

LOGAN HEALTH WELLNESS PAIN MANAGEMENT

LOGAN HEALTH WELLNESS & PAIN MANAGEMENT: YOUR GUIDE TO HOLISTIC RELIEF

ARE YOU TIRED OF LIVING WITH CHRONIC PAIN? DO YOU YEARN FOR A LIFE FILLED WITH ENERGY AND VITALITY, FREE FROM THE LIMITATIONS OF ACES AND DISCOMFORT? AT LOGAN HEALTH WELLNESS & PAIN MANAGEMENT, WE UNDERSTAND YOUR STRUGGLES. THIS COMPREHENSIVE GUIDE WILL EXPLORE THE VARIOUS SERVICES WE OFFER TO HELP YOU ACHIEVE OPTIMAL HEALTH AND WELL-BEING, ADDRESSING EVERYTHING FROM THE ROOT CAUSES OF PAIN TO THE HOLISTIC APPROACHES WE UTILIZE TO ALLEVIATE IT. WE'LL DELVE INTO THE SPECIFICS OF OUR PAIN MANAGEMENT PROGRAMS, WELLNESS INITIATIVES, AND THE DEDICATED TEAM THAT'S HERE TO SUPPORT YOU ON YOUR JOURNEY TO A HEALTHIER, HAPPIER YOU.

UNDERSTANDING THE LOGAN HEALTH WELLNESS & PAIN MANAGEMENT APPROACH

OUR PHILOSOPHY AT LOGAN HEALTH WELLNESS & PAIN MANAGEMENT CENTERS AROUND A HOLISTIC, PATIENT-CENTRIC APPROACH. WE BELIEVE THAT TRUE HEALING GOES BEYOND SIMPLY MASKING SYMPTOMS. WE AIM TO IDENTIFY THE UNDERLYING CAUSES OF YOUR PAIN AND DISCOMFORT, WHETHER IT STEMS FROM PHYSICAL INJURY, CHRONIC CONDITIONS, OR EMOTIONAL STRESS. THIS INTEGRATED APPROACH INVOLVES A THOROUGH EVALUATION OF YOUR INDIVIDUAL NEEDS, FOLLOWED BY THE DEVELOPMENT OF A PERSONALIZED TREATMENT PLAN TAILORED SPECIFICALLY TO YOU. WE DON'T BELIEVE IN A ONE-SIZE-FITS-ALL SOLUTION; INSTEAD, WE PRIORITIZE COLLABORATION AND OPEN COMMUNICATION TO ENSURE YOU RECEIVE THE BEST POSSIBLE CARE.

OUR COMPREHENSIVE PAIN MANAGEMENT SERVICES

LOGAN HEALTH WELLNESS & PAIN MANAGEMENT OFFERS A WIDE RANGE OF PAIN MANAGEMENT SERVICES DESIGNED TO ADDRESS VARIOUS PAIN CONDITIONS EFFECTIVELY AND SAFELY. THESE SERVICES INCLUDE:

PHYSICAL THERAPY: OUR EXPERIENCED PHYSICAL THERAPISTS UTILIZE EVIDENCE-BASED TECHNIQUES TO IMPROVE YOUR MOBILITY, STRENGTH, AND FLEXIBILITY. THEY WORK WITH YOU TO DEVELOP CUSTOMIZED EXERCISES AND THERAPIES AIMED AT REDUCING PAIN, IMPROVING FUNCTION, AND PREVENTING FUTURE INJURIES. THIS MIGHT INCLUDE THINGS LIKE MANUAL THERAPY, THERAPEUTIC EXERCISE, AND MODALITIES LIKE ULTRASOUND OR ELECTRICAL STIMULATION.

CHIROPRACTIC CARE: OUR CHIROPRACTORS FOCUS ON THE INTRICATE RELATIONSHIP BETWEEN YOUR NERVOUS SYSTEM AND MUSCULOSKELETAL SYSTEM. THROUGH SPINAL ADJUSTMENTS AND OTHER GENTLE MANIPULATIONS, THEY HELP RESTORE PROPER ALIGNMENT AND REDUCE NERVE IRRITATION, OFTEN ALLEVIATING PAIN AND IMPROVING OVERALL WELL-BEING.

MASSAGE THERAPY: THERAPEUTIC MASSAGE CAN BE A POWERFUL TOOL IN PAIN MANAGEMENT. OUR SKILLED MASSAGE THERAPISTS UTILIZE VARIOUS TECHNIQUES TO RELIEVE MUSCLE TENSION, IMPROVE CIRCULATION, AND REDUCE STRESS – ALL CONTRIBUTING TO PAIN REDUCTION AND OVERALL RELAXATION.

