



amber hill
THERAPY CENTERS

Comprehensive Adult & Pediatric Therapies



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EXERCISES TO HELP WITH JOINT PAIN RELIEF

Read more inside on The Role of Physical Therapy in Resolving Your Pain,
We're Hiring, and Pediatric Therapy Services at Amber Hill!

www.amberhillpt.com

Give us a call today!



EXERCISES TO HELP WITH JOINT PAIN RELIEF

If you're struggling with joint pain in any way, know that you absolutely aren't alone. At Amber Hill Therapy Centers, joint pain is a large percentage of the conditions we address. Whether it's a ligament sprain, a cartilage injury, osteoarthritis, or something else entirely, our physical therapists will help you get to the source of your pain so you can find lasting relief.

There are many reasons why someone might develop joint pain. In most cases, physical therapy is a frontline treatment, meaning that PT alone is often enough to either resolve or manage discomfort.

Why? Because movement eases joint pain, and physical therapists are movement experts. Regular exercise is one of the best ways to reduce joint pain, improve range of motion, and, in the case of injury, facilitate rehabilitation.

We understand that this can seem intimidating for someone dealing with pain. However, our personalized exercise programs will help ease you into movement in a way appropriate for your needs. We also offer several techniques to help with pain management, such as manual therapy, ultrasound, or dry needling.

Today, we're going to explore two common sources of joint pain—and all the ways physical therapy can help. **If you'd like more personalized guidance, call to schedule an appointment!**

Finding Relief After a Shoulder Labrum Tear

One example of a shoulder joint injury is a labrum tear. Your labrum is a ring of cartilage in the shoulder joint that prevents the bones from rubbing against each other.

You can tear your labrum in a sudden injury (such as from a car accident) or through overuse. The labrum degenerates as we

age, weakening the tissue and making it more likely to tear.

Fortunately, physical therapy and targeted exercise can help rehabilitate your tear, reduce your pain, and strengthen your shoulder to prevent future injury.

We'll begin with simple mobilization exercises to get the joint moving, such as the following (make sure to check with your PT before trying these):

- **External Rotation:** Lie on the affected side with the elbow of the affected arm bent and pressed against the side of your body. Slowly raise the arm into an external rotation and repeat.
- **Wall Slides:** Face a wall and press your forearms and elbows against the wall. Your arms should be at a 90-degree angle to start. Keeping the arms parallel to each other, push your forearms and elbow into the wall, then slowly and carefully extend them straight up. Don't let the elbows leave the wall! Hold for a few seconds, then slowly lower the arms.

As you improve, we'll increase the intensity of your exercises to strengthen the shoulder muscles. For example, we might add resistance using a resistance band or light dumbbells, then gradually increase the resistance to fully restore strength and mobility to your shoulder.

**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!



MANAGING OSTEOARTHRITIS THE ALL-NATURAL WAY

Osteoarthritis is among the most common sources of persistent joint pain, especially among older adults. It occurs when the cartilage in your joint breaks down, leading to pain, inflammation, and restricted mobility.

While osteoarthritis does cause pain during activity, physical activity can actually help manage that pain and slow the progression of the condition (OA has no cure). The key is finding low-impact exercises that you can do regularly. Over time, you'll find your symptoms easier to manage.

Here are some examples of low-impact exercises that work well for osteoarthritis (although make sure to double-check with your PT before starting anything new):

Aerobic Exercises

- Walking
- Cycling (stationary bikes are especially good)
- Using an elliptical machine

Strengthening Exercises

- Chair squats
- Step-ups and step-downs
- Core exercises
- Specific exercise to build hip and pelvis muscles (we'll show you which ones will work best for you)
- Using resistance bands to strengthen muscles in the upper body to stabilize and support the shoulder, elbow, or wrist joints

Our physical therapists will work closely with you to develop an OA management plan. We might utilize manual therapy techniques (such as joint mobilization or soft tissue manipulation) to help relieve acute pain. Then, we'll guide you through a customized exercise program that addresses your specific needs.

In addition to more general exercises, we can show you targeted exercises to strengthen the muscles around your affected joint. This provides additional stability and support to the joint, relieving pressure and reducing pain—and making it easier to exercise on your own!

Request an Appointment Today to Get Started

The best way to start exercising to manage joint pain is to schedule an appointment with the team at Amber Hill Therapy Centers! We'll evaluate your specific symptoms, identify the underlying cause of your pain, and provide you with a personalized treatment plan that suits your needs.

Call today to schedule your initial consultation.

Sources:
<https://www.cdc.gov/arthritis/basics/physical-activity/types.htm>
https://www.physio-pedia.com/Rotator_Cuff_Tears



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 & Urbana area! Applicants must be able to treat children and/or adults. There are full and part-time opportunities. Check out details at... amberhillpt.com/join-our-team/

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

BUILDING STRONGER FUTURES

PEDIATRIC THERAPY SERVICES AT AMBER HILL

At Amber Hill Therapy Centers, we provide many types of pediatric therapy to help your child. You can rest easy knowing that your child's treatment will be as seamless as possible through our integrated care plans. We are proud to be a multidisciplinary practice so there's no need to travel from specialist to specialist to tend to all of your child's needs. Contact our office today to learn more about our therapy services.

There are several conditions a child may have that will require support from a skilled pediatric therapist at Amber Hill Therapy Centers. Some children have difficulty with gross motor skills as a result of being born prematurely or have neurological impairments that can be the result of a genetic disorder or complications during birth.



Below is a list of conditions pediatric physical therapy is recommended for:

- General developmental delays
- Gross motor delays, coordination problems
- Genetic disorders
- Autism
- Muscle weakness
- ADHD
- Balance and gait issues

If you have a child who is not meeting their milestones or is experiencing physical challenges as a result of an underlying health condition or injury affecting their musculoskeletal system, pediatric physical therapy is a good option.

Our ultimate goal is to ensure your child can live the highest quality life possible while keeping you in the loop regarding their treatment. We encourage parents to work with their children at home often, to ensure continued growth and progress.



FREDERICK	(301) 663-1157
DAMASCUS	(301) 253-0896
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THURMONT	(301) 271-9230
URBANA	(240) 529-0175
NEW MARKET	(301) 732-4771

**SIX LOCATIONS TO
BETTER SERVE YOU.
CALL TODAY!**



APRIL IS OCCUPATIONAL THERAPY MONTH

April marks Occupational Therapy Month and we would like to express gratitude for the chance to aid patients in regaining autonomy in their daily routines and rediscovering the activities they enjoy.

ABRIL ES EL MES DE LA TERAPIA OCUPACIONAL

Abril marca el Mes de la Terapia Ocupacional y nos gustaría expresar gratitud por la oportunidad de ayudar a los pacientes a recuperar autonomía en sus rutinas diarias y redescubrir las actividades que disfrutaban.

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