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THERAPY CENTERS

Comprehensive Adult & Pediatric Therapies



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FIND NECK PAIN RELIEF WITH PHYSICAL THERAPY

Read more inside on What to Expect During Physical Therapy,
We're Hiring, and Stealthy Exercises To Do At Your Work Desk!

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FIND NECK PAIN RELIEF WITH PHYSICAL THERAPY

Neck Pain — a discomfort that affects countless individuals, often striking at the most inconvenient moments. Whether you're at work, pursuing your favorite hobbies, or simply trying to get a good night's sleep, neck pain can be an unwelcome companion.

At Amber Hill Therapy Centers, our skilled therapists have a proven track record of assisting patients in resolving their neck pain. Our comprehensive treatments explore the common causes of neck pain, their risk factors, targeted techniques, and prevention strategies to ensure you resolve your pain and get back to doing what matters most!

Read on to learn how physical therapy can be a game-changer in finding relief from neck pain!

Understanding Neck Pain

Neck pain can happen for various reasons. It might be due to poor posture, muscle strain, or, in some cases, something more serious like a herniated disc. In other cases an underlying medical condition can also lead to neck pain.

The neck is a complex part of our body, with bones, muscles, and nerves all working together. When something goes wrong in this delicate balance, it can result in pain and discomfort.

How Physical Therapy at Amber Hill Therapy Centers Can Help

Physical therapy is all about using exercises and techniques to improve movement and reduce pain. Here's how it can work wonders for your neck pain:

1. Targeted Exercises

Our experienced therapists are experts at designing

exercises that specifically target the muscles and structures causing your neck pain. These exercises are tailored to your needs, ensuring they are effective and safe.

2. Posture Correction

Many of us have less-than-ideal posture, especially when working on computers or looking down at our phones. Our skilled physical therapists will teach you how to maintain good posture, reducing the strain on your neck muscles.

3. Hands-on Techniques

Your therapist may use hands-on techniques like manual therapy techniques or gentle stretches to alleviate muscle tension and improve mobility in your neck joints.

4. Education and Self-care

Understanding how to take care of your neck is essential. Your therapist will provide valuable insights on ergonomics, lifestyle changes, and self-care practices to manage and prevent future neck pain.

Our team stays up-to-date on the most advanced treatments and will adjust your program as needed. We will give you the tools to resolve your current episode of pain so you can get back to doing what you love!

**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 TO EXPECT DURING PHYSICAL THERAPY

On your first visit, your physical therapist will conduct a thorough evaluation. They will ask about your medical history, assess your range of motion, and discuss your pain symptoms.

Once they have a clear picture, they will create a personalized plan for your recovery. This plan will include specific exercises and techniques tailored to your condition. You'll work closely with your therapist, who will monitor your progress and adjust as needed.

Here are some of the benefits you can expect from physical therapy for neck pain:

- **Pain Relief:** The primary goal of physical therapy is to reduce your pain and discomfort. With targeted exercises and techniques, many people experience significant relief.
- **Improved Mobility:** You'll likely notice improved neck mobility as you progress through your therapy. This means you can turn your head more easily and without pain.



- **Better Quality of Life:** Neck pain can limit your daily activities. Physical therapy can help you regain your ability to do things you love, like gardening, playing sports, or even just enjoying a pain-free night's sleep.
- **Preventing Recurrence:** Our physical therapists don't just treat the symptoms; they also work on preventing future episodes of neck pain. By learning better habits and exercises, you can reduce the chances of neck pain returning.

If you've been dealing with neck pain, physical therapy might be the solution you've been looking for. Reach out to our physical therapists and work towards a pain-free future.

Take the First Step Towards Neck Pain Relief — Schedule Your Consultation Today!

At Amber Hill Therapy Centers, we understand that neck pain can affect individuals from all walks of life. If you're dealing with neck pain or want to prevent it from interrupting your life, reach out to us today, and let us help you create your own success story!

Sources:
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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!

STEALTHY EXERCISES TO DO AT YOUR WORK DESK

If you have an office job, it's essential that you take breaks from sitting. Prolonged sitting strains our back and neck muscles, leading to pain and other impairments.

One way to combat this is to set a timer to go off every 30 minutes to an hour, reminding you to stop what you're doing and take a few minutes to move: for instance, get up and walk around the office or do some simple stretches.

But sometimes, that's just not possible. Fortunately, these stealth exercises allow you to work your core and back muscles without drawing a lot of attention to yourself.

- **Core Activation:** Sit up tall in your chair with your pelvis tilted forward. Squeeze your core muscles tightly and hold for 15 seconds (don't forget to breathe). Then, release and repeat. You can build the intensity by lifting one foot at a time as you engage your core.



- **Seated Twists:** Sit up tall with your core activated. Take a deep breath in. Then, as you exhale, twist to one side. There, take five deep breaths, then return to facing the front. Repeat the process on the other side.
- **Chair Squats:** If you don't need to be super-stealthy, chair squats are a good way to get some movement in. Push your chair away from your desk so you can stand up without using your hands. Then move to sit back down—but stop right before you hit the chair. Repeat as many times as you need.

Sources

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SIX LOCATIONS TO BETTER SERVE YOU. CALL TODAY!

FEEL BETTER BY EATING BETTER APPLE PIE CHIA SMOOTHIE

- 1 apple cut into small pieces
- 1 cup almond milk
- 2 tablespoons chia seeds
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- pinch nutmeg and salt

Blend all ingredients until smooth; add ice if desired.

Yes, this actually tastes like pie! So drink this instead and save yourself a ton of calories. The chia seeds have plenty of fiber and protein to keep you full until lunch.

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