ACUPUNCTURE: THIS ANCIENT PRACTICE INVOLVES THE INSERTION OF THIN NEEDLES INTO SPECIFIC POINTS ON THE BODY TO STIMULATE THE FLOW OF ENERGY AND ALLEVIATE PAIN. ACUPUNCTURE CAN BE REMARKABLY EFFECTIVE IN MANAGING CHRONIC PAIN CONDITIONS.

TRIGGER POINT INJECTIONS: FOR LOCALIZED MUSCLE PAIN, TRIGGER POINT INJECTIONS CAN PROVIDE TARGETED RELIEF BY INJECTING MEDICATION DIRECTLY INTO THE AFFECTED AREA.

MEDICATION MANAGEMENT: IN SOME CASES, MEDICATION MAY BE A NECESSARY COMPONENT OF A COMPREHENSIVE PAIN MANAGEMENT PLAN. OUR MEDICAL PROFESSIONALS WORK CLOSELY WITH YOU TO DETERMINE THE MOST APPROPRIATE AND EFFECTIVE MEDICATION STRATEGY, ALWAYS PRIORITIZING SAFETY AND MINIMIZING POTENTIAL SIDE EFFECTS. WE STRONGLY EMPHASIZE NON-OPIOID PAIN MANAGEMENT OPTIONS WHENEVER POSSIBLE.

BEYOND PAIN MANAGEMENT: INVESTING IN YOUR WELLNESS

AT LOGAN HEALTH WELLNESS & PAIN MANAGEMENT, WE UNDERSTAND THAT TRUE HEALTH AND WELL-BEING GO HAND IN HAND. THAT'S WHY WE OFFER A RANGE OF WELLNESS SERVICES DESIGNED TO ENHANCE YOUR OVERALL QUALITY OF LIFE:

NUTRITIONAL COUNSELING: PROPER NUTRITION PLAYS A VITAL ROLE IN PAIN MANAGEMENT AND OVERALL HEALTH. OUR REGISTERED DIETITIANS CAN HELP YOU DEVELOP A PERSONALIZED NUTRITION PLAN THAT SUPPORTS YOUR HEALING PROCESS AND PROMOTES OPTIMAL WELL-BEING.

STRESS MANAGEMENT TECHNIQUES: CHRONIC STRESS CAN EXACERBATE PAIN. WE OFFER VARIOUS STRESS MANAGEMENT TECHNIQUES, INCLUDING MINDFULNESS EXERCISES, MEDITATION, AND YOGA, TO HELP YOU MANAGE STRESS LEVELS AND IMPROVE YOUR OVERALL RESILIENCE.

LIFESTYLE COACHING: OUR LIFESTYLE COACHES WORK WITH YOU TO CREATE SUSTAINABLE LIFESTYLE CHANGES THAT PROMOTE LONG-TERM HEALTH AND WELL-BEING. THIS COULD INCLUDE ASSISTANCE WITH EXERCISE ROUTINES, SLEEP HYGIENE, AND OTHER HEALTHY HABITS.

THE LOGAN HEALTH WELLNESS & PAIN MANAGEMENT TEAM

OUR TEAM IS COMPRISED OF HIGHLY SKILLED AND COMPASSIONATE HEALTHCARE PROFESSIONALS DEDICATED TO PROVIDING YOU WITH THE BEST POSSIBLE CARE. WE ARE COMMITTED TO ONGOING PROFESSIONAL DEVELOPMENT AND STAYING AT THE FOREFRONT OF INNOVATIVE PAIN MANAGEMENT AND WELLNESS TECHNIQUES. OUR COLLABORATIVE APPROACH ENSURES THAT YOU RECEIVE COMPREHENSIVE AND INTEGRATED CARE, TAILORED TO YOUR SPECIFIC NEEDS.

FINDING RELIEF WITH LOGAN HEALTH WELLNESS & PAIN MANAGEMENT

LIVING WITH CHRONIC PAIN CAN BE INCREDIBLY CHALLENGING, BUT YOU DON'T HAVE TO SUFFER ALONE. AT LOGAN HEALTH WELLNESS & PAIN MANAGEMENT, WE ARE DEDICATED TO HELPING YOU REGAIN CONTROL OF YOUR HEALTH AND LIVE A MORE FULFILLING LIFE. WE INVITE YOU TO CONTACT US TODAY TO SCHEDULE A CONSULTATION AND LEARN MORE ABOUT HOW WE CAN HELP YOU FIND RELIEF AND ACHIEVE LASTING WELL-BEING. WE'RE CONFIDENT THAT OUR HOLISTIC APPROACH AND DEDICATED TEAM WILL EMPOWER YOU TO TAKE CHARGE OF YOUR HEALTH JOURNEY.

