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Comprehensive Adult & Pediatric Therapies



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HOW PHYSICAL THERAPY CAN HELP WITH  
**COMMON HEALTH  
RISKS IN PEOPLE  
OVER AGE 60**

Read more inside on Getting the Right Guidance To Getting Older,  
We're Hiring, and The Healing Power of Sleep!

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## HOW PHYSICAL THERAPY CAN HELP **COMMON HEALTH RISKS IN PEOPLE OVER AGE 60**

**Today, we are going to talk about something very important: how physical therapy can help people over 60 years old.**

Meet James, a spirited 65-year-old who loved his morning walks in the park, cherished his weekends playing golf with friends, and was always ready to play with his grandkids. However, as the years rolled on, James started noticing that his legs were not as strong as they used to be, his back ached a little more than usual, and those morning walks felt more like a chore than a pleasure.

Like James, as we navigate through our 60s, many of us feel that our bodies are slowly betraying us. Those beautiful golden years we looked forward to spending in recreation now seem to be sprinkled with little bouts of health concerns here and there. It seems like aging has thrown us a curveball, making our daily activities and favorite hobbies more challenging.

But it doesn't have to be this way! Imagine if you could regain that skip in your step, the strength to swing your golf club, or the ability to stay active and enjoy time with your loved ones without worrying about a looming backache or the risk of a fall. This is a very achievable reality!

***This is where physical therapy revitalizes your body and spirit, one session at a time!***

### **What Happens When We Get Older?**

You may have noticed or heard a loved one talk about feeling stiff or having aches and pains as they get older. Well, it's true that our bodies undergo various changes as we age. When people reach the age of 60 and above, they

sometimes find that their muscles aren't as strong as they used to be, and they might not move as quickly.

*Let's explore some of the most common physical changes we experience as we get older:*

- **Joints:** As we grow older, our joints might not be as limber as they were when we were younger. Conditions like osteoarthritis can make joints a bit achy and less mobile.
- **Muscles:** When we're older, our muscles are not as strong as when we were kids or adults. We lose muscle mass, and with it, we lose strength and reaction time to respond to daily challenges.
- **Balance:** Keeping a good balance can become challenging as we age, leading to slips and falls. Changes to our vision also impact the changes to our muscles and joints, which lead to difficulties with our balance.

Getting older is a natural part of life, but it can sometimes bring some changes to our bodies that we might not be too excited about. Thankfully, with the help of Amber Hill Therapy Center's physical therapists, you can continue to enjoy your favorite activities and even try new ones while keeping your bodies happy and healthy!



**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](http://www.amberhillpt.com) today!**

# HOW OUR PHYSICAL THERAPISTS CAN HELP

Like James, many of us might feel slower and less sturdy as we age. Fortunately, our physical therapists are here to help you get back into action. We'll start by conducting a comprehensive evaluation, including a physical examination and medical history, to understand your physical abilities and overall health.

*Next, we'll design a program to address your specific needs, including:*

- **Mobility Exercises:** We'll guide you through gentle stretches and mobility work to ease the aches in your joints and improve your overall ability to move.
- **Strengthening Exercises:** Our therapists will teach you targeted strengthening exercises to improve your ability to react and regain your power. Strong muscles mean we can safely continue doing all the things we love.
- **Balance and Gait Drills:** Physical therapists can teach us special exercises and drills that make us more stable so we can walk safely without worrying about falling.

Our experienced therapists will help guide you to a happier and healthier life, where morning walks are a joy and playing with the grandkids is a breeze!



## Get the Right Guidance To Getting Older!

If you or someone you know is over 60 and wants to take great care of their health, visiting Amber Hill Therapy Centers can help you learn how to take care of your body so you can enjoy life to the fullest, doing the things you love most!

***Remember, age is just a number; with the right help, everyone can enjoy a wonderful life!***

Sources:

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## 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/](http://amberhillpt.com/join-our-team/)



Life is too short to not feel your best. Give us a call or visit [www.amberhillpt.com](http://www.amberhillpt.com) today!

# THE HEALING POWER OF SLEEP

Sleep is vital for our well-being. It's not just a nightly routine but a key to feeling our best. Sleep does more than just refresh us; it helps prevent injuries, speeds up healing after injuries, and keeps our mental health in check.

*At Amber Hill Therapy Centers, we recommend the following strategies to enhance your sleep:*

- 1. Sleep Schedule:** Research studies emphasize the importance of consistently going to bed and waking up at the same time daily. Also, get exposure to natural light first thing in the morning to help regulate your circadian rhythm.
- 2. Bedtime Routine:** Engage in calming activities before bedtime, such as reading or practicing relaxation techniques like deep breathing.
- 3. Optimal Sleep Environment:** Keep your bedroom cool (around 65-68°F), dark, and quiet. Invest in comfortable bedding and a supportive mattress.
- 4. Limit Screen Time:** Avoid electronic devices like smartphones and computers at least an hour before bedtime to minimize exposure to disruptive blue light.
- 5. Limit Food and Fluid Before Bed:** Reducing fluid intake and avoiding late meals in the evening can help prevent disrupting your sleep.



- 6. Avoid Alcohol and Drugs Before Bed:** Drinking alcohol or consuming caffeine and nicotine close to bedtime can disrupt quality sleep.
- 7. Physical Activity:** Regular exercise, particularly earlier in the day, can improve sleep quality.
- 8. Manage Stress:** Chronic stress can negatively affect sleep quality. Stress management techniques, such as progressive muscle relaxation and mindfulness meditation, help improve sleep quality and reduce insomnia symptoms.

## Prioritizing Quality Sleep for a Healthier and Happier Life

Incorporating these strategies into your nightly routine can help you wake up feeling refreshed and ready to tackle the day ahead. Remember, getting a good night's sleep is one of the best things we can do for ourselves!



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BETTER SERVE YOU.  
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## FEEL BETTER BY EATING BETTER EASY SALMON BURGERS

- 1 cup finely chopped red onion
- 1/4 cup thinly sliced fresh basil
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 1 pound salmon fillet
- 1 tbsp hot pepper sauce
- 1 large egg white
- 8 slices focaccia, toasted

Combine first 5 ingredients in a large bowl. Combine hot pepper sauce and egg white in a small bowl; add egg white mixture to salmon mixture, stirring well to combine. Divide the mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add salmon patties, and cook 3 minutes on each side or until desired degree of doneness. Serve patties on toasted focaccia.

Your health is our highest priority. Give us a call or visit [www.amberhillpt.com](http://www.amberhillpt.com) today!