A clearly identified but largely unmet need after spinal cord injury is health and fitness promotion. This book integrates multifaceted health-oriented principles and practices into the rehabilitation of those with spinal cord injury and serves as a resource in both rehabilitation facilities and community-based settings. Tables, figures, illustrations, and educational handouts complement the text. Carefully design patient handouts save you time creating self-care, take-home materials and boost compliance.

Long recognized as an essential reference for therapists and surgeons treating the hand and the upper extremity, Rehabilitation of the Hand and Upper Extremity helps you return your patients to optimal function of the hand, wrist, elbow, arm, and shoulder. Leading hand surgeons and hand therapists detail the pathophysiology, diagnosis, and management of virtually any disorder you’re likely to see, with a focus on evidence-based and efficient patient care. Extensively referenced and abundantly illustrated, the 7th Edition of this reference is a “must read” for surgeons interested in the upper extremity, hand therapists from physical therapy or occupational therapy backgrounds, anyone preparing for the CHT examination, and all hand therapy clinics. Offers comprehensive coverage of all aspects of hand and upper extremity disorders, forming a complete picture for all members of the hand team—surgeons and therapists alike. Provides multidisciplinary, global guidance from a Who’s Who list of hand surgery and hand therapy editors and contributors. Includes many features new to this edition: considerations for pediatric therapy; a surgical management focus on the most commonly used techniques; new timing of therapeutic interventions relative to healing characteristics; and in-print references wherever possible. Features more than a dozen new chapters covering Platelet-Rich Protein Injections, Restoration of Function After Adult Brachial Plexus Injury, Acute Management of Upper Extremity Amputation, Medical Management for Pain, Proproception in Hand Rehabilitation, Graded Motor Imagery, and more. Provides access to an extensive video library that covers common nerve injuries, hand and upper extremity transplantation, surgical and therapy management, and much more. Helps you keep up with the latest advances in arthroscopy, imaging, vascular disorders, tendon transfers, fingertip injuries, mobilization techniques, traumatic brachial plexus injuries, and pain management—all clearly depicted with full-color illustrations and photographs.

Examines new treatment methods, products, and research, and focuses on alternatives to surgery and ergonomics to alleviate or prevent the condition.

This guide offers computer users who suffer from repetitive strain injury (RSI) an effective program for self-care. It explains the symptoms, prevention, and treatment of RSIs and also addresses the often-overlooked root causes of RSIs. This holistic program treats the entire upper body with ergonomics, exercise, and hands-on therapy, increasing the likelihood that surgery and drugs may be avoided.

'This volume comes at an important time in the development of the discipline, and reflects the knowledge gained by the authors through decades of hands-on experience of treating children and adolescents with the entire spectrum of rheumatic diseases. It emphasizes the integration of the expertise of all health care providers in an interactive team' – Ross Petty in the Foreword. This highly practical handbook is easy to read and refer to on a daily basis. The wide-ranging style encourages a multidisciplinary, team-based approach.
approach to provide continuity of care, and the handy binding and layout is designed to aid quick access of core information. Featuring over 230 full-colour images and reproducible resources for patients and carers, this guide is a vital resource for Allied Health Professionals, especially those working with children.

Innovative, systematic, and user-friendly, Health Assessment in Nursing has been acclaimed through four previous editions for the way it successfully helps RN-level students develop the comprehensive knowledge base and expert nursing assessment skills necessary for accurate collection of client data. Maintaining the text’s hallmarks—in-depth, accurate information, a compelling Continuing Case Study, and practical tools that help students develop the skills they need to collect both subjective and objective data—the Fifth Edition now features an exciting array of new chapters, a greater focus on diversity and health assessment through the lifespan, over 150 new illustrations, more than 300 new photos of actual registered nurses and nurse practitioners performing assessments, and an expanded array of teaching and learning tools.

Featuring over 1,300 full-color illustrations, this atlas is a comprehensive, hands-on guide to more than 100 medical procedures most commonly performed in an office setting. The book presents step-by-step instructions and illustrations for each procedure and discusses strategies for avoiding common pitfalls. Each chapter includes ordering information for necessary equipment or supplies, CPT codes, ICD-9 codes, global periods, and average U.S. fees for each procedure. Some chapters also refer the practitioner to patient education handouts that will appear online. Appendices include illustrated sections on commonly used instruments and materials. A companion Website will offer the fully searchable text, over 100 patient education handouts, and videos of ten common procedures.

