

evans rehabilitation and wellness

Evans Rehabilitation and Wellness: Your Path to a Healthier, Happier You

Are you struggling with pain, injury, or a chronic condition that's limiting your ability to live life to the fullest? Do you dream of regaining your strength, mobility, and overall well-being? At Evans Rehabilitation and Wellness, we understand those struggles. This comprehensive guide delves into the services we offer, our commitment to patient-centered care, and how we can help you achieve your health goals. We'll explore everything from our specialized therapies to our holistic approach, ensuring you have a complete understanding of what Evans Rehabilitation and Wellness can do for you.

Understanding Evans Rehabilitation and Wellness: More Than Just Therapy

Evans Rehabilitation and Wellness isn't just another physical therapy clinic; it's a comprehensive wellness center dedicated to restoring your physical function, improving your mental well-being, and empowering you to take control of your health. We believe in a holistic approach, recognizing that your physical and mental health are interconnected. This means we treat the whole person, not just the injury or condition.

Our Comprehensive Range of Services: Tailored to Your Needs

Our commitment to personalized care is evident in the wide range of services we provide at Evans Rehabilitation and Wellness. These services are designed to address various needs and conditions, catering to individuals of all ages and fitness levels.

1. **Physical Therapy:** Our experienced physical therapists utilize evidence-based techniques to address musculoskeletal injuries, chronic pain, and improve mobility. We tailor treatment plans to individual needs, focusing on exercises, manual therapy, and modalities like ultrasound and electrical stimulation to promote healing and reduce pain. This can include treatment for:

Sports Injuries: From sprains and strains to more complex injuries requiring rehabilitation.

Orthopedic Conditions: Addressing conditions like arthritis, fractures, and post-surgical recovery.

Neurological Conditions: Helping patients recover from strokes, multiple sclerosis, and other neurological impairments.

Geriatric Rehabilitation: Assisting seniors in maintaining their independence and improving their quality of life.

1. Occupational Therapy: Our occupational therapists work with patients to improve their ability to perform daily activities. This is particularly beneficial for individuals recovering from injury, surgery, or those living with chronic conditions that impact their daily lives. We focus on:

Adaptive techniques: Teaching patients strategies to compensate for limitations and perform tasks more efficiently.

Fine motor skill development: Improving dexterity and hand-eye coordination.

Activities of Daily Living (ADLs): Assisting with tasks such as dressing, bathing, and eating.

1. Speech Therapy: For patients experiencing communication or swallowing difficulties, our speech-language pathologists provide personalized therapy to improve their ability to speak, understand language, and swallow safely. This includes treatment for:

Aphasia: Difficulty with language processing after a stroke or brain injury.

Dysphagia: Swallowing disorders.

Articulation disorders: Difficulties with speech sounds.

1. Wellness Programs: Beyond traditional rehabilitation, we offer a variety of wellness programs designed to promote overall health and well-being. These programs can include:

Nutritional counseling: Personalized dietary plans to support rehabilitation and overall health.

Fitness and conditioning programs: Tailored exercise programs to improve strength, endurance, and flexibility.

Stress management techniques: Mindfulness, meditation, and other techniques to reduce stress and promote relaxation.

The Evans Rehabilitation and Wellness Difference: A Patient-Centered Approach

What sets Evans Rehabilitation and Wellness apart is our unwavering commitment to patient-centered care. We believe that every individual is unique, and their treatment plan should reflect their specific needs, goals, and preferences. We take the time to listen to our patients, understand their concerns, and work collaboratively to develop a customized treatment plan that helps them achieve their desired outcomes.

Our team of highly skilled and compassionate professionals is dedicated to providing the highest quality care in a supportive and encouraging environment. We believe in empowering our patients to actively participate in their recovery process, providing them with the tools and knowledge they need to achieve lasting results.

Investing in Your Future: Why Choose Evans Rehabilitation and Wellness?

Choosing the right rehabilitation center is a significant decision. At Evans Rehabilitation and Wellness, we offer:

Experienced and qualified professionals: Our team comprises highly trained and certified therapists with extensive experience in various areas of rehabilitation.

State-of-the-art facilities: We utilize the latest technology and equipment to provide the most effective and efficient treatment.

A supportive and encouraging environment: We create a comfortable and supportive atmosphere where patients feel safe and empowered to achieve their goals.

Convenient location and flexible scheduling: We strive to make rehabilitation accessible and convenient for all our patients.

Comprehensive and holistic approach: We address the physical, emotional, and mental aspects of your health.

Your Journey to Wellness Starts Here: Contact Us Today

Evans Rehabilitation and Wellness is more than just a clinic; it's a partner in your journey towards a healthier, happier you. We invite you to contact us today to learn more about our services and how we can help you achieve your health goals. Take the first step towards a brighter future—contact us for a consultation and let us help you regain your vitality and independence.

Conclusion

Regaining your health and well-being is a journey, not a destination. At Evans Rehabilitation and Wellness, we're committed to guiding you every step of the way. Our comprehensive services, patient-centered approach, and experienced team are all dedicated to helping you achieve lasting results. Contact us today and let's start your journey to a healthier, happier you.

