exercises help increase your stamina. They keep you healthy, improve your fitness, and allow you to have an easier time doing the things you love.



Some forms of aerobic endurance exercises include:

- Biking
- Dancing
- Swimming
- Playing a sport
- Climbing
- Walking, sprinting

Strength Training Exercises

Strength training makes your muscles stronger and also helps to prevent fall injuries. *Some common forms of strength-building exercises include:*

- Lifting weights
- Using resistance bands during a workout

The beginning of a new year is certainly a wonderful time to set forth expectations about improving our health! If you're interested in learning more about how you can put your health first, contact Amber Hill Therapy Centers today for more information.



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

GRILLED CHICKEN CAPRESE

- 2 (about 1 lb) large boneless, skinless chicken breasts
- 2 oz fresh salted mozzarella
- 2 plum tomatoes
- 2 tbsp olive oil
- 1/4 cup fresh basil

Set grill to medium. Lay the chicken breasts flat and cut horizontally with knife parallel to cutting board to form 4 thinner cutlets. Brush chicken with the olive oil and season all over with salt and pepper. Place chicken on grill and cook 4 min. per side. Meanwhile, very thinly slice the mozzarella. Thinly slice the tomatoes. Thinly slice the basil. Arrange tomato slices on chicken. Top with mozzarella. Cover and cook another 2-3 min., until cheese melts and chicken is cooked through. To serve, season with pepper and garnish with basil.



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