This text offers a modern approach to hydrotherapy— the use of water, ice, steam, and hot and cold temperatures to improve or maintain health— as performed by massage therapists. Authored by an experienced massage therapist, this book presents clear, uncomplicated explanations of how hydrotherapy affects the body, and then demonstrates a wide variety of hydrotherapy treatments. The book suggests how massage therapists may use hydrotherapy treatments before and during massage sessions, or give these treatments to clients to do between sessions for faster and better results. The author presents real-life examples and case studies obtained through interviews with massage therapists, athletic trainers, physical therapists, naturopathic doctors, aquatic therapists, and medical doctors treating patients in a medical hydrotherapy setting.

Integrative Medicine, by Dr. David Rakel, provides the practical, evidence-based guidance you need to safely and effectively integrate complementary and alternative medical treatments into your practice. This medical reference book lays the framework for making the best use of these therapeutic modalities and understanding the mechanisms by which these interventions work, keeping you at the forefront of the trend toward integrative health care. Incorporate therapeutic integrative medicine modalities into clinical practice through the “Tools for Your Practice” section that offers how-to application for recommending mediation, prescribing probiotics, and how to do an elimination diet. Apply integrative treatments for a full range of diseases and conditions including autism, stroke, chronic fatigue syndrome, and various forms of cancersee how to advise patients on health maintenance and wellnessand get valuable advice on topics such as meditation, diet, and exercises for back pain. Avoid potential complications with recommended dosages and precautions. Enhance patient care with therapy-based guidance and printable patient education guides. Implement proven integrative treatments for various diseases thanks to an evidence-based therapeutic approach. Weigh the likely effectiveness of various treatments vs. their potential harm with helpful icons based on the SORT (Strength of Recommendation Taxonomy) method. Validate potential interventions through the latest research in genomics and advanced imaging technologies, such as MRI. Access the full text, image bank, downloadable Patient Education Guides, and video collections online at www.expertconsult.com. Rakel provides evidence-based guidance to apply integrative medicine in clinical care.

Home Exercise Programs for Musculoskeletal and Sports Injuries: The Evidence-Based Guide for Practitioners is designed to assist and guide healthcare professionals in prescribing home exercise programs in an efficient and easy to follow format. With patient handouts that are comprehensive and customizable, this manual is intended for the busy practitioner in any medical specialty who prescribes exercise for musculoskeletal injuries and conditions. The most central aspect of any therapeutic exercise program is the patient’s ability to perform the exercises effectively and routinely at home. This book is organized by major body regions from neck to foot and covers the breadth of home exercises for problems in each area based on the current literature. Each chapter begins with a brief introduction to the rehabilitation issues surrounding the types of injuries that can occur and general exercise objectives with desired outcomes, followed by a concise review of the specific conditions and a list of recommended exercises. The remainder of the chapter is a visual presentation of the exercises with high-quality photographs and step-by-step instructions for performing them accurately. The most fundamental exercises to the rehabilitation of each
specific region are presented first as the essential building blocks, followed then by condition-specific exercises that advance throughout the chapter. Using this section, the healthcare practitioner can provide patients with handouts that require little to no explanation and can customize the program and modify instructions to fit individual patient needs and abilities—confidently the handouts will be a valuable tool to help patients recover successfully from musculoskeletal and sports injuries. Key Features: Concise evidence-based guide for practitioners who prescribe home exercise programs for musculoskeletal and sports injuries Presents foundational, intermediate, and more advanced exercises for each body region and condition based on the current literature to achieve desired outcomes Highly visual approach with over 400 photographs demonstrating each exercise effectively with step-by-step instructions Each chapter includes evidence-based recommendations and goals for advancement of the exercise program Includes digital access to the ebook for use on most mobile devices and computers

The second edition of Obstetric and Gynecologic Care in Physical Therapy has been thoroughly updated to cover recent changes in the field of physical therapy as it pertains to the treatment of women. Chapters cover topics on women.