CONCLUSION:

LOGAN HEALTH WELLNESS & PAIN MANAGEMENT OFFERS A COMPREHENSIVE AND PERSONALIZED APPROACH TO PAIN MANAGEMENT AND OVERALL WELLNESS. BY COMBINING CUTTING-EDGE TREATMENTS WITH A HOLISTIC PHILOSOPHY, WE STRIVE TO EMPOWER INDIVIDUALS TO ACHIEVE LASTING RELIEF AND IMPROVE THEIR QUALITY OF LIFE. WE ENCOURAGE YOU TO EXPLORE OUR SERVICES AND DISCOVER HOW WE CAN HELP YOU ON YOUR PATH TO A HEALTHIER, HAPPIER YOU.

FAQs:

1. DO YOU ACCEPT INSURANCE? WE ACCEPT MOST MAJOR INSURANCE PLANS. PLEASE CONTACT OUR OFFICE TO VERIFY YOUR COVERAGE.
1. WHAT IS THE TYPICAL LENGTH OF TREATMENT? THE DURATION OF TREATMENT VARIES DEPENDING ON THE INDIVIDUAL'S CONDITION AND RESPONSE TO THERAPY. WE WILL WORK WITH YOU TO DEVELOP A PERSONALIZED TREATMENT PLAN WITH REALISTIC GOALS AND TIMELINES.

1. WHAT SHOULD I EXPECT DURING MY FIRST APPOINTMENT? YOUR FIRST APPOINTMENT WILL INVOLVE A THOROUGH EVALUATION OF YOUR MEDICAL HISTORY, PHYSICAL EXAMINATION, AND DISCUSSION OF YOUR PAIN AND HEALTH GOALS.

1. DO YOU OFFER TELEHEALTH APPOINTMENTS? YES, WE OFFER TELEHEALTH APPOINTMENTS FOR THE CONVENIENCE OF OUR PATIENTS.

1. WHAT MAKES LOGAN HEALTH WELLNESS & PAIN MANAGEMENT DIFFERENT? OUR COMMITMENT TO A HOLISTIC APPROACH, PERSONALIZED TREATMENT PLANS, AND OUR DEDICATED TEAM OF EXPERIENCED PROFESSIONALS SETS US APART. WE FOCUS ON ADDRESSING THE ROOT CAUSE OF YOUR PAIN, NOT JUST MASKING THE SYMPTOMS.

📖 **logan health wellness pain management: Pain Management and the Opioid Epidemic** National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Committee on Pain Management and Regulatory Strategies to Address Prescription Opioid Abuse, 2017-09-28 Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

logan health wellness pain management: When Your Child Hurts Rachael Coakley, 2016-01-28 Parents of a child in pain want nothing more than to offer immediate comfort. But a child with chronic or recurring pain requires much more. His or her parents need skills and strategies not only for increasing comfort but also for helping their child deal with an array of pain-related challenges, such as school disruption, sleep disturbance, and difficulties with peers. This essential guide, written by an expert in pediatric pain management, is the practical, accessible, and comprehensive resource that families and caregivers have been awaiting. It offers in-the-moment strategies for managing a child's pain along with expert advice for fostering long-term comfort. Dr. Rachael Coakley, a clinical pediatric psychologist who works exclusively with families of children with chronic or recurrent pain, provides a set of research-proven strategies—some surprisingly counter-intuitive—to achieve positive results quickly and lastingly. Whether the pain is disease-related, the result of an injury or surgery, or caused by another condition or syndrome, this book offers what every parent of a child in pain most needs: effective methods for reversing the cycle of chronic pain.

