



amber hill

PHYSICAL THERAPY, INC.

where patients come first — since 1985

Pregnant?

How Physical Therapy Can Help

Pregnancy can cause a host of physical changes that affect your physical health—both during and after your baby is born. Amber Hill Physical Therapy has women's health specialists that can answer your questions, provide education, and help you to minimize physical issues. Our expertise includes:

- Starting a safe, personalized exercise program or modifying a current one
- Providing pelvic floor muscle training to prevent urinary leakage
- Reducing or preventing back pain
- Educating you on proper posture at work and/or when caring for your children
- Helping you find a comfortable sleeping position
- Relieving leg and hand swelling
- Postpartum issues, such as pain and exercise

Self-help is often not enough. We have built our reputation as one of the area's most respected practices by giving patients quality, compassionate care in a friendly, comfortable setting.

Our women's health therapists have advanced training in these issues, and will explain treatment options and design a program tailored specifically to your needs.

We are "in-network" with most insurance plans, which is a savings to our patients and we accept CareCredit Patient Payment Plans. We also offer early a.m., eve. and Sat. hours.

For a FREE set of our Women's Health brochures, contact amelia@amberhillpt.com or call 301.663.1157.

www.amberhillpt.com

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