Headache and Chronic Pain Syndromes provides a case-based approach to state-of-the-art evaluation and treatment of patients with common chronically painful conditions. Offering strategies for rapidly evaluating and treating pain complaints by body region, this innovative title also provides patient educational handouts that explain the diagnosis and treatment in easy-to-understand language for each condition. Tools for implementing both medication and non-medication therapies, such as exercises and relaxation techniques, are also included. Each chapter opens with typical presentations of three to five common patient scenarios, including pediatric, adult, and geriatric patients. A targeted approach for patient assessment is provided and applied to each scenario, showing how to rapidly identify important clues to distinguish among common diagnoses, including both benign and malignant causes of pain. Standard treatment regimens are then provided for each patient, along with patient-friendly educational flyers for each chronic pain condition. Figures and drawings help provide ready identification of these common chronic pain syndromes. Headache and Chronic Pain Syndromes offers primary care practitioners, neurologists, and orthopedists an optimal approach to the evaluation, treatment, and follow-up of chronically painful conditions.

With the combined expertise of leading hand surgeons and therapists, Rehabilitation of the Hand and Upper Extremity, 6th Edition, by Drs. Skirven, Osterman, Fedorczyk and Amadio, helps you apply the best practices in the rehabilitation of hand, wrist, elbow, arm and shoulder problems, so you can help your patients achieve the highest level of function possible. This popular, unparalleled text has been updated with 30 new chapters that include the latest information on arthroscopy, imaging, vascular disorders, tendon transfers, fingertip injuries, mobilization techniques, traumatic brachial plexus injuries, and pain management. An expanded editorial team and an even more geographically diverse set of contributors provide you with a fresh, authoritative, and truly global perspective while new full-color images and photos provide unmatched visual guidance. Access the complete contents online at www.expertconsult.com along with streaming video of surgical and rehabilitation techniques, links to Pub Med, and more. Provide the best patient care and optimal outcomes with trusted guidance from this multidisciplinary, comprehensive resource covering the entire upper extremity, now with increased coverage of wrist and elbow problems. Apply the latest treatments, rehabilitation protocols, and expertise of leading surgeons and therapists to help your patients regain maximum movement after traumatic injuries or to improve limited functionality caused by chronic or acquired conditions. Effectively implement the newest techniques detailed in new and updated chapters on a variety of sports-specific and other acquired injuries, and chronic disorders. Keep up with the latest advances in arthroscopy, imaging, vascular disorders, tendon transfers, fingertip injuries, mobilization techniques, traumatic brachial plexus injuries, and pain management. See conditions and treatments as they appear in practice thanks to detailed, full-color design, illustrations, and photographs. Access the full contents online with streaming video of surgical and rehabilitation techniques, downloadable patient handouts, links to Pub Med, and regular updates at www.expertconsult.com. Get a fresh perspective from seven new section editors, as well as an even more geographically diverse set of contributors.

Integrative Medicine, by Dr. David Rakel, provides the practical, evidence-based guidance you need to safely and effectively integrate complementary and alternative medical treatments into your practice. This medical reference book lays the framework for making the best use of these therapeutic modalities and understanding the mechanisms by which these interventions work, keeping you at the forefront of the trend toward integrative health care. Incorporate therapeutic integrative medicine modalities into clinical practice through the "Tools for Your Practice" section that offers how-to application for recommending mediation, prescribing probiotics, and how to do an elimination diet. Apply integrative treatments for a full range of diseases and conditions including autism, stroke, chronic fatigue syndrome, and various forms of cancersee how to advise patients on health maintenance and wellness and get valuable advice on topics such as meditation, diet, and exercises for back pain. Avoid potential complications with recommended dosages and precautions. Enhance patient care with therapy-based guidance and printable patient education guides.
Implement proven integrative treatments for various diseases thanks to an evidence-based therapeutic approach. Weigh the likely effectiveness of various treatments vs. their potential harm with helpful icons based on the SORT (Strength of Recommendation Taxonomy) method. Validate potential interventions through the latest research in genomics and advanced imaging technologies, such as MRI.

Emphasizes the development of clinical reasoning skills, describing the components of the evaluation process and addressing how to decide what to evaluate. Covers a broad array of common diagnoses seen in hand therapy, including shoulder and elbow disorders, peripheral nerve problems, wrist and hand fractures, tendonitis and tenosynovitis, finger sprains and deformities, tendon injuries, arthritis, burns, infections, ganglion cysts, stiffness, Dupuytren's, and more.