logan health wellness pain management: Pain - E-Book Hubert van Griensven, Jenny Strong, 2022-12-10 Pain: A textbook for health professionals provides a comprehensive guide to pain and pain management with a focus on interprofessional practice. Written by internationally acclaimed authors and fully updated to reflect latest evidence and understanding, this book bridges the gap

between theoretical underpinning and practice for assessment and management of patients with persistent pain – all in clear and accessible language. Now in its third edition, the text emphasises personal aspects of pain and the therapeutic alliance, as well as social and cultural aspects of pain, pain education for patients, and multidisciplinary and interdisciplinary working. It will provide both students and clinicians with a new lens through which to understand a person's pain experience, as well as tools for effective management. - Comprehensive information about all aspects of pain and pain management - Relevant to a wide audience – suitable for physiotherapists, occupational therapists, social workers, nurses and GPs, as well as undergraduate students - Factual and informative for clinicians in everyday practice - Includes information on acute as well as chronic pain - New chapters on communication, the language of pain, pain education for patients, multidisciplinary and interdisciplinary working, and inequities in pain including pain in low- and middle-income countries and amongst indigenous peoples - Updated chapters with new information about the psychology of pain - Now with full colour artworks and page design

logan health wellness pain management: Wellness Richard Woods, 2008 Spirituality.

logan health wellness pain management: Sports Injury Prevention and Rehabilitation David Joyce, Daniel Lewindon, 2015-12-14 World-class rehabilitation of the injured athlete integrates best practice in sports medicine and physical therapy with training and conditioning techniques based on cutting-edge sports science. In this ground-breaking new book, leading sports injury and rehabilitation professionals, strength and conditioning coaches, biomechanists and sport scientists show how this integrated model works across the spectrum of athlete care. In every chapter, there is a sharp focus on the return to performance, rather than just a return to play. The book introduces evidence-based best practice in all the core areas of sports injury risk management and rehabilitation, including: performance frameworks for medical and injury screening; the science of pain and the psychology of injury and rehabilitation; developing core stability and flexibility; performance retraining of muscle, tendon and bone injuries; recovery from training and rehabilitation; end-stage rehabilitation, testing and training for a return to performance. Every chapter offers a masterclass from a range of elite sport professionals, containing best practice protocols, procedures and specimen programmes designed for high performance. No other book examines rehabilitation in such detail from a high performance standpoint. Sports Injury Prevention and Rehabilitation is essential reading for any course in sports medicine and rehabilitation, strength and conditioning, sports science, and for any clinician, coach or high performance professional working to prevent or rehabilitate sports injuries.

logan health wellness pain management: *Behavioral Dentistry* David I. Mostofsky, Farida Fortune, 2013-10-07 Behavioral Dentistry, Second Edition, surveys the vast and absorbing topic of the role of behavioral science in the study and clinical practice of dentistry. An understanding of social sciences has long been a central part of dental education, and essential for developing a clinician's appreciation of human behavior as it affects efficient dental treatment. This book gathers together contributions from leading experts in each of the major subspecialties of behavioral dentistry. Its aim is not merely to provide the student and clinician with a comprehensive review of the impressive literature or discussion of the theoretical background to the subject, but also with a practical guide to adapting the latest techniques and protocols and applying them to day-to-day clinical practice. This second edition of Behavioral Dentistry discusses biobehavioral processes, including the psychobiology of inflammation and pain, oral health and quality of life, saliva health, and hypnosis in dentistry. The book goes on to examine anxiety, fear, and dental and chronic orofacial pain, and then reviews techniques for designing and managing behavior change. It concludes with a section on professional practice, including care of special needs, geriatric, and diabetic patients, and interpersonal communication in dental education.

logan health wellness pain management: **Nurses With Disabilities** Leslie Neal-Boylan, 2012-10-12 This is the first research-based book to confront workplace issues facing nurses who have disabilities. It not only examines in depth their experiences, roadblocks to successful employment, and misperceptions surrounding them, but also provides viable solutions for creating

positive attitudes towards them and a welcoming work environment that fosters hiring and retention. From the perspectives and actual voices of nurses with disabilities, nurse leaders, nurse administrators, and patients, the book identifies nurses with disabilities (including sensory, musculoskeletal, emotional, and mental health issues), discusses why they choose to leave nursing or hide their disabilities, and analyzes how their disabilities may influence career choices.

logan health wellness pain management: The Praeger Handbook of Chiropractic Health Care Cheryl Hawk, 2017-03-20 What does scientific research show about the effectiveness of chiropractic care? How are chiropractors trained and what do they do? When should one turn to chiropractic care, and how does one select a practitioner? This book answers all of these questions and more. Chiropractic is the most frequently used complementary and alternative medicine (CAM) practice in the United States, with nearly \$4 billion spent out-of-pocket annually by chiropractic patients. In fact, as evidence for its effectiveness for common conditions such as back pain continues to mount and acceptance grows in a variety of health care settings, chiropractic could be considered more mainstream than many other forms of CAM. In this information-packed single-volume work, an expert team led by Cheryl Hawk—a well-known chiropractic researcher—explains chiropractic licensure, practice, and effectiveness to general readers researching chiropractic care options and to undergraduate students choosing a major or specialty. Readers will see the range of scientific evidence supporting the use of chiropractic health care for many common conditions, learn about the typical chiropractic clinical encounter and chiropractic procedures, and understand the criteria by which patients and other health professionals can use to select a chiropractic physician. This book also provides health care practitioners in other fields with current information that enables a greater understanding of the training and the roles of chiropractors in health care.