Frequently Asked Questions (FAQs)

1. Do you accept insurance? Yes, we accept most major insurance plans. Please contact our office to verify your coverage.
1. What are your hours of operation? Our hours are [Insert Hours Here], but we offer flexible scheduling options to accommodate your needs.
1. Do I need a referral to see a therapist? The need for a referral varies depending on your insurance plan and the type of therapy you require. Please contact your insurance provider and our office to clarify the process.
1. What should I bring to my first appointment? Please bring your insurance card, a list of your current medications, and any relevant medical records. Comfortable clothing is also recommended.
1. What is the typical length of treatment? The length of treatment varies greatly depending on your individual needs and condition. We will develop a personalized treatment plan with a projected timeline during your initial consultation.

evans rehabilitation and wellness: Neuropsychological Rehabilitation Barbara A. Wilson, Jill Winegardner, Caroline van Heugten, Tamara Ownsworth, 2017-06-20 E) Rehabilitation in mainland China -- f) Rehabilitation in Hong Kong -- g) Rehabilitation in Brazil -- h) Rehabilitation in Argentina -- i) Rehabilitation in South Africa -- j) Rehabilitation in Botswana -- SECTION SEVEN Evaluation and general conclusions -- 42 Outcome measures -- 43 Avoiding bias in evaluating rehabilitation -- 44 Challenges in the evaluation of neuropsychological rehabilitation effects -- 45 Summary and guidelines for neuropsychological rehabilitation -- Index

evans rehabilitation and wellness: Cognitive Rehabilitation in Dementia Linda Clare, Robert T. Woods, 2001 The relevance of cognitive rehabilitation for people with dementia is becoming increasingly accepted by researchers and practitioners in the field. This special issue draws together examples of state-of-the-art research and systematic review by experts in this exciting and growing area. The contributors show how cognitive rehabilitation approaches can be applied, in different ways, to help optimise functioning and address specific difficulties across the full spectrum of severity. While the main focus is on the more commonly diagnosed forms of dementia, treatment possibilities for people with fronto-temporal dementia are also explored. Cognitive rehabilitation interventions need to be grounded in a clear assessment of the profile of strengths and limitations in cognitive functioning, and to demonstrate where possible that treatment effects extend beyond improvement on target measures to have a meaningful impact on wellbeing and quality of life. For this reason, the special issue includes contributions that explore detailed aspects of cognitive functioning or describe new developments in evaluating quality of life in dementia. Cognitive rehabilitation, it is suggested, should be viewed as one important component of a holistic approach to helping people with dementia, their families, and those who care for them. This special issue seeks both to provide information about what has already been achieved and to encourage and stimulate further progress.

evans rehabilitation and wellness: Handbook of Occupational Health and Wellness Robert J. Gatchel, Izabela Z. Schultz, 2012-12-21 This book integrates the growing clinical research evidence related to the emerging transdisciplinary field of occupational health and wellness. It includes a wide range of important topics, ranging from current conceptual approaches to health and wellness in the workplace, to common problems in the workplace such as presenteeism/abstenteeism, common illnesses, job-related burnout, to prevention and intervention methods. It consists of five major parts. Part I, "Introduction and Overviews," provides an overview and critical evaluation of the emerging conceptual models that are currently driving the clinical research and practices in the field. This serves as the initial platform to help better understand the subsequent topics to be discussed. Part II, "Major Occupational Symptoms and Disorders," exposes the reader to the types of critical occupational health risks that have been well documented, as well as the financial and productivity losses associated with them. In Part III, "Evaluation of Occupational Causes and Risks to Workers' Health," a comprehensive evaluation of these risks and causes of such occupational health threats is provided. This leads to Part IV, "Prevention and Intervention Methods," which delineates methods to prevent or intervene with these potential occupational health issues. Part V, "Research, Evaluation, Diversity and Practice," concludes the book with the review of epidemiological, measurement, diversity, policy, and practice issues—with guidelines on changes that are needed to decrease the economic and health care impact of illnesses in the workplace, and recommendations for future. All chapters provide a balance among theoretical models, current best-practice guidelines, and evidence-based documentation of such models and guidelines. The contributors were carefully selected for their unique knowledge, as well as their ability to meaningfully present this information in a comprehensive manner. As such, this Handbook is of great interest and use to health care and rehabilitation professionals, management and human resource personnel, researchers and academicians alike.

evans rehabilitation and wellness: Wellbeing, Recovery and Mental Health Mike Slade, Lindsay Oades, Aaron Jarden, 2017-02 This book brings together current research on recovery and wellbeing, to inform mental health systems and wider community development.

evans rehabilitation and wellness: Rethinking Rehabilitation Kathryn McPherson, Barbara E. Gibson, Alain Leplege, 2015-03-19 Rethinking Rehabilitation: Theory and Practice presents cutting-edge thinking on rehabilitation from a range of leading rehabilitation researchers. The book emphasizes discussion on the place of theory in advancing rehabilitation knowledge, unearthing important questions for policy and practice, underpinning research design, and prompting readers to

evans rehabilitation and wellness: MEDINFO 2019: Health and Wellbeing e-Networks

for All L. Ohno-Machado, B. Séroussi, 2019-11-12 Combining and integrating cross-institutional data remains a challenge for both researchers and those involved in patient care. Patient-generated data can contribute precious information to healthcare professionals by enabling monitoring under normal life conditions and also helping patients play a more active role in their own care. This book presents the proceedings of MEDINFO 2019, the 17th World Congress on Medical and Health Informatics, held in Lyon, France, from 25 to 30 August 2019. The theme of this year's conference was 'Health and Wellbeing: E-Networks for All', stressing the increasing importance of networks in healthcare on the one hand, and the patient-centered perspective on the other. Over 1100 manuscripts were submitted to the conference and, after a thorough review process by at least three reviewers and assessment by a scientific program committee member, 285 papers and 296 posters were accepted, together with 47 podium abstracts, 7 demonstrations, 45 panels, 21 workshops and 9 tutorials. All accepted paper and poster contributions are included in these proceedings. The papers are grouped under four thematic tracks: interpreting health and biomedical data, supporting care delivery, enabling precision medicine and public health, and the human element in medical informatics. The posters are divided into the same four groups. The book presents an overview of state-of-the-art informatics projects from multiple regions of the world; it will be of interest to anyone working in the field of medical informatics.