Comprehensive Therapeutic Programs for Musculoskeletal Disorders is focused on the effective use of comprehensive therapeutic programs for the treatment of common musculoskeletal disorders encountered by physicians.

Examining the benefits of exercise for women, from osteoporosis prevention to reducing the risk of cardiovascular disease, this book reviews the physiological fitness differences between men and women. It also helps women to tailor an exercise programme to their stage in life: adolescence, pre-menopause, menopause, post-menopause and ageing.

Emphasizes the development of clinical reasoning skills, describing the components of the evaluation process and addressing how to decide what to evaluate. Covers a broad array of common diagnoses seen in hand therapy, including shoulder and elbow disorders, peripheral nerve problems, wrist and hand fractures, tendonitis and tenosynovitis, finger sprains and deformities, tendon injuries, arthritis, burns, infections, ganglion cysts, stiffness, Dupuytren's, and pediatric and geriatric hand problems. Diagnostic-specific information and treatment guidelines follow a consistent format: Overview Diagnosis and pathology Timelines Precautions and concerns Role of therapy assistants Case examples Offers topics to use as mental prompts when working in the clinical setting: Questions to ask the doctor What to say to clients Evaluation tips Diagnosis-specific information that affects clinical reasoning Tips from the field Precautions and concerns Over 400 illustrations in the text and on the CD demonstrate important concepts. Case studies in the common diagnoses chapters demonstrate the use of clinical reasoning and highlight the "human" side of each client encounter. Clinical pearls and precautions share advice from the author and contributors, learned from years of clinical experience. Describes the role of the therapy assistant with the client, showing how the therapy assistant may be included in the therapy process. Glossary includes key terms from the text, offering easy access to definitions of key terms. CD provides samples of hand therapy exercises and clinical forms that may be used with clients.

Written for hand therapy specialists and non-specialists, Cooper's Fundamentals of Hand Therapy, 3rd Edition emphasizes treatment fundamentals, and provides tips and guidelines for hand therapy practice. This easy-to-use illustrated text and reference guide helps further develop your clinical reasoning skills by describing what goes into the evaluation process, highlighting the humanistic side of each encounter through case studies, and providing the wisdom the contributing authors have acquired through years of practice. This new edition also features additional chapters on the use of common physical agents and orthoses, plus added content on how to integrate evidence-based findings into daily hand practice. UPDATED! Chapter covering Orthoses Essential Concepts reflects the latest information in the field. Case studies with questions and resolutions help you develop strong clinical reasoning skills while presenting the human side of each client encounter. Special features sections such as Questions to Discuss with the Physician, What to Say to Clients, Tips from the Field, and more help you find your own clinical voice. Anatomy sections throughout text highlight important anatomical bases of dysfunctions, injuries, or disorders. Clinical Pearls highlight relevant information from an experienced author and contributors that you can apply to clinical practice in the future. Evaluation Techniques and Tips help you master appropriate and thorough clinical evaluation of clients. Diagnosis-specific information in the final section of the book is well-organized to give you quick access to the information you need. NEW! Chapter covering Physical Agent Modalities helps you understand how to use common hand therapy tools. NEW! Evidence-Based Practice content outlines how to closely examine evidence and integrate it into daily hand therapy practice. NEW! Photos and illustrations throughout provide clear examples of tools, techniques, and therapies.

This issue of Hand Clinics, guest edited by series consulting editor Dr. Kevin Chung, will cover Global Hand Surgery, with a focus on learning and contributing in the developing world. Topics discussed in the volume include: Economic Evaluations of Hand Surgery in the Developing World, Developing a Sustaining Program of Surgery Care in the Developing World, Overcoming Barriers to Hand Surgical Care in Low-Resource Settings,


Following its highly successful and well-respected first edition, this thoroughly revised edition offers much more! Edited and authored by leading authorities in hematology, this scientific reference textbook now comes with a CD-ROM. Additional features include some of the more salient standard and current therapeutics and an easily accessible appendix that provides great reference. The CD-ROM contains 100 of the most critical illustrations from the text—great for quick consultation from your computer.