logan health wellness pain management: Interventions, Effects, and Outcomes in Occupational Therapy Mary C. Law, Mary Ann McColl, 2010 Occupational therapists are expected to maintain their knowledge of best practice by independently keeping up to date on the latest research. With this work, the authors have assembled the evidence for effectiveness of occupational therapy for adults and older adults. It brings together the latest published peer-reviewed literature, conceptual approaches, outcome measures, and intervention approaches to address the three main areas by: Identifying a finite set of interventions which occupational therapists deliver most often, and providing details of those intervention approaches; Identifying where the research evidence shows that occupational therapists can achieve specific positive effects as a result of those interventions; Identifying the outcome measures most commonly and reliably used by researchers in occupational therapy to demonstrate the effects of interventions. The authors have comprehensively reviewed all of the intervention effectiveness literature for occupational therapy provided for adults. The material reviewed crosses all diagnostic categories and areas of practice for adults and older adults. Analysis of over 500 research studies and systematic reviews form the basis for this book.

logan health wellness pain management: Functional Somatic Symptoms in Children and Adolescents Kasia Kozłowska, Stephen Scher, Helene Helgeland, 2020-09-30 This open access book sets out the stress-system model for functional somatic symptoms in children and adolescents. The book begins by exploring the initial encounter between the paediatrician, child, and family, moves through the assessment process, including the formulation and the treatment contract, and then describes the various forms of treatment that are designed to settle the child's dysregulated stress system. This approach both provides a new understanding of how such symptoms emerge - typically, through a history of recurrent or chronic stress, either physical or psychological - and points the way to effective assessment, management, and treatment that put the child (and family) back on the road to health and well-being.

logan health wellness pain management: Maximizing Wellness in a High Tech Age Marilyn K. Asay, 1985

logan health wellness pain management: Adapted Physical Activity Across the Life Span Carol Leitschuh, Marquell Johnson, 2023-09-19 While there are plenty of texts out there on adapted physical activity, there are none like this one. That's because Adapted Physical Activity Across the

Life Span takes an interdisciplinary, life span approach and provides content on DEI (diversity, equity, and inclusion), social justice, and SEL (social-emotional learning) that other texts either skim over or skip entirely. Adapted Physical Activity Across the Life Span features the following: Interviews with professionals that provide students with real-life stories from educators, health care professionals, and others who work with people with disabilities Chapter objectives, chapter summaries, tables, and charts that emphasize key concepts An interdisciplinary approach and life span approach to show students the broad scope of careers across education, clinical, and community settings Content on adapted physical education for children and young people to educate students in the full implementation of IDEA and physical education for children with disabilities, including assessments, IEPs, and program modifications Content on adapted physical activity for adults to enable students to understand the roles of various professions that facilitate adapted physical activity for adults—from those who recently finished high school to senior citizens—using the Healthy People guidelines, research, and the most contemporary model of aging Information about adapted physical activity for early childhood, with a focus on professions that help a young child with a disability begin their journey of adapted physical education Instructor ancillaries to make it easier for instructors to prepare for and teach the course The interdisciplinary approach provides instructors greater flexibility for courses that include students not only from adapted physical education but also from allied health professions: occupational therapy, physical therapy, speech and language pathology, nursing, medicine, sport psychology, exercise physiology, therapeutic recreation, and more. “Today, the interdisciplinary nature of service in adapted physical activity begins in the earliest ages and continues with professionals who instruct and nurture the physical activity of the oldest of our communities,” says coauthor Carol Leitschuh. “This is the life span approach.” Coauthor Marquell Johnson adds, “The interdisciplinary approach and life span approach provide a much wider view of helping people with disabilities achieve optimal health. Most texts focus on a narrower perspective, such as in school, in a medical or community setting, or with a certain age group. However, this book looks at all the professions that are involved in a person’s life throughout the life span and offers a coordinated approach.” Adapted Physical Activity Across the Life Span will help prepare future professionals to serve individuals who require adaptations to be able to enjoy full and healthy active lives over their lifetimes. From infants to the elderly, all across the life span, people can be physically active—and this text will help them be just that.

