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THERAPY CENTERS

Comprehensive Adult & Pediatric Therapies



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HOW PHYSICAL THERAPY CAN HELP WITH **PICKLEBALL- RELATED ROTATOR CUFF INJURIES**

Read more inside on The Role of Amber Hill in Your Recovery,
We're Hiring, and Intimidated by the Gym? Try These 3 Tips!

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Give us a call today!



HOW PHYSICAL THERAPY CAN HELP WITH PICKLEBALL-RELATED ROTATOR CUFF INJURIES

One of our patients had been taking advantage of the warmer weather and spending nearly every day on the pickleball court. She loved getting out in the fresh air and having fun with her friends.

But then, one morning, as she attempted to brush her hair, a pain in her shoulder sent a searing wave of discomfort through her entire arm. Suddenly, the simplest day-to-day tasks became much more challenging—and pickleball was out of the question.

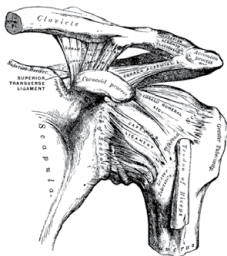
As it turned out, this patient had injured her rotator cuff. Diving back into daily pickleball after taking the winter off had strained one of the muscles that wrap and support her shoulder. Fortunately, physical therapy is a proven and effective way to regain strength, mobility, and overall shoulder function.

At Amber Hill Therapy Centers, our physical therapists are highly trained and understand how important it is to resolve your shoulder pain. We'll get to the root of your problem and provide clear guidance to help you recover sooner rather than later!

Contact our skilled team of physical therapists today and get started on your road to recovery!

Understanding Pickleball-Related Shoulder Injuries

Rotator cuff injuries are actually the most common injuries



among pickleball players. The frequent overhead swinging motions required to play the game put stress on the muscles and tendons in her shoulder, leading to several potential symptoms:

- **Painful Movements:** Simple actions like reaching for an item on a high shelf, combing your hair, or even tucking in your shirt can become excruciatingly painful.
- **Sleep Disturbances:** Many people with rotator cuff injuries struggle to find a comfortable position, leading to disrupted sleep patterns and fatigue.
- **Limited Range of Motion:** Reduced shoulder mobility can hinder your ability to perform essential tasks, such as putting on a seatbelt or reaching behind your back.
- **Loss of Strength:** Weakness in the affected arm can make lifting even lightweight objects a daunting challenge.

For those grappling with these challenges, seeking help from Amber Hill Therapy Centers can be a game-changer!

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!

THE ROLE OF AMBER HILL IN YOUR RECOVERY

When you consult a physical therapist for a rotator cuff injury, the initial evaluation is a critical step in the recovery process. Here's what you can expect:

Your physical therapist will start by discussing your medical history, including the onset and nature of your shoulder pain, any previous injuries, and your overall health.

A thorough physical examination follows, focusing on the affected shoulder. This includes assessing your range of motion, strength, and any signs of inflammation or instability. To understand how your injury impacts your daily life, your therapist will assess your ability to perform essential tasks like reaching, lifting, and dressing.

Based on the evaluation findings, your physical therapist will provide a diagnosis and work with you to establish clear goals for your rehabilitation.

Next, your therapist will design a program tailored to your unique needs, including:

- **Manual Therapy:** Manual therapy techniques, including joint mobilizations and soft tissue mobilizations, help alleviate pain and improve shoulder mobility. These techniques have been shown to reduce pain and enhance range of motion in individuals with rotator cuff injuries.
- **Therapeutic Exercises:** A customized exercise program is a cornerstone of rotator cuff rehabilitation. Therapists prescribe exercises that target specific muscle groups, gradually improving strength and function.
- **Home Exercise Programs:** Physical therapists provide patients with home exercise programs to promote continuity of care. Consistent adherence to these programs can improve rotator cuff rehabilitation outcomes.



- **Patient Education:** Understanding the injury and learning how to prevent future problems is crucial. Our physical therapists educate patients about proper shoulder mechanics, posture, and ergonomics—on and off the pickleball court—to reduce re-injury risk.

As you continue to progress in your recovery, functional training becomes vital. Tasks like lifting, reaching, and carrying are integrated into the rehabilitation program to ensure you regain your ability to perform daily activities without pain or limitation.

Taking the First Step Towards Recovery

If you're a pickleball player dealing with the challenges of a rotator cuff injury, don't let it limit your life any longer. Seek the expertise of one of our highly skilled physical therapists who can provide a personalized treatment plan based on your unique needs and goals.

Your path to regaining strength, mobility, and a pain-free shoulder begins with a simple but crucial step: reaching out to us today!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8082254/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4827371/>



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/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!

INTIMIDATED BY THE GYM?

TRY THESE 3 TIPS

While some people struggle to exercise regularly due to pain or busy schedules, many more find themselves holding back for one simple reason: going to the gym is intimidating.

At Amber Hill Therapy Centers, we strive to create a welcoming, inclusive environment for all our patients. But we also understand that going to a physical therapy clinic is quite different from going to a gym, where you often have little to no guidance about etiquette, exercise equipment, and more.

Fortunately, our physical therapists can offer a few simple tips for overcoming gym intimidation:

1. Take a few deep breaths. Deep breathing exercises can help calm your nerves before entering the building. Find a quiet space (your car, an empty corner in the locker room) and take five deep, steady breaths before you start your workout.



2. Don't leave your cell phone in your locker. We often see our cell phones as needless distractions—but in the gym, that distraction can help soothe anxiety. One study found that cell phone usage during a workout filters out environmental stressors (like that super-buff guy lifting weights beside you). So consider this permission to load up your favorite podcast and plug in your earbuds!

3. Know before you go. When you walk into a gym, you're met with a maze of cardio and weight machines, free weights, and lots of mirrors. Figuring out a workout program before you step through the doors will help take some of the pressure off. Our physical therapists can help, offering guidance on specific exercises, workout plans, and equipment and gym etiquette instruction.

Gym intimidation is a genuine phenomenon—and the team at Amber Hill Therapy Centers is here to help combat it! Call us today to learn more.

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FEEL BETTER BY EATING BETTER!

BLACKENED CHICKEN WITH AVOCADO CREAM SAUCE

- 4 chicken breasts
- 1/2 cup plain, Greek yogurt
- 1 tsp lemon juice
- 1/8 tsp salt
- 2 tbsp blackened seasoning
- 1/2 avocado
- 1/2 tsp garlic powder
- 2 tbsp green onions

Place the chicken breasts and blackened seasoning in a large resealable bag. Seal and shake a few times to evenly coat the chicken. Lightly coat a large skillet with nonstick cooking spray and heat over medium-high heat. Add the chicken and cook until cooked through, 4-6 minutes per side. Meanwhile, in a food processor, combine the yogurt, avocado, lemon juice, garlic powder, and salt and pulse until smooth and creamy. To serve, top each chicken breast with 2 tablespoons of the creamy avocado sauce and garnish with 1/2 tablespoon green onions.

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