Perfect for hand therapy specialists, hand therapy students, and any other professional who encounters clients with upper extremity issues, Fundamentals of Hand Therapy, 2nd Edition contains everything you need to make sound therapy decisions. Coverage includes hand anatomy, the evaluation process, and diagnosis-specific information. Expert tips, treatment guidelines, and case studies round out this comprehensive text designed to help you think critically about each client's individual needs. "Overall, a very clear readable style is adopted throughout, with theory supported by various anecdotal case studies. Excellent use is made of illustrations, and many chapters contain the helpful addition of 'clinical pearls' or 'tips from the field', which are an attempt to make transparent the links between theory and practice. In conclusion, this is an excellent core text for reference purposes." Reviewed by: British Journal of Occupational Therapy Date: Aug 2014 Clinical Pearls and Precautions highlight relevant information learned by the experienced author and contributors that you can apply to clinical practice. Case examples included in the diagnoses chapters in Part Three demonstrate the use of clinical reasoning and a humanistic approach in treating the client. Diagnosis-specific information in the final section of the book is well-organized to give you quick access to the information you need. Special features sections such as Questions to Discuss with the Physician, What to Say to Clients, Tips from the Field, and more help readers find their own clinical voices. Online sample exercises give you a pool to pull from during professional practice. NEW! Chapters on yoga and pilates provide guidance into new ways to treat upper extremity problems. NEW! Chapter on wound care gives you a thorough foundation on how wounds impact therapeutic outcomes. NEW! Chapter on orthotics has been added to cover basic splinting patterns. NEW! Online resources help assess your understanding and retention of the material.
Prepare for practice with the book tailored specifically for physical therapist assistants! Physical Rehabilitation for the Physical Therapist Assistant provides a clear, easy-to-read, evidence-based guide to the PTA’s role in patient management, covering the core concepts related to physical rehabilitation and emphasizing the PTA’s role in intervention. A treatment-oriented focus addresses each of the four categories of the American Physical Therapy Association (APTA) Preferred Practice Patterns: musculoskeletal, neuromuscular, cardiopulmonary, and integumentary. The final section of the book addresses interventions which overlap many practice patterns. Written by rehabilitation experts Michelle Cameron, MD, PT and Linda Monroe, MPT, in consultation with Susan Schmidt, a practicing PTA, and Carla Gleaton, the director of a PTA education program, this text will be a valuable resource both in the classroom and in professional practice. Comprehensive, evidence-based coverage of rehabilitation includes sections on pathology; examination; evaluation, diagnosis, and prognosis; clinical signs, and intervention — emphasizing the PTA’s role in intervention. Unique! A consistent, organized approach covers physical therapy intervention by disorder, with full discussions of each condition found in a single chapter. Format follows the Guide to Physical Therapist Practice, 2nd Edition so you become familiar with the terminology used in therapy practice.

Clinical Pearls highlight key information. Unique! Full-color illustrations clearly demonstrate pathologies and interventions. Case studies with discussion questions guide you through specific patient interactions to build your clinical reasoning skills. Glossaries in each chapter define key terms to build your clinical vocabulary. Unique! Student resources on the companion Evolve website enhance your learning with vocabulary-building exercises, boards-style practice test questions, examples of commonly used forms, and references from the book linked to Medline.

Here is a step-by-step guide for rehabilitation clinicians promoting exercise & health classes for the older population. Practical information & detailed guidelines are presented, including reproducible patient handouts. Also included are suggestions regarding additional services from various agencies.

CBT for Managing Non-cardiac Chest Pain is an evidence-based guide and workbook for clinicians working with people with non-cardiac chest pain (NCCP). NCCP affects around 25-30% of people in the UK, USA, and Europe and is associated with high levels of health care use and compromised quality of life. This is the first book to describe a treatment programme to fill the gap in care for patients. The authors have developed and researched a novel approach that demonstrates how physiological, cognitive, behavioural and social factors all contribute to the negative experience of chest pain. With the help of exercises and downloadable handouts for the patient, the book aims to provide the necessary information and clinical skills and approaches for clinicians to use in health care settings. CBT for Managing Non-cardiac Chest Pain will appeal to anyone involved in the care of patients with NCCP, including nurses; general practitioners; cardiologists; acute medical physicians and psychologists.