evans rehabilitation and wellness: Principios de rehabilitación neuropsicológica Juan Carlos Arango Lasprilla, Barbara A. Wilson, Laiene Olabarrieta Landa, Principios de rehabilitación neuropsicológica surge con el propósito de convertirse en un libro de texto básico para alumnos y profesionales que quieren trabajar en el área. En él, se ofrece una visión actualizada, así como las técnicas y los procedimientos que han mostrado, mediante evidencia empírica, ser eficaces para ayudar al paciente que ha sufrido daño cerebral a recuperar su vida familiar, laboral y social, así como procurar su óptimo bienestar físico y psicológico. Cada uno de los capítulos del libro está escrito por destacados profesionales en el área de la rehabilitación neuropsicológica en el mundo. Con 16 capítulos, el libro aborda desde los principios históricos y teóricos de la rehabilitación neuropsicológica, hasta los procesos cognitivos que suelen verse afectados luego de un daño cerebral, pero sin dejar de lado la parte emocional y conductual, el libro tiene el objetivo de ayudar en la formación de los profesionales y ser una guía en su trabajo diario.

evans rehabilitation and wellness: *Alexander's Nursing Practice E-Book* Josephine (Tonks) N. Fawcett, 2006-04-28 The eBook version of this title gives you access to the complete book content electronically*. Evolve eBooks allows you to quickly search the entire book, make notes, add highlights, and study more efficiently. Buying other Evolve eBooks titles makes your learning experience even better: all of the eBooks will work together on your electronic bookshelf, so that you can search across your entire library of Nursing eBooks. *Please note that this version is the eBook only and does not include the printed textbook. Alternatively, you can buy the Text and Evolve eBooks Package (which gives you the printed book plus the eBook). Please scroll down to our Related Titles section to find this title. The most comprehensive UK Adult Nursing core text, now in its third edition, for the next generation of nurses. This best selling textbook has been revised and updated to present the knowledge and skills required for competent, evidence-based nursing practice, whilst maintaining the thorough approach that was welcomed in the first two editions. The book remains the core text of choice for students of adult nursing. The third edition continues to reflect the issues and challenges for nursing practice in an era of rapid developments in diagnosis, therapy and care. As always, the importance of the patient as partner in care is emphasised. The three section format which has proved so effective is retained, progressing from a broad systems approach to more detail on specific patient concerns and nursing issues. Ample cross-referencing encourages links between the sections: • Section One - Care of patients with common disorders • Section Two - Common patient problems and related nursing care • Section Three - now entitled - Nursing patients with special challenges. This text is an invaluable resource, not only for student nurses, but also for qualified nurses, those returning to practice and nurse educators. Care priorities and pathways Personal accounts of the lived experience of illness Pauses for reflection Clear

illustrations Research abstracts Comprehensive referencing Further reading, web sites and addresses. Fully updated to reflect: rapidly developing diagnostic and therapeutic possibilities for patients; rapidly changing knowledge and practice in nursing; current issues and challenges for the nurse's role; developments in best practice;

evans rehabilitation and wellness: Nursing for Wellness in Older Adults Carol A. Miller, 2009 Now in its Fifth Edition, this text provides a comprehensive and wellness-oriented approach to the theory and practice of gerontologic nursing. Organized around the author's unique functional consequences theory of gerontologic nursing, the book explores normal age-related changes and risk factors that often interfere with optimal health and functioning, to effectively identify and teach health-promotion interventions. The author provides research-based background information and a variety of practical assessment and intervention strategies for use in every clinical setting. Highlights of this edition include expanded coverage of evidence-based practice, more first-person stories, new chapters, and clinical tools such as assessment tools recommended by the Hartford Institute of Geriatric Nursing.

evans rehabilitation and wellness: Toward Wellness Gordon S. Gates, Mimi Wolverton, 2003-01-01 Mission Statement: This series of Works on stress and coping is centered on understanding the sources, experiences, and consequences of stress and coping in the educational arena. In formal organizations to informal experiences, those engaged in educational endeavors shape and are shaped by events and interactions that invoke salient to subtle stress and coping responses. We invite authors to submit manuscripts that present studies focused on stress and/or coping in any of the contexts, positions, peoples, and activities encompassed under the umbrella of education. Research using either qualitative or quantitative methodologies will be acceptable. The series is expected to appeal to a broad readership of scholars in the fields of education, psychology, sociology, and business who are interested in understanding the nature of stress and coping in education.

evans rehabilitation and wellness: Improving Healthcare Quality in Europe Characteristics, Effectiveness and Implementation of Different Strategies OECD, World Health Organization, 2019-10-17 This volume, developed by the Observatory together with OECD, provides an overall conceptual framework for understanding and applying strategies aimed at improving quality of care. Crucially, it summarizes available evidence on different quality strategies and provides recommendations for their implementation. This book is intended to help policy-makers to understand concepts of quality and to support them to evaluate single strategies and combinations of strategies.

evans rehabilitation and wellness: Neurobehavioural Disability and Social Handicap Following Traumatic Brain Injury Tom M. McMillan, Rodger Ll. Wood, 2017-02-17 Neurobehavioural disability (NBD) follows many forms of serious brain injury and is a major constraint on social independence. This book brings together a group of leading academics and practising clinicians to provide an overview of the nature of NBD, considering how it translates into social handicap, and what can be done to address associated problems, through social and behavioural rehabilitation, vocational training and family education. This fully revised edition takes into account advances in the field, exploring the range of cognitive, emotional, and behavioural effects of brain damage most commonly associated with damage to the frontal and associated structures of the brain that govern social behaviour. This edition also features increased emphasis on psychological interventions, as well as new chapters on brain imaging, pharmacotherapy and assistive technology for disability. Neurobehavioural Disability and Social Handicap Following Traumatic Brain Injury is essential reading for clinical psychologists, psychiatrists and neurologists working in brain injury rehabilitation. The book will also be of interest to relatives of those with brain injury seeking better knowledge to understand neurobehavioural disability, as well as the growing number of therapy care assistants, case managers, support workers, and social workers responsible for the day to day care of brain injured people in the community.

evans rehabilitation and wellness: Before and After Cancer Treatment Julie K. Silver,

