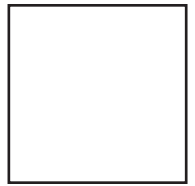




amber hill
PHYSICAL THERAPY, INC.
where patients come first — since 1985



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IN THIS ISSUE

- Maximizing your Fitness Program
- Amber Hill Offers a Full Range of Orthopedic Services
- Summer Is Ideal Time for Pediatric Therapy
- Amber Hill Proudly Contributes to the Community
- We Appreciate Your Referrals

Enjoy Spring/Summer Activities – Without Injuring Yourself!

Whether you're planning to walk, golf or bicycle this spring, Amber Hill Physical Therapy has timely tips to help you get the most from your exercise while minimizing the possibility of injuries!

READ INSIDE FOR TIPS ON HOW TO:

- Maximize your bicycle fit and posture
- Start a safe and effective walking program
- "Fit for the fairway" posture and stretches





• Our Knowledge & Experience Get You Back to Enjoying Life! •

Helpful Tips for Injury-Free Fitness

Most of us welcome these warm and sunny days as a welcome relief to the months of chilly weather and being indoors! “But we often see people who jump into an exercise or sports program with the best of intentions, but end up actually harming themselves because they don’t stretch or warm up – or they may be doing the wrong stretches,” noted Shannon Spady, P.T. and Clinical Director at Amber Hill’s Jefferson clinic.

Here’s advice on getting started with three different types of exercise programs safely and effectively.

Maximize your Bicycle Fit and Posture

Whether you are a serious bicyclist or a recreational rider, you and your bike should fit well together. A proper bike fit minimizes discomfort, increases efficiency, and helps prevent pain or injury. Physical therapists can evaluate the way your body is positioned on the bike to make sure that your biking style “fits” your functional goals, whether they are for comfort and endurance or for speed and performance.



Trunk Position & Shoulder Angle

For recreational riders, the trunk should be 40-80 degrees from horizontal and the shoulder angle between 80-90 degrees. For road cyclists, the trunk should be between 30-40 degrees and the shoulder angle at 90-100 degrees.

The Handlebars

The handlebar position affects your hand, shoulder, neck, and back comfort, as well as the handling of your bicycle. For road cyclists, correct handlebar positioning provides better pedaling efficiency, aerodynamics, and improved safety with cornering and braking.

The width of recreational riders’ handlebars should allow hands to be slightly wider than shoulders. For road cyclists, hands should be approximately 2 cm wider than the shoulders for comfort and to help ensure good handling of the bicycle.

Knee to Pedal

A physical therapist can measure the angle of your knee to the pedal. The closer the angle is to 35 degrees, the better function you will have with less stress on the knee.

Recreational cyclists: 35-45 degree angle

Road cyclists: 30-35 degree angle.

A Note About Pedaling

Pedaling is a skilled activity that requires aerobic conditioning. Work toward pedaling at 80-90 revolutions per minute. This rate lessens your chance of injury.

The Saddle

The saddle on your bike should be level. If it tips downward, pressure is placed on your hands and lower back. The saddle also should be a comfortable distance from the handlebars—too close, and extra weight will be placed on your mid-back and arms; too far away, and you may put extra strain on your lower back and neck.

Foot to Pedal

Position the ball of your foot over the pedal spindle for the best leverage, comfort, and efficiency. A stiff-soled shoe is best for comfort and performance.

Fit for the Fairway

Stretching before playing golf can enhance your ability to hit the ball and decrease chances of injury. First warm up to five to 10 minutes. Then do the following stretches 10 – 15 minutes before playing a round and periodically as you play the course. Repeat each stretch four to five times on each side.

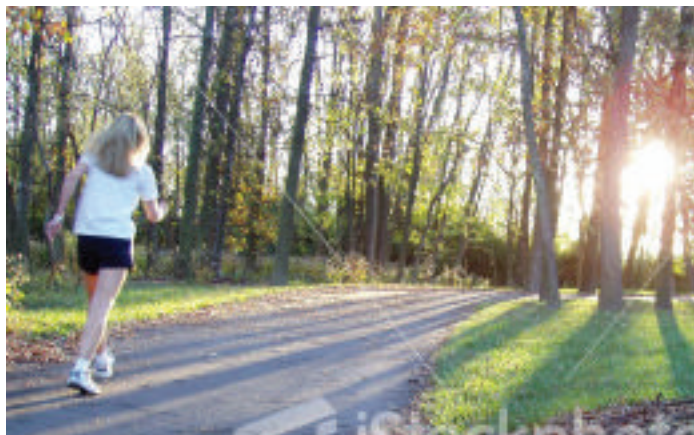
1. **Trunk and upper body stretch** - Put a golf club in front of your chest, rotate slowly to the right and hold for 10 – 20 seconds. Then rotate left for the same amount of time.
2. **Side Stretch** – Stand with arms above head holding club with hands shoulder width apart. Slowly bend to the right and hold for 10 seconds. Then bend to the left and hold 10 seconds.
3. **Calf stretch** – Place both hands against a tree at chest level and stand an arm's length away. Keeping your right foot on the ground with your leg slightly bent, move your left foot behind you. Keep the left knee straightened and try to touch your heel to the ground. Try to touch your heel to the ground and hold for a count of 10. Don't bounce. Repeat the stretch with the other leg.