Evidence suggests a direct correlation between the quality of postoperative orthopaedic rehabilitation and the effectiveness of the surgery. Clinical Orthopaedic Rehabilitation, 4th Edition, helps today’s orthopaedic teams apply the most effective, evidence-based protocols for maximizing return to function following common sports injuries and post-surgical conditions. Charles Giangarra, MD and Robert Manske, PT continue the commitment to excellence established by Dr. S. Brent Brotzman in previous editions, bringing a fresh perspective to the team approach to rehabilitation. Every section is written by a combination of surgeons, physical therapists, and occupational therapists, making this respected text a truly practical “how-to” guide for the appropriate initial exam, differential diagnosis, treatment, and rehabilitation. Treatment and rehabilitation protocols are presented in a step-by-step, algorithmic format with each new phase begun after criteria are met (criteria-based progression, reflecting current best practice). Revised content brings you up to date with new evidence-based literature on examination techniques, classification systems, differential diagnosis, treatment options, and criteria-based rehabilitation protocols. Extensive updates throughout include new chapters on: medial patellofemoral ligament, shoulder impingement, pec major ruptures, thoracic outlet syndrome, general humeral fractures, foot and ankle fractures, medial patellofemoral ligament reconstruction, the arthritic hip, athletic pubalgia, and labral repair and reconstruction.

THE MUSCULOSKELETAL MANUAL, 2ND EDITION covers musculoskeletal problems commonly seen in daily practice, but rarely included in standard orthopedic and rheumatologic texts. It is both an effective learning tool and a quick reference source for medical residents, family practice residents, and other residents in the field of primary care.

Researchers and therapists have collaborated to produce the first book that explores the science and practice of yoga and offers comprehensive coverage of research findings and their implications for all those using yoga as a therapeutic intervention. This substantial work is highly illustrated and fully referenced to enable the reader to pinpoint and understand research trials relating to different body systems. Practical advice is given on how to interpret the research and the implications of its findings for practice in yoga therapy and in traditional healthcare settings.
NEUROSCIENCE NURSING provides current and comprehensive information about adult neuroscience patient management for practicing neuroscience, medical-surgical, critical care, and emergency nurses. Encompassing a neurosurgical, holistic view, this text discusses psychosocial aspects associated with neurologic conditions and disorders. The nursing process appears throughout the text and emphasizes high-risk nursing diagnoses, pathways for recovery, standards of care, and patient and family teaching. Separate sections discuss legal issues and the future of neuroscience nursing.

Tendon ailments are a significant cause of morbidity among athletes of all levels and are increasing in prevalence. Their management is often empirical, and para-scientific, only looking at the biological aspects of tendon ailments. This book conveys a comprehensive and concise body of knowledge on the management of tendon problems in sportspeople with practical details of clinical protocols. Tendon Injuries: Basic Science and Clinical Medicine is specifically dedicated to the clinical aspects of tendinopathy and provides the required knowledge and scientific basis for the sports medicine practitioner, orthopedic specialist and student facing upper and lower limb tendon ailments in athletes. A comprehensive review of tendon disorders is given and modern criteria of management outlined to form the basis of effective clinical management of this group of patients.

Sports Medicine Essentials: Core Concepts in Athletic Training, Second Edition introduces students to potential careers in the Sports Medicine field, from Fitness Instructor to Athletic Trainer. This comprehensive text surveys a broad scope of knowledge related to the Sports Medicine field, encompassing fitness assessment, conditioning, emergency preparedness, injury management, therapeutic modalities, nutrition, ethical and legal considerations and much more. To help introduce students to an array of exciting careers, it features enrichment activities that include researching the cost of sports medicine supplies, demonstrate taping techniques, and the forming of a safety committee to devise a plan to minimize risk to a team, athletes or clients. This complete resource is a fantastic introduction for any program. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

A reference for rehabilitation specialists currently providing or planning health promotion and prevention programs, including lower back pain prevention, exercise programs for the elderly, prevention of falls, corporate fitness, ergonomics, TMJ syndrome prevention, cumulative trauma disorders, stress management and other health problems. The book is aimed at physiotherapists and occupational therapists.