2015-11-01 The definitive guide for preparing for—and recovering from—cancer treatment. A twelve-year cancer survivor and oncology rehabilitation specialist, Dr. Julie K. Silver wrote *After Cancer Treatment* to help others recover from the exhaustion and physical devastation that often follow treatment. This new edition of the book, retitled *Before and After Cancer Treatment*, describes improved therapies, better delivery of care, holistic care options, and energetics. In covering the benefits of prehabilitation strategies, which improve physical and emotional strength before beginning therapy, the book adds another dimension to the experience of cancer treatment. Dr. Silver fills this survivor-oriented book with exercise and diet recommendations as well as step-by-step instructions for fighting fatigue, monitoring mood, and overcoming setbacks. Readers are encouraged to set balanced goals, take time to heal, and consult both conventional and alternative medicine. Most people will live for many years after their initial cancer diagnosis—often cured or in remission. Some will live with cancer as a chronic condition. The goal is always to live life to the fullest, which means feeling as strong as possible—physically and emotionally. Dr. Silver recommends daring to dream again and preparing for the future. Wherever they are in their own journey with cancer, readers will find here a personal, practical, and powerful guide to recovery.

evans rehabilitation and wellness: *Wellness at Work* Lynda A. C. Macdonald, 2005 Fit, healthy, stress-free workers are more productive than diseased, injured or stressed ones. They are also much less likely to sue you. The well-being of your employees isn't just about your potential legal liability, it's also about productivity, work-life balance and creating the sort of working environment that is essential if you want to become an employer of choice. Lynda Macdonald's practical and comprehensive look at all aspects of this issue goes beyond simple compliance. This book not only tells you how to avoid being sued, it gives you everything you need to implement positive measures that will improve your employees' health, attendance and performance. The business case for looking after your employees' wellbeing is compelling - here is a clear, comprehensive and extremely practical guide to getting it right.

evans rehabilitation and wellness: *Senior Living Georgia Directory, Guide for Assisted Living, Memory Care, and Skilled Nursing Facilities* ZNest, 2023-04-12 Senior housing directory for Georgia provides a comprehensive list of assisted living and memory care (aka dementia or Alzheimer's) as well as skilled nursing (aka nursing homes). This resource guide includes: - Definitions of independent living, assisted living, memory care, and skilled nursing - Definition of Long-Term Care insurance - Spotlight of the Top 10 largest assisted living facilities in the state. - Listings of 1,673 assisted living and memory care facilities (sorted by county, city, and zip) including telephone, address, and capacity - Listings of 358 skilled nursing facilities (sorted by county, city, and zip) including telephone, address, and capacity ZNest's mission is to help families find the best possible care for their aging loved ones. The website at ZNest.com has the most accurate information for independent living, assisted living, memory care, and skilled nursing.

evans rehabilitation and wellness: *Handbook of Electronic Assistive Technology* Ladan Najafi, Donna Cowan, 2018-11-15 Electronic Assistive Technology (EAT) is a subset of a wider range of products and services known as Assistive Technology (AT). AT is designed to support and enable people with disabilities, either acquired or congenital, to participate in activities with greater independence and safety. With a global aging population, it has an important role to play in enabling and supporting those with disability and their carers. *Handbook of Electronic Assistive Technology* discusses a range of commonly available or emerging electronic assistive technologies. It provides historical background, advice when assessing for these devices and references different models of provision. It includes both medical and engineering aspects of provision. It is anticipated that the book will support students, trainees, and newly qualified Assistive Technology Practitioners to develop their understanding of the field, by considering the variables that could potentially influence the decision-making process when assessing for and providing this equipment. It also provides a reference point for those already practicing in this field and offers coverage of a broader range of technologies than clinicians may be exposed to, in their daily work This is the first reference book to focus on a comprehensive set of electronic assistive technologies and discuss their clinical

application. - Provides comprehensive coverage of electronic assistive devices - Gives an overview of physical and cognitive pathologies and approaches for utilizing electronic assistive devices for individuals affected by these pathologies - Covers essentials for assistive technology practitioners, human factors and technologies

evans rehabilitation and wellness: Exercise, Nutrition and the Older Woman Maria A. Fiatarone Singh, 2000-04-21 Exercise, Nutrition and the Older Woman: Wellness for Women Over Fifty is a comprehensive guide to the major wellness issues for women over fifty. The author is a physician who explores diet, exercise and lifestyle choices from a medical perspective. The book assists in the design and implementation of programs to optimize good health and quality o

evans rehabilitation and wellness: Lifestyle Medicine, Fourth Edition James M. Rippe, 2024-09-20 The fourth edition of Dr. James Rippe's classic Lifestyle Medicine textbook continues to lead and inform the rapidly growing field of lifestyle medicine. This is the discipline that focuses on the impact of daily habits and actions on both short- and long-term health and quality of life. The first edition of this comprehensive work named the field of lifestyle medicine in the academic medical literature. The fourth edition continues to span and expand the field and offers extensive evidence-based literature in virtually every aspect of lifestyle medicine. This Textbook, edited by cardiologist Dr. James Rippe, who is a leading lifestyle medicine researcher, represents the combined wisdom and recommendations of over 325 experts in virtually every aspect of lifestyle medicine. Chapter authors have been chosen because of their background as leaders in various aspects of lifestyle medicine. Lifestyle Medicine, Fourth Edition contains extensive sections on the treatment and prevention of coronary heart disease, stroke, cancer, diabetes, obesity, substance abuse, dementia, and many other clinical conditions. Key lifestyle modalities such as physical activity, nutrition, weight management, sleep, stress reduction, and positive connections with other humans are supported by detailed discussion and state-of-the-art evidence. The expanded section on behavioral medicine provides an important framework for these discussions. Every chapter has been completely revised and many new topics added, such as lifestyle medicine for nursing, psychiatry, and preventive neurology. The fourth edition of this classic text continues to serve as the leading, comprehensive textbook in lifestyle medicine. The original has been called the "indispensable bible" of lifestyle medicine, and the fourth edition of this work continues to justify this designation. There is no longer any serious doubt that daily habits and actions have a significant impact on multiple aspects of health. The fourth edition of Lifestyle Medicine provides the scientific evidence to support this assertion and will serve as an invaluable reference and guide, not only to lifestyle medicine practitioners but to all primary care physicians, subspecialty physicians, nurses, and other healthcare practitioners.