logan health wellness pain management: Peterson's Graduate Programs in Health-Related Professions 2011 Peterson's, 2011-06-01 Peterson's Graduate Programs in Business, Education, Health, Information Studies, Law & Social Work contains a wealth of information on colleges and universities that offer graduate work in these fields. Institutions listed include those in the United States, Canada, and abroad that are accredited by U.S. accrediting agencies. Up-to-date data, collected through Peterson's Annual Survey of Graduate and Professional Institutions, provides valuable information on degree offerings, professional accreditation, jointly offered degrees, part-time and evening/weekend programs, postbaccalaureate distance degrees, faculty, students, degree requirements, entrance requirements, expenses, financial support, faculty research, and unit head and application contact information. Readers will find helpful links to in-depth descriptions that offer additional detailed information about a specific program or department, faculty members and their research, and much more. In addition, there are valuable articles on financial assistance, the graduate admissions process, advice for international and minority students, and facts about accreditation, with a current list of accrediting agencies.

logan health wellness pain management: Nutrition and Integrative Medicine Aruna Bakhru, 2018-08-06 While medical professionals continue to practice traditional allopathic medicine, the public has turned toward nutritional and integrative medical therapies, especially for addressing the proliferation of chronic diseases. Written by leaders in the academic and scientific world, *Nutrition and Integrative Medicine: A Primer for Clinicians* presents various modalities to help restore health. This book provides users with a guide to evaluating and recommending nutritional and integrative therapies. The book offers insights on the microbiome of the human body, examines the relationship

of human health to the microbiome of the food we ingest, and introduces the concept of food as information. It provides enlightenment on anti-aging and healing modalities, mind-body medicine, and an investigation of psychological trauma as related to disease causation. Integrative therapies, including water, light, and sound therapy, are explored, and information on healing chronic disease through nutrition, the tooth-body connection, the role of toxins in disease causation, and electromagnetic field hypersensitivity, as well as its management, is presented.

logan health wellness pain management: Disease Management & Wellness 2008 Les Masterson, HCPPro, 2008

logan health wellness pain management: Current Catalog National Library of Medicine (U.S.), First multi-year cumulation covers six years: 1965-70.

logan health wellness pain management: Careers in Chiropractic Health Care Cheryl Hawk, 2017-03-09 This book provides potential students of a chiropractic career path, as well as other health care practitioners, with vital information regarding the training required to enter the chiropractic field and the roles of chiropractors in modern health care. Chiropractic is the second largest physician-level health profession in the United States, with chiropractors providing care to at least 20 million patients annually. As chiropractic health care has been proven to be both effective and cost effective for many musculoskeletal conditions, particularly back pain, the inclusion of Doctors of Chiropractic (DCs) in a variety of health care settings is likely to continue to increase. Surprisingly, there is little readily accessible information on chiropractic as a career path. This book provides concise yet comprehensive information about career paths, training, and professional roles in chiropractic for students considering chiropractic as well as health care practitioners in the field. Written in an easy-to-read style, *Careers in Chiropractic Health Care: Exploring a Growing Field* serves students, those in non-chiropractic health fields, and general readers considering chiropractic as a career change option. The chapters explain the training and specific licensure requirements for chiropractors in all 50 U.S. states and provide information useful to health care professionals for referrals and management of patients using chiropractic care.

logan health wellness pain management: Serving Military and Veteran Families Karen Rose Blaisure, Christina M. Marini, Tara Saathoff-Wells, Catherine Walker O'Neal, Mallory Lucier-Greer, Amy Laura Dombro, Colonel Angela Pereira, Shelley M. MacDermid Wadsworth, 2024-01-23 *Serving Military and Veteran Families* introduces readers to the unique culture of military families, their resilience, and the challenges of military life. It reviews the latest research, theories, policies, and programs to prepare readers for understanding and working with military and veteran families. It also offers practical knowledge about the challenges that come with military family life and the federal policies, laws, and programs that support military and veteran families. Boasting a new full-color design and rich with pedagogy, the text also includes several boxed elements in each chapter. *Spotlight on Research* highlights researchers who study military and veteran families with the goal of informing and enriching the work of family support professionals. *Voices from the Frontline* presents the real-life stories of support program leaders, practitioners, researchers, policymakers, and most importantly service members and veterans and their families. *Tips from the Frontline* offers concrete, hands-on suggestions based on the experiences and wisdom of the people featured in the text and the broader research and practice communities. Third Edition features: Streamlined focus on theories and the addition of the contextual model of family stress and life course theory, including an interview with Glen Elder in which he shares his perspective on the development of life course theory and how it can be applied to understand development across individuals and cohorts. Personal accounts of 70 program leaders, practitioners, researchers, policymakers, and, significantly, service members, veterans, and family members who offer insight into their personal experiences, successes, and challenges associated with military life. 20 new interviews with service members, veterans, family members, researchers, and clinicians that bring important topics to life. Updated demographics and descriptions of service members, veterans, and their families. Expanded descriptions of mental health treatment approaches with an emphasis on including family members. Updated exercises focused on providing services to military and veteran

