



amber hill
THERAPY CENTERS

Comprehensive Adult & Pediatric Therapies



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to schedule your next appointment now!*

IMPROVE YOUR SPINE HEALTH BY IMPROVING YOUR POSTURE

Read more inside on What You Can Do To Improve Your Posture,
We're Hiring, and 4 Tips to Avoid a Winter Slump!

www.amberhillpt.com

Give us a call today!



IMPROVE YOUR SPINE HEALTH BY IMPROVING YOUR POSTURE

Do you find your back and neck getting stiff and sore at the end of the day? Do you notice your mood feels worse after sitting slumped over your computer? If so, your posture may be to blame.

At Amber Hill Therapy Centers, our physical therapists can help determine if your posture is the problem and how to restore it for a healthy spine!

Your body was made to move, especially your spine. It is typical for areas of your spine to tighten up, placing too much strain on other areas. When this happens, those areas can become irritated and painful.

Too often, we spend our time staring at a computer screen, hunched over our desks, or looking down at our phones. These postures create a lot of stress on our spine. The worse your posture is, the more intense your back and neck pain, the harder it is to breathe, and the worse your mood becomes.

Fortunately, Amber Hill Therapy Centers can help ease some of these stressors. Specialized hands-on techniques and targeted exercises can help restore mobility and strength in your spine and improve your posture.

Our dedicated physical therapists can teach you how to correct your posture and bring you relief before it becomes a significant problem! **Call today to make an appointment.**

What Exactly Is Good Posture?

When people think of posture, they usually imagine someone sitting tall or perhaps slumped. Or they imagine someone standing tall at attention (like in the military). Posture is the position(s) of a person's body in space. This includes how we move, like our lifting postures or reaching postures.

When the spine is in its natural position, the vertebrae stack up over one another. This is what people call "good posture" (also referred to as a neutral spine). This neutral spine posture allows the body to absorb and distribute stresses from everyday activities such as sitting, standing, walking or more intense activities such as running and jumping.

Our spine is designed to move, which means our posture should also move. The spine does not like to remain in any one position for extended times. Our therapists can help teach you to find your neutral spine posture to counteract the slouching to alleviate your pain and improve your overall health!

**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!

WHAT YOU CAN DO TO

IMPROVE YOUR POSTURE



Prolonged slumping while standing or sitting can cause your back, hip/pelvis, and abdominal muscles to become strained and painful. Poor postural habits also impact your overall health by reducing your cardiovascular function, inhibiting your breathing, impacting your balance and gait, and harming your overall mood.

Our highly trained therapists can educate you about your posture's impact on your body and teach you simple skills to find and maintain a neutral spine. For example, when you're standing, imagine your breast bone is lifted towards the sky. This will naturally cause your spine to straighten out — lifting you up — keeping your hips, spine, shoulders, and neck aligned.

Prolonged sitting in a position puts significant pressure on the lower back. It is essential to break up your sitting time throughout the day and take frequent breaks. Schedule standing or walking activities at various times throughout the day to ensure you limit your sitting to about 45-60 minutes at a time.

How Can Physical Therapy Help My Posture?

Physical therapy is the right solution to improving your posture and spinal health. Our physical therapists are experts in evaluating posture and movement. By pinpointing the source of your aches and pains, we can develop a plan for you that will return you to an ideal posture and quickly relieve your pain.

It is normal for people to lose a sense of how their postural muscles work and contribute to the health of their spine. These muscles become weak and uncoordinated with prolonged sitting, before/after pregnancy, and after surgeries or injuries.

Strength training exercises have been shown to help improve our overall posture. It is vital to make sure your core muscles (i.e., hip/pelvis, back, and abdominal muscles) are strong and integral to practicing proper posture.

Your therapist will teach you strategies like:

- Stand tall whenever you are standing or walking.
- Use support when you sit to keep your posture correct.
- Maintain a straight spine when you lift heavy objects.

We can help you mobilize your spine and strengthen the surrounding muscles to alleviate the pain associated with your poor postural habits.

Improve Your Posture With Amber Hill Therapy Centers Today!

Get back to your optimum health by consulting with a licensed physical therapist. We'll help you achieve the strong spine health you need. Contact our office today to get started on the path toward better posture and decreased pain!

Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>
<https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00586/full>
<https://www.sciencedirect.com/science/article/pii/S0021929020301445>



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



Oh Hey, We're Hiring!

We are looking for occupational therapists and occupational therapy assistants in the Frederick & or Urbana area! Applicants must be able to treat children and adults. There are full and part-time opportunities. Check out details at... www.amberhillpt.com/join-our-team/

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

4 TIPS TO AVOID A WINTER SLUMP

Are you feeling a little down this winter? If so, you're certainly not alone. The winter season is a tough time for many people. The lack of sunlight, cold weather, and shorter days can lead to the winter blues, which causes people to feel tired, lethargic, and less motivated.

The winter blues can be triggered by seasonal affective disorder, which causes some people to experience depression during the winter months. The most common symptoms include feeling down or sad, having trouble concentrating, sleeping too much, and gaining weight.

Thankfully, there are many ways to reverse your winter slump and beat the winter blues, including:

- 1. Exercise more:** Exercise is one of the best ways to improve your mood. It releases endorphins, which are hormones that create a sense of happiness and euphoria. Exercise also releases serotonin, a neurotransmitter that can help with feelings of anxiety, stress, and depression.
If you're not one to brave the cold weather, know that there are plenty of indoor exercises that can give you a great workout, such as yoga or pilates.
- 2. Socialize more:** Spending time with friends and family lifts your mood and improves your mental health and self-esteem.



Feelings of depression thrive when someone feels isolated, so it's crucial to surround yourself with a healthy and loving support system.

- 3. Take care of yourself:** Get enough sleep, drink lots of water, eat healthy food and take breaks from work when needed to refresh your mind. Remember that your health is your greatest asset and should be your number one priority at all times.
- 4. Get a hobby:** Now that it's getting colder, you're likely spending a lot more time inside. Now is the perfect time to pick up a hobby! You could learn to play an instrument, practice your drawing or painting skills, learn to sew or embroider, or start an indoor herb garden.



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



STAFF SPOTLIGHT

LISA PHELPS, PT

Lisa Phelps, PT joined the Amber Hill team, in September of 2023, and mainly works at the New Market location. She has been "practicing" Physical Therapy for over 35 years. She graduated from Daemen College, in Amherst NY, and relocated to Southern California to work in Sports Medicine for ten years. For the past 20+ years she has been in Maryland working in a variety of settings working with Pediatrics to Geriatrics, at all levels of functional abilities.

Lisa's passion is helping all levels of abilities to set and meet their goals of pain relief and improved function. Her goal is to help patients return to their previous or higher level of abilities. She is a former Marathoner and has completed an ultramarathon, pre-kids! She lives in New Market and is active with her two teenagers. She also enjoys Bible study and walking her dog!

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