

Guide To Physical Therapy Practice 2nd Edition

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Guide To Physical Therapy Practice

"If you're in to see your family practice physician and he says you've picked up 20 pounds in the last year, he can send you to a physical therapist to find out your weak areas and help ...

Physical therapy key to maintaining long-term activity, health

a patient care advocate will guide patients through the process of their treatment by physical therapists, licensed clinical social workers and registered dietitian nutritionists. The practice's ...

Best Physical Therapy

I've been a physical therapist for so long I don't even remember where my original interest began. That said, I started my private practice because I wanted to be able to spend more time ...

Best Physical Therapist: Eric Johnson, MPT

If you're like many women who've entered menopause or perimenopause, you may be experiencing hot flashes where your face flushes, intense heat wells up in your body, and you profusely sweat. These and ...

From mindfulness to cognitive behavioral therapy, these options may be worth a try

A new study found that Lean is a suitable methodology to accelerate patient recovery by reducing the time between on-the-job accidents and the beginning of physical therapy treatment.

Study Provides Data-Driven Argument to Eliminate Physical Therapy Pre-Authorization for Injured Workers

Athletico was named #1 Workplace in Chicago, "Best Physical Therapy Practice in the Nation" by ADVANCE magazine, Top Workplace in the Nation and has been recognized as a leader in employee ...

Athletico Physical Therapy Opens in Kansas City

When it comes to managing persistent post-concussion symptoms (PPCS), low evidence may be better than no evidence—while a systematic review and meta-analysis on non-pharmacological PPCS treatments in ...

Post-Concussion Symptoms: Panel Offers Weak Recommendations for Non-Pharma Treatments

Indigenous healers use psychoactive plants to address emotional pain. Learn about one healer in Ecuador who is both a medical doctor and traditional healer. Psychedelic plant medicines can reveal a ...

Psychology Today

Mental health isn't just about our physical or mental well-being, rather it's our emotional, social, and psychological well-being combined. Mental ...

EXCLUSIVE: 3 Strategies to keep mental health in check according to an expert

So to make the process easier, we've gathered tips below for self-care vacation ideas, and advice on how to make your getaway a truly relaxing one from start to finish. To make the most of your ...

7 Self-Care Getaway Ideas—Plus, How to Get the Most From Your Rejuvenating Vacation

Shop restorative gifts like foam rollers and yoga blocks for everyone on your list to help support a recovery routine that benefits both the mind and body.

Turn Rest Days Into Mind-Body Recovery Sessions With These 10 Gift Ideas

Lifestyle change is a powerful, proven way for a person to prevent heart disease. But to make healthy changes stick, people often need a little help.

How doctors can help their patients make heart-healthy lifestyle changes

According to an AICPA-commissioned Harris Poll study of 1,004 U.S. adults, 56% of Americans reported that their debt has ...

A Guide to Coping With Debt and Financial Stress

Every year, nearly half of the American population consults a physician with a primary complaint of pain. Taking this into account, as well as pain being the number one reason for physician ...

Ask the Expert: Pain Inhibits Your Everyday Life—Here's How We Can Help

However, you may also find these seven anxiety tips helpful for coping with the symptoms of anxiety. When anxiety sets in, it can be scary. In some cases, it can even be a debilitating condition, ...

7 anxiety tips to help you every day

The unequal access to Covid-19 vaccines stems from production shortfalls. Building more flexibility into manufacturing processes can help – here's how.

Boosting Vaccine Production Needs the Right Degree of Flexibility

This list has been curated to identify items that pamper and pleasure those on your holiday gift list, and give us all the gift of looking inward, instead of outward.

The 29 best self-care gifts for your highly stressed friends (or yourself)

Cincinnati Ballet has cut the ribbon for its new Margaret and Michael Valentine Center for Dance in Walnut Hills.

Cincinnati Ballet opens its next act

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Florida Southern College nursing alum Alli Crenshaw has been named the Sunshine State Conference Women's Swimmer of the Decade for her record-breaking four-year run with the Mocs swimming team from ...

Florida Southern College Nursing Alum Alli Crenshaw Named Swimmer of the Decade

By American Heart Association News, HealthDay Reporter THURSDAY, (American Heart Association News) -- Lifestyle change is a powerful, proven way for a person to prevent heart disease. But to make ...

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