evans rehabilitation and wellness: Rehabilitation Nursing , 1981

evans rehabilitation and wellness: Teaching the Whole Musician Paola Savvidou, 2021 This book offers applied music instructors a practical guide for supporting their students' wellness by integrating holistic techniques into their pedagogy. The main argument in this book is that the mentorship dynamic within the applied studio situates the pedagogue in a unique position to guide and mentor their students towards a healthy and satisfying artistic life. Wellness, as a relatively new dimension within health education for musicians, can be intimidating for applied instructors. Many teachers lack the training and confidence to enter conversations in this arena. Grounded in recent research, coupled with extensive in-person interviews with students, faculty and healthcare professionals, this book demystifies the causes, challenges, and limiting factors around maintaining a healthy artistic practice, while revealing practical solutions for achieving and maintaining wellness as a performing artist. Each chapter includes a toolkit of practical exercises and activities that can be easily integrated within the applied lesson. Topics covered include injury-prevention, alignment and the breathing mechanism, mental health, contemplative practices, Laban Movement Analysis, nutrition, and sleep--

evans rehabilitation and wellness: Lifestyle Medicine, Third Edition James M. Rippe, 2019-04-17 The field of lifestyle medicine, which is the study of how daily habits and actions impact

on both short- and long-term health and quality of life, continues to expand globally. The scientific and medical literature that supports the success of these lifestyle habits and actions is now overwhelming. Thousands of studies provide evidence that regular physical activity, maintenance of a healthy body weight, following sound nutritional practices, stress reduction, and other good practices all profoundly impact both health and quality of life. Following its predecessors, *Lifestyle Medicine, Third Edition*, is edited by lifestyle medicine pioneer, cardiologist Dr. James Rippe. This edition has been thoroughly updated and represents the expert opinions of 20 section editors as well as more than 150 expert chapter authors whose knowledge span all aspects of this emerging discipline. Topics cover lifestyle medicine practices including regular physical activity, proper nutrition, and weight management. These principles are applied to the prevention and or treatment of a wide variety of chronic conditions ranging from heart disease and diabetes to cancer, mental health, addiction, and injury prevention. This book serves as evidence base for individuals who wish to practice lifestyle medicine or incorporate some of its principles into either general medicine or subspecialty practice. It provides valuable information to healthcare workers in the fields of nutrition, exercise physiology, psychology, behavioral medicine, health promotion, and public policy where lifestyle medicine principles play an ever-increasing role.

evans rehabilitation and wellness: Narrative Approaches to Brain Injury David Todd, Stephen Weatherhead, 2018-03-21 This book brings together narrative approaches and brain injury rehabilitation, in a manner that fosters an understanding of the natural fit between the two. We live our lives by narratives and stories, and brain injury can affect those narratives at many levels, with far-reaching effects. Understanding held narratives is as important as understanding the functional profile of the injury. This book explores ways to create a space for personal stories to emerge and change, whilst balancing theory with practical application. Despite the emphasis of this book on the compatibility of narrative approaches to supporting people following brain injury, it also illustrates the potential for contributing to significant change in the current narratives of brain injury. This book takes a philosophically different approach to many current neuro-rehabilitation topics, and has the potential to make a big impact. It also challenges the reader to question their own position, but does so in an engaging manner which makes it difficult to put down.

evans rehabilitation and wellness: EMPLOYEE ASSISTANCE PROGRAMS: Wellness/Enhancement Programming (4th Ed.) Michael A. Richard, 2009-02 This landmark text discusses current issues and trends to help employee assistance and human resource professionals do their jobs better and help people live happier, more productive lives by providing them with the resources to deal with personal problems. The current spiraling and escalating rate of change within the business and working world, fueled by other events and phenomena since September 11, 2001, were the impetus and driving force behind the initiative and development of this new fourth edition. This book contains 43 chapters; a total of 21 are from the first two editions, eleven were written specifically for the third edition, and eleven new chapters were exclusively written for this new fourth edition. While savoring the still pertinent, meaningful and relevant-to-today materials from the previous editions, there are nine new updates, written by an all-star team of experts in their respective areas. The topics include history and philosophy, structure and organization, client services and characteristics, program planning and evaluation, professional and paraprofessional training and development, special issues, selected examples and future directions. An excellent textbook for college and university courses and preparation source, this book is a must for professionals wanting to be up-to-date on employee assistance programming, for students in graduate courses and seminars, for college and university courses, and in-service training and continuing education programs.

evans rehabilitation and wellness: Designing Smart Homes Juan Carlos Augusto, 2006-06-29 The area of smart homes is fast developing as an emergent area which attracts the synergy of several areas of science. This volume offers a collection of contributions addressing how artificial intelligence (AI), one of the core areas of computer science, can bring the growing area of smart homes to a higher level of functionality where homes can truly realize the long standing

dream of proactively helping their inhabitants in an intelligent way. After an introductory section to describe a smart home scenario and to provide some basic terminology, the following 9 sections turn special attention to a particular exemplar application scenario (provision of healthcare and safety related services to increase the quality of life) exploring the application of specific areas of AI to this scenario.