families. New online resources designed to further enrich discourse and discussion. *Serving Military and Veteran Families* is designed as a core text for advanced undergraduate or graduate courses on military and veteran families, or as a supplement for related courses taught in family science, human development, family life education, social work, and clinical or counseling psychology programs. Providing a foundation for working with increased sensitivity, knowledge, and respect, the text can also be a useful resource for helping professionals who work with military and veteran families.

logan health wellness pain management: *National Prevention Strategy: America's Plan for Better Health and Wellness* Regina M. Benjamin, 2011 The Affordable Care Act, landmark health legislation passed in 2010, called for the development of the National Prevention Strategy to realize the benefits of prevention for all Americans' health. This Strategy builds on the law's efforts to lower health care costs, improve the quality of care, and provide coverage options for the uninsured. Contents: Nat. Leadership; Partners in Prevention; Healthy and Safe Community Environ.; Clinical and Community Preventive Services; Elimination of Health Disparities; Priorities: Tobacco Free Living; Preventing Drug Abuse and Excessive Alcohol Use; Healthy Eating; Active Living; Injury and Violence Free Living; Reproductive and Sexual Health; Mental and Emotional Well-being. Illus. A print on demand report.

logan health wellness pain management: *Self-Care and Stress Management for Academic Well-Being* Clarke, Karis L., 2022-06-24 Self-care is a topic that is often challenging in education. Educators are required to learn to teach, advise, and cope with organizational change as well as encourage their students to take responsibility for their actions, say no, identify burnout, establish a network of family and friends, schedule breaks, do things they enjoy, and take care of themselves physically. However, teachers often do not follow these guidelines themselves. It is important that teachers allow themselves the time and space to do the same things that they insist their students do. Moreover, it is important that administrators recognize and support these efforts as well. *Self-Care and Stress Management for Academic Well-Being* discusses why self-care for educators is needed in order for them to sustain the growth of the students at their institutions. It explores the ways in which educators devote themselves to helping students develop their creativity and their academic voices but do not always give themselves the same permission. Covering a range of topics such as physical care, stress, and self-advocacy, this reference work is ideal for researchers, academicians, practitioners, scholars, administrators, instructors, and students.

logan health wellness pain management: *Teaching the Whole Musician* Paola Savvidou, 2021-03-19 In *Teaching the Whole Musician: A Guide to Wellness in the Applied Studio*, author Paola Savvidou empowers applied music instructors to honor and support their students' wellness through compassion-filled conversation tools, hands-on activities for injury prevention, mental health protection, and recovery support. Many music students are facing devastating injuries and emotional peril as they navigate the transition from student to professional. Experts are sounding the alarm for the need to educate students on the negative effects of habits such as postural misalignments, sleep deprivation, and over exertion. In this book, music teachers will learn how to help students develop skills and learn behaviors that will expand their self-awareness as they work towards a fulfilled career in the arts. With a wealth of additional movement experiences, audio files, and downloadable worksheets, the instructor can easily share movement exercises, nutrition diaries, and meditations with their students. The first guidebook of its kind to address wellness for music students in a comprehensive manner geared towards the applied instructor, this volume provides simple yet impactful techniques for approaching all things wellness.