Posture. An incorrect stance can lead to an increased risk of spinal injuries. The correct stance takes the pressure off the lower back and generates the needed power for a good swing from the trunk, hips and legs. For a good stance:

- Slightly bend knees into a relaxed position
- Bend forward from the hips, keeping the back straight
- Arms should hang straight down comfortably, while gripping the club



Walking for Health and Enjoyment



Start slow and easy. If you've been inactive and tire easily, walk only as far and as fast as you comfortably can, gradually building up your pace and distance.

Make your walking program work for you. If you can't set aside at least 30 consecutive minutes in your day, split up your time – 10 minutes here, 20 minutes there – just get at least 30 minutes each day.

Choose a fun and safe place to walk. Walk with groups that walk on designated trails. The best walking surfaces are flat, firm, and not too hard, such as grass, wood chip paths, dirt paths, and cinder tracks. On rainy days, consider mall walking.

Monitor Your Progress. Knowing your resting heart rate lets you measure your initial fitness level and your improvement over time. Monitor your progress by recording your pulse before you walk. After your walk, check and record your pulse again.

"I'm a runner, and last summer my lower back began to hurt as a result of my running. I had been doing some stretches that were actually harming me. I went to Amber Hill's Jefferson clinic, where Shannon Spady, P.T., showed me the proper stretches to do for running and to alleviate my type of pain. She also gave me electro-stimulation treatments, and one session of spinal decompression. After five sessions, my back pain went away!"

"I'm continuing to do the stretches shown to me by Shannon as I train for the upcoming Boston Marathon."

—L Hickman, Jefferson, MD

Summer's A Great Time to Start Pediatric Programs

A Full Range of Services

Amber Hill Physical Therapy offers a full range of services, including:

- **Orthopedic and sports** Neck and back pain, joint problems, including Shoulder, elbow, hip, knee, ankle and foot, plus post-surgical rehabilitation, soft tissue injuries, arthritis, fibromyalgia, and TMJ therapy.
- **Neurological** Stroke/brain injuries, spinal cord injured, MS and vestibular (balance) disorders
- **Industrial Rehabilitation/Worker's Compensation**
- **Auto Injuries**
- **Wellness** Spine School, medical conditioning and athletic strength training
- **F.A.S.T. Fitness and Sports Training** On the Pneu-Sport unweighting equipment.

Amber Hill Proudly Sponsors...

We support the communities we serve through sponsorships of a wide range of community organizations. In the past several years, these have included:

Birthright of Frederick
Brunswick Community Show
Brunswick High School Girls Basketball
Brunswick High School Athletic Boosters
Brunswick High School Band Boosters
Catocin High School Baseball
Catocin Youth Wrestling Program
Catocin Pregnancy Center
Damascus High School Athletics Booster Club
Families Plus! Annual Children's Dinner Theater
Frederick County Association of REALTORS
Linganore High School Booster Association
Linganore Athletic Boosters
Mt. Airy Fire Dept. Carnival
Mt. Airy Lion's Club Carnival
St. John's Regional Catholic School
St. Thomas More Academy
Thurmont Lions Club Health Fair



Summer can be a great time to get your child started with a Pediatric Physical and Occupational or speech therapy services.* Both parents and kids tend to have more down time in the summer, which may allow for more frequent sessions and a greater focus on refining skills. That could give your child a solid foundation for returning to school in the fall.

Remember, treating infants and children as soon as a problem is identified is vital, and our therapists are experienced in evaluating and treating a variety of conditions.

Contact us as our Frederick clinic for more information, 301-663-1157.

** Speech Therapy Services offered through Fredrick Pediatric Therapy, LLC at our Frederick Clinic.*

We Appreciate Your Referrals!

Our business has grown by providing an excellent level of service, our community involvement, and the many times our patients refer their friends or family members to us! We like to thank our patients for giving us referrals, – please ask about our patient referral program the next time you're in one of our clinics!

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We accept and are "in-network" with most insurance plans, which is a savings to you. We also accept CareCredit® Patient Payment Plans.

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