evans rehabilitation and wellness: Mental Health and Mental Disorders [3 volumes] Len Sperry, 2015-12-14 Serving as an indispensable resource for students and general-interest readers alike, this three-volume work provides a comprehensive view of mental health that covers both mental well-being and mental illness. A three-volume ready-reference encyclopedia, this up-to-date work supplies a holistic introduction to the fields of mental health and mental disorders that is written specifically for high school students and college students. Covering the full continuum of mental health, the set describes typical functioning, including biology and neurology of the brain, emotions, and the traits and characteristics of mental well-being. It also addresses mental disorders and conditions, from obsessive compulsive disorder (OCD) and post-traumatic stress disorder (PTSD) to phobias and schizophrenia. *Mental Health and Mental Disorders: An Encyclopedia of Conditions, Treatments, and Well-Being* highlights important concepts and phenomena, key individuals, treatment techniques, organizations, and diagnostic tools to give readers a complete view of this broad field of study. It also investigates all sides of wellness, exploring what it means to be normal and consistently identifying the links between lifestyle and mental health. The encyclopedia is consistent with the goals of AP psychology curricula and addresses the various disorders classified in the new edition of the APA Diagnostic and Statistical Manual (DSM-V-TR).

evans rehabilitation and wellness: Handbook of Community Psychiatry Hunter L. McQuiston, Wesley E. Sowers, Jules M. Ranz, Jacqueline Maus Feldman, 2012-06-05 During the past decade or more, there has been a rapid evolution of mental health services and treatment technologies, shifting psychiatric epidemiology, changes in public behavioral health policy and increased understanding in medicine regarding approaches to clinical work that focus on patient-centeredness. These contemporary issues need to be articulated in a comprehensive format. The American Association of Community Psychiatrists (AACCP), a professional organization internationally recognized as holding the greatest concentration of expertise in the field, has launched a methodical process to create a competency certification in community psychiatry. As a reference for a certification examination, that effort will benefit enormously from a comprehensive handbook on the subject.

evans rehabilitation and wellness: Manual of Singing Voice Rehabilitation Leda Scarce, 2016-04-18 *Manual of Singing Voice Rehabilitation: A Practical Approach to Vocal Health and Wellness* provides speech-language pathologists and singing teachers with the tools to lay the foundation for working with singers who have voice injuries. Singing voice rehabilitation is a hybrid profession that represents a very specific amalgam of voice pedagogy, voice pathology, and voice science. Becoming a singing voice rehabilitation specialist requires in-depth training and thorough preparation across these fields. This text presents a conceptual and practical basis for interacting with singers in an effective and supportive way, identifying factors to address, structuring singing voice rehabilitation sessions, and ensuring that singers are getting adequate exercise while allowing their injuries to heal, as well as resources and materials to provide to singers to optimize the outcome of their rehabilitation. Each chapter exposes readers to important concepts of singing voice rehabilitation and the elements that need to be addressed in the singing voice rehabilitation process, which include medical factors, emotional factors, vocal hygiene, vocal pacing, and vocal coordination and conditioning. This text contains information for developing exercises and interventions to target specific vocal problems and guidance in customizing vocal exercises based on injury, singing style, skill level, professional level, and the particular vocal demands of each singer. Key features include:

- * Rehabilitation and therapy exercises
- * Clinical case studies to illustrate real-life examples and practical application

While the intended audience for this book is speech-language pathologists and teachers of singing who are accomplished performers, experienced pedagogues, and clinically and

scientifically well-informed, there is information herein that will be of value to all singers, physicians interested in learning more about the behavioral side of singing voice rehabilitation, nonsinging speech-language pathologists, or anyone seeking knowledge about singing health, including music educators, music therapists, conductors, vocal coaches, worship leaders, or music directors. Disclaimer: Please note that ancillary content (such documents, audio, and video) may not be included as published in the original print version of this book.

evans rehabilitation and wellness: Cardiovascular and Pulmonary Physical Therapy E-Book Donna Frownfelter, Elizabeth Dean, Marcia Stout, Rob Kruger, Joseph Anthony, 2022-01-19 Commensurate with an emphasis on evidence-based practice and health competencies to improve patient outcomes, get a solid foundation in cardiovascular and pulmonary physiology and rehabilitation! Cardiovascular and Pulmonary Physical Therapy: Evidence and Practice, 6th Edition provides a holistic, person-centered approach to the spectrum of cardiovascular and pulmonary physical therapy. From examination and evaluation to interventions, this book guides you through the health promotion strategies for maximizing patients' health and wellbeing, in conjunction with managing the needs of patients with acute and chronic conditions, those in intensive care units, and of special populations such as children and elders. Selected case studies translate related scientific research into evidence-based practice and enhance clinical decision making. Now including an enhanced eBook version (with print purchase), this text details the latest best practices to help achieve the best physical therapy outcomes. - Coverage of evidence-based practice includes the latest research from leading top-tier journals to support physical therapist clinical reasoning and decision making. - Realistic scenarios and case examples show the application of concepts to evidence-based practice. - Holistic approach supports treating the whole person rather than just the symptoms of a disease or disorder, covering medical, physiological, psychological, psychosocial, therapeutic, practical, and methodological aspects. - Full-color photos and illustrations enhance your understanding of the book's concepts, ideas, and management considerations. - Emphasis on the terminology and guidelines of the APTA's Guide to Physical Therapist Practice keeps the book consistent with the practice standards in physical therapy, including the International Classification of Functioning, Disability and Health. - Primary and secondary cardiovascular and pulmonary conditions are emphasized, along with their co-existence. - Multimorbidity focus is used rather than a single-disease framework, with attention to implications for assessment, management, and evaluation. - Integrated approach to oxygen transport demonstrates how the cardiovascular and pulmonary systems function interdependently to support all organ systems. - Key terms and review questions in each chapter focus your learning on important concepts and translating these into practice. - NEW! Updated content reflects the latest research and clinical practice in the field. - NEW! eBook version included only with print purchase allows you to access all the text, figures, and references, with the ability to search, customize your content, make notes and highlights, and have content read aloud. - NEW! Video clips, interviews with authors and other experts in their fields, and more are available in the eBook version included only with print purchase. - NEW! Expanded contributions from experts from multiple countries maximize the validity of content.