logan health wellness pain management: *VA Health Care in Rural Areas* United States. Congress. Senate. Committee on Veterans' Affairs, 2011

logan health wellness pain management: *Skeletal Imaging* John A. M. Taylor, Tudor H. Hughes, Donald L. Resnick, 2010-01-28 Use this atlas to accurately interpret images of musculoskeletal disorders! Taylor, Hughes, and Resnick's *Skeletal Imaging: Atlas of the Spine and Extremities*, 2nd Edition covers each anatomic region separately, so common disorders are shown within the context of each region. This allows you to examine and compare images for a variety of

different disorders. A separate chapter is devoted to each body region, with coverage of normal developmental anatomy, developmental anomalies and normal variations, and how to avoid a misdiagnosis by differentiating between disorders that appear to be similar. All of the most frequently encountered musculoskeletal conditions are included, from physical injuries to tumors to infectious diseases. - Over 2,100 images include radiographs, radionuclide studies, CT scans, and MR images, illustrating pathologies and comparing them with other disorders in the same region. - Organization by anatomic region addresses common afflictions for each region in separate chapters, so you can see how a particular region looks when affected by one condition as compared to its appearance with other conditions. - Coverage of each body region includes normal developmental anatomy, fractures, deformities, dislocations, infections, hematologic disorders, and more. - Normal Developmental Anatomy sections open each chapter, describing important developmental landmarks in various regions of the body from birth to skeletal maturity. - Practical tables provide a quick reference to essential information, including normal developmental anatomic milestones, developmental anomalies, common presentations and symptoms of diseases, and much more. - 400 new and replacement images are added to the book, showing a wider variety of pathologies. - More MR imaging is added to each chapter. - Up-to-date research includes the latest on scientific advances in imaging. - References are completely updated with new information and evidence.

logan health wellness pain management: Patient Safety and Quality Ronda Hughes, 2008 Nurses play a vital role in improving the safety and quality of patient care -- not only in the hospital or ambulatory treatment facility, but also of community-based care and the care performed by family members. Nurses need know what proven techniques and interventions they can use to enhance patient outcomes. To address this need, the Agency for Healthcare Research and Quality (AHRQ), with additional funding from the Robert Wood Johnson Foundation, has prepared this comprehensive, 1,400-page, handbook for nurses on patient safety and quality -- Patient Safety and Quality: An Evidence-Based Handbook for Nurses. (AHRQ Publication No. 08-0043). - online AHRQ blurb, <http://www.ahrq.gov/qual/nursesfdbk/>

logan health wellness pain management: Indian Health Care Improvement Act United States. Congress. Senate. Committee on Indian Affairs (1993-), 2002

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Edition discusses the Activator Method Chiropractic Technique (AMCT) in an easy-to-understand, how-to approach. This updated 2nd edition covers all aspects of the controlled low-force analytical and adjusting system, from the history of the technique to in-depth examinations of body structures. It also features expanded content on supportive subjects from seven new contributors, discussing topics such as activator and instrument adjusting history, instrument reliability in the literature, the neurology of pain and inflammation, temporal mandibular disorders, and leg length reactivity. - UNIQUE! As the only Activator Method textbook in the field, it is known as the standard reference in Activator. - Expert author, Dr. Arlan Fuhr, is a co-founder of the AMCT, bringing his unparalleled expertise to the subject. - Brand new full-color photos detail assessment procedures, specific anatomical contact points, and lines of drive to clearly show procedures for easier learning. - Clinical Observations boxes share the author's knowledge from years of experience and provide tips on analysis of certain conditions and suggestions for atypical cases. - Summary tables in each clinical chapter allow you to quickly access pertinent information. - Step-by-step instruction throughout the Instrumentation section helps you understand the principles of the technique. - Appendix: Activator Quick Notes for Basic and Advanced Protocol provides at-a-glance reviews of important points and things to remember when performing basic and advanced protocols. - A new chapter on leg length analysis procedures offers comprehensive coverage of this critical step in using the Activator Method. - Seven new contributors bring fresh insight to AMCT.

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population-level prevention and management strategy. The IOM recommends that HHS develop a comprehensive plan with specific goals, actions, and timeframes. Better data are needed to help shape efforts, especially on the groups of people currently underdiagnosed and undertreated, and the IOM encourages federal and state agencies and private organizations to accelerate the collection of data on pain incidence, prevalence, and treatments. Because pain varies from patient to patient, healthcare providers should increasingly aim at tailoring pain care to each person's experience, and self-management of pain should be promoted. In addition, because there are major gaps in knowledge about pain across health care and society alike, the IOM recommends that federal agencies and other stakeholders redesign education programs to bridge these gaps. Pain is a major driver for visits to physicians, a major reason for taking medications, a major cause of disability, and a key factor in quality of life and productivity. Given the burden of pain in human lives, dollars, and social consequences, relieving pain should be a national priority.

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experts in each area. **Essential Nursing Care for Children and Young People** is the ideal main textbook for all undergraduate child and young person nursing students, as well as professionals wanting to ensure they are using the latest practice. This text is also relevant to any student or professional involved in the health and social care of children and young adults.

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