evans rehabilitation and wellness: Stress Management for Wellness Walter E. Schafer, 1987 Provides comprehensive, scientifically-based coverage of the nature, sources and consequences of human stress, together with practical methods of managing stress. Incorporates a strong wellness theme with an emphasis on social commitment. Presents practical stress management tools and uses real life vignettes to illustrate their application. Encourages students to develop personal action plans for managing stress as they learn the material. New chapters include wellness, and distress-prone and distress-preventing social influences. A new section on spirituality and time management is also included.

evans rehabilitation and wellness: Improving the Quality of Life David M. Romney, Roy I. Brown, Prem S. Fry, 2012-12-06 The book is unique in two distinct ways. First, it focuses on improving quality of life in contrast to other books that have tended to focus more on its conceptualization and assessment. Second, it deals with improving quality of life in a variety of

disabled populations, not just one, and includes chapters on people with chronic mental or physical conditions and those without disabilities at all (i.e. so-called normal people). The book outlines some of the challenges and controversies in the quality-of-life domain and attempts to synthesize the key issue and to draw generalizable conclusions. The book is mainly for university students and faculty and practitioners from various disciplines working in the field. It will also interest those members of the general public who wish to improve their own quality of life or that of their relatives or friends.

evans rehabilitation and wellness: Counseling for Artists, Performers, and Other Creative Individuals Olga E. Gonithellis, 2018-04-20 Informed by clinical case studies, scientific research, and relevant theories, *Counseling for Artists, Performers, and Other Creative Individuals* takes an in-depth look at the ways creative traits, the arts and entertainment industries, and mental health interact. This hands-on guide examines many of the issues that afflict creative populations, such as performance anxiety, psychiatric disorders, and occupational stress, with a nuanced understanding of the roles that creativity and the arts play in the lives of these individuals. Each chapter provides examples of specific goals and interventions for clinical practice, including additional space for clinicians to write down ideas tailored to their clients' unique needs. This is essential reading for practitioners looking to treat creative clients' psychological difficulties with insight and sensitivity.

evans rehabilitation and wellness: *Introduction to Occupational Therapy - E-Book* Jane Clifford O'Brien, Brittany Conners, 2022-10-14 - NEW! Additional chapters cover Prioritizing Self Care; Leadership and Advocacy; The Lived Experience of OT Practitioners; and Technology to Support Occupational Engagement. - UPDATED! Revised content throughout provides the most current information needed to be an effective practitioner today. - NEW! Current content addresses societal trends influencing the profession, including occupational justice, diversity, equity, and inclusion. - NEW! Expanded content includes historical influences of Black OTs, OTs of color, LGBTQIA, and multicultural groups, emphasizing action steps to promote, advocate, and enable diversity, equity, and inclusion within the profession. - NEW! Perspectives from students, practitioners (therapists and OT assistants), professors, entrepreneurs, and retired practitioners are embedded in chapters. - UPDATED! The latest references and examples ensure the content is current and applicable for today's students. - Follows the Occupational Therapy Practice Framework (4th Edition) (OTPF) and the newest Accreditation Council for Occupational Therapy Education (ACOTE) Curriculum standards [2018]. - Boxes with tips in many chapters apply content in practice related to concepts such as self-care, advocacy, critical thinking, and inclusion. - Representation of the diversity of the OT profession is reflected throughout the text in content and photos.

evans rehabilitation and wellness: *The Politics of Well-Being* Anthony M. Clohesy, 2020-11-11 *The Politics of Well-Being* argues that the relationship between well-being and ethical life has been overlooked. The more specific argument of the book is that ethical life requires political engagement, and the emergence of a society committed to critical thinking. It is argued that these conditions allow for our ordination and confirmation as ethical subjects. While well-being can be experienced in different ways, it is claimed that, after experience of ethical life, a more sustainable form of it is revealed to us, a form which we would be drawn to preserve, a form which can be constituted as an object of hope. While the book draws on philosophical themes, its main focus is political. This is because its primary objective is to identify and to examine what needs to be done in order to realise ethical life. Its main focus in this respect is the identification and examination of the barriers which need to be overcome if ethical life is to be realised. It is acknowledged that this will not be an easy task. Indeed, it may be an impossible task. However, despite these barriers, and despite the dark days we are living through, the book is a call to hope rather than a surrender to despair. This book will be of interest to students of politics, psychology, cultural studies, philosophy, and sociology, as well as anyone else interested in exploring new ideas about how to make the world a better place.

evans rehabilitation and wellness: *Mental Health and Well-being Interventions in Sport* Gavin Breslin, Gerard Leavey, 2024-04-09 Now in its second edition, this book provides a focused, comprehensive overview of up-to-date mental health research, models, and approaches in sport, with

expertise from global experts in the field. Mental health remains a widely growing area in the field of sport psychology, which requires expert guidance and care in promoting effective well-being for athletes, coaches and sport officials. Fully updated throughout, *Mental Health and Well-being Interventions in Sport* is an indispensable guide for researchers, practitioners and students wanting to understand and implement sport-based intervention processes. This important book adopts an evidenced based approach, discussing the context of the intervention, its design and implementation, and its evaluation and legacy. Exploring areas such as injury, rehabilitation, depression, eating disorders, verbal and physical abuse, and athletic burnout, this insightful volume dissects emerging research into straightforward accessible chapters. Offering a cutting-edge overview of the key issues involved in this burgeoning area, as well as example cases of how sport has been used in extreme environments such as prisons as a method to improve mental health, the book will benefit practitioners, policy makers and researchers. Written for newcomers and established practitioners across a variety of sports setting and contexts, the authors highlight the need for another call to action to support the mental health and wellbeing of all involved in sport. Presenting current research, theory and practice in the field, the text is an essential read for researchers, practitioners, and coaches to better understand sport-based intervention processes.

evans rehabilitation and wellness: Neurological Rehabilitation - E-Book Darcy Ann Umphred, Rolando T. Lazaro, Margaret Roller, Gordon Burton, 2013-08-07 Using a problem-solving approach based on clinical evidence, *Neurological Rehabilitation*, 6th Edition covers the therapeutic management of people with functional movement limitations and quality of life issues following a neurological event. It reviews basic theory and covers the latest screening and diagnostic tests, new treatments, and interventions commonly used in today's clinical practice. This edition includes the latest advances in neuroscience, adding new chapters on neuroimaging and clinical tools such as virtual reality, robotics, and gaming. Written by respected clinician and physical therapy expert Darcy Umphred, this classic neurology text provides problem-solving strategies that are key to individualized, effective care. UNIQUE! Emerging topics are covered in detail, including chapters such as Movement Development Across the Lifespan, Health and Wellness: The Beginning of the Paradigm, Documentation, and Cardiopulmonary Interactions. UNIQUE! A section on neurological problems accompanying specific system problems includes hot topics such as poor vision, pelvic floor dysfunction, and pain. A problem-solving approach helps you apply your knowledge to examinations, evaluations, prognoses, and intervention strategies. Evidence-based research sets up best practices, covering topics such as the theory of neurologic rehabilitation, screening and diagnostic tests, treatments and interventions, and the patient's psychosocial concerns. Information. Case studies use real-world examples to promote problem-solving skills. Non-traditional approaches to neurological interventions in the Alternative and Complementary Therapies chapter include the movement approach, energy approach, and physical body system approaches. Terminology adheres to the best practices of the APTA as well as other leading physical therapy organizations, following *The Guide to Physical Therapy Practice*, the Nagi model, and the ICF World Health Model of patient empowerment. Updated illustrations provide current visual references. NEW chapters on imaging and robotics have been added. Updated chapters incorporate the latest advances and the newest information in neuroscience and intervention strategies. Student resources on an Evolve companion website include references with links to MEDLINE and more.

evans rehabilitation and wellness: Routledge Handbook on Spaces of Mental Health and Wellbeing Candice P. Boyd, Louise E. Boyle, Sarah L. Bell, Ebba Högström, Joshua Evans, Alak Paul, Ronan Foley, 2024-11-20 This handbook critically examines spaces of mental health and wellbeing across multiple, often intersecting, domains from green and blue spaces to lived and embodied spaces, creative spaces, work and home spaces, and institutional and post-institutional spaces. The *Routledge Handbook on Spaces of Mental Health and Wellbeing* features 45 chapters from leading international scholars who collectively interrogate the spatial dimensions of mental health and wellbeing from conceptual and experiential viewpoints. The ways in which these theoretical developments prompt a re-thinking of mental health and wellbeing as concepts is also

discussed before presenting some highlights from the handbook's five main sections – (1) green and blue spaces, (2) lived and embodied spaces, (3) creative spaces, (4) work and home spaces, and (5) institutional and post-institutional spaces. The key benefits of this book include a great appreciation of the complex networks and assemblages of mental health and wellbeing, the value of a geographical/spatial approach to thinking about mental health, and the vast array of spaces and places that are implicated in human and posthuman notions of wellbeing. This book will be of interest to students and scholars across the social sciences and the humanities as well as researchers and practitioners in the fields of psychology, psychiatry, social work, nursing, health geography, social and cultural geography, anthropology, mental health social studies, cultural theory, and architecture.

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evans rehabilitation and wellness: The Athletic Trainer's Guide to Psychosocial Intervention and Referral James M. Mensch, Gary M. Miller, 2008 The Athletic Trainer's Guide to Psychosocial Intervention and Referral provides appropriate intervention strategies and referral techniques specific to the role of an athletic trainer to initiate recovery for any patient/client experiencing a variety of psychosocial problems such as: eating disorders, anxiety issues, substance abuse, response to injury, catastrophic injuries, ergogenic aids, peer pressure, and depression.--Jacket.

evans rehabilitation and wellness: *Willard and Spackman's Occupational Therapy* Barbara Schell, Glenn Gillen, 2018-09-04 Celebrating 100 years of the Occupational Therapy profession, this Centennial Edition of Willard & Spackman's Occupational Therapy continues to live up to its well-earned reputation as the foundational book that welcomes students into their newly chosen profession. Now fully updated to reflect current practice, the 13th Edition remains the must-have resource that students that will use throughout their entire OT program, from class to fieldwork and throughout their careers. One of the top texts informing the NBCOT certification exam, it is a must have for new practitioners.

evans rehabilitation and wellness: Making Eye Health a Population Health Imperative National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Public Health Approaches to Reduce Vision Impairment and Promote Eye Health, 2017-01-15 The ability to see deeply affects how human beings perceive and interpret the world around them. For most people, eyesight is part of everyday communication, social activities, educational and professional pursuits, the care of others, and the maintenance of personal health, independence, and mobility. Functioning eyes and vision system can reduce an adult's risk of chronic health conditions, death, falls and injuries, social isolation, depression, and other psychological problems. In children, properly maintained eye and vision health contributes to a child's social development, academic achievement, and better health across the lifespan. The public generally recognizes its reliance on sight and fears its loss, but emphasis on eye and vision health, in general, has not been integrated into daily life to the same extent as other health promotion activities, such as teeth brushing; hand washing; physical and mental exercise; and various injury prevention behaviors. A larger population health approach is needed to engage a wide range of stakeholders in coordinated efforts that can sustain the scope of behavior change. The shaping of socioeconomic environments can eventually lead to new social norms that promote eye and vision health. Making Eye Health a Population Health Imperative: Vision for Tomorrow proposes a new population-centered framework to guide action and coordination among various, and sometimes competing, stakeholders in pursuit of improved eye and vision health and health equity in the United States. Building on the momentum of previous public health efforts, this report also introduces a model for action that highlights different levels of prevention activities across a range of stakeholders and provides specific examples of how population health strategies can be translated into cohesive areas for action at federal, state, and local levels.

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