

motus physical therapy and wellness

Motus Physical Therapy and Wellness: Your Journey to a Healthier, Happier You

Are you experiencing persistent pain, limited mobility, or just feeling generally "off"? Are you searching for a comprehensive approach to wellness that goes beyond temporary fixes? Then you've come to the right place. This in-depth guide explores everything you need to know about Motus Physical Therapy and Wellness, revealing how we can help you achieve your health goals. We'll delve into our unique approach, the services we offer, and how we can help you regain your strength, flexibility, and overall well-being. Get ready to discover the Motus difference and embark on your journey to a healthier, happier you.

Understanding the Motus Approach to Physical Therapy and Wellness

At Motus Physical Therapy and Wellness, we believe in a holistic approach to healing and wellness. We don't just treat symptoms; we identify the root cause of your discomfort and work collaboratively with you to develop a personalized plan that addresses your specific needs and goals. This means we go beyond traditional physical therapy methods, incorporating elements of wellness and preventative care to ensure long-term success. Our philosophy is built on three core pillars:

Comprehensive Assessment: We begin with a thorough evaluation, considering your medical history, lifestyle, and individual circumstances. This ensures we fully understand your condition and develop a treatment strategy that's tailored to you. We take the time to listen and understand your concerns, making you an active participant in your recovery journey.

Personalized Treatment Plans: Generic solutions rarely work. At Motus, we create customized treatment plans that incorporate a variety of techniques, including manual therapy, therapeutic exercises, functional training, and wellness education. These plans are regularly reviewed and adapted based on your progress.

Empowerment and Education: We believe in empowering our patients to take control of their health. Our treatment plans aren't just about exercises; they're about educating you on how to prevent future injuries and maintain your well-being long after your therapy concludes. We provide you with the tools and knowledge to live a healthier, more active life.

The Services Offered at Motus Physical Therapy and Wellness

Motus offers a wide array of services designed to meet diverse needs and conditions. Our comprehensive approach ensures we can address a variety of physical challenges, helping you achieve your wellness goals:

Sports Injury Rehabilitation: Whether you're a professional athlete or weekend warrior, we can help you recover from sports-related injuries, improve your performance, and prevent future setbacks. Our expertise spans a range of sports and injury types.

Orthopedic Physical Therapy: We treat a wide range of orthopedic conditions, including arthritis, back pain, neck pain, shoulder pain, knee pain, and more. Our goal is to alleviate pain, restore function, and improve your quality of life.

Post-Surgical Rehabilitation: Recovering from surgery can be challenging. We provide specialized post-surgical rehabilitation programs designed to accelerate your recovery, improve your range of motion, and help you regain your strength and independence.

Neurological Rehabilitation: We work with individuals recovering from neurological conditions such as stroke, multiple sclerosis, and Parkinson's disease to improve their mobility, coordination, and overall function.

Geriatric Physical Therapy: We understand the unique challenges faced by older adults and offer specialized programs to improve strength, balance, and mobility, reducing the risk of falls and improving overall quality of life.

Wellness Programs: Our commitment to wellness extends beyond injury rehabilitation. We offer wellness programs focused on preventative care, posture correction, ergonomic assessments, and fitness training designed to help you maintain optimal health and well-being.

Why Choose Motus Physical Therapy and Wellness?

Choosing the right physical therapy provider is crucial for successful recovery. Motus distinguishes itself through several key factors:

Experienced and Compassionate Team: Our team consists of highly qualified and experienced physical therapists dedicated to providing compassionate and individualized care. We prioritize building strong relationships with our patients to ensure a supportive and effective treatment experience.

State-of-the-Art Facility: We utilize the latest equipment and technology to enhance our treatment capabilities and ensure the highest quality of care. Our comfortable and welcoming environment promotes relaxation and healing.

Convenient Location and Scheduling: We offer flexible scheduling options to accommodate your busy lifestyle, ensuring that accessing quality care is convenient and accessible.

Focus on Long-Term Results: We are committed to helping our patients achieve long-term results. Our treatment plans are designed not only to address immediate concerns but also to empower you to maintain your health and well-being in the long run.

Taking the First Step Towards a Healthier You

Your journey to a healthier, happier life begins with a single step. Contact Motus Physical Therapy and Wellness today for a consultation. We'll assess your needs, answer your questions, and develop a personalized plan to help you achieve your wellness goals. Don't let pain or limited mobility hold you back any longer. Take control of your health and reclaim your well-being with Motus.

Conclusion:

Motus Physical Therapy and Wellness is more than just a clinic; it's a partnership dedicated to helping you achieve optimal health and well-being. Our comprehensive approach, personalized treatment plans, and commitment to patient empowerment set us apart. We invite you to experience the Motus difference and embark on your journey to a healthier, happier you.

Frequently Asked Questions (FAQs):

1. Do I need a referral to see a physical therapist at Motus? In many cases, you do not need a referral to see a physical therapist at Motus. However, it's always best to check with your insurance provider to confirm your coverage.

1. What forms of payment do you accept? We accept most major insurance plans, as well as cash, checks, and credit cards. Please contact us to verify your specific insurance coverage.

1. What are your hours of operation? Our hours are [Insert Hours of Operation Here]. We encourage you to schedule an appointment in advance to ensure availability.

1. What should I bring to my first appointment? Please bring your insurance card, a list of your medications, and any relevant medical records. Comfortable clothing suitable for movement is also recommended.

1. What if I have a question after hours? While our office is closed after hours, you can leave a message, and we will respond as soon as possible during our regular business hours. For urgent medical concerns, please seek immediate medical attention.

motus physical therapy and wellness: Homecoming John Bradshaw, 2013-04-24 In this powerful book, the #1 New York Times bestselling author of *Reclaiming Virtue* shows how we can learn to nurture our inner child and offer ourselves the good parenting we needed and longed for. Are you outwardly successful but inwardly feel like a big kid? Do you aspire to be a loving parent but too often “lose it” in hurtful ways? Do you crave intimacy but sometimes wonder if it’s worth the struggle? Are you plagued by constant, vague feelings of anxiety or depression? If any of this sounds familiar, you may be experiencing the hidden but damaging effects of a painful childhood—carrying within you a “wounded inner child” who is crying out for attention and healing. John Bradshaw’s step-by-step process of exploring the unfinished business of each developmental stage helps us break away from destructive family rules and roles, freeing ourselves to live responsibly in the present. Then, says Bradshaw, the healed inner child becomes a source of vitality, inviting us to find new joy and energy in living. *Homecoming* includes a wealth of unique case histories and interactive techniques, including questionnaires, guided meditations, affirmations, and letter-writing to the inner child. These classic therapies, which were pioneering when introduced, continue to be validated by new discoveries in attachment research and neuroscience. No one has ever brought them to a popular audience more effectively and inspiringly than John Bradshaw.

motus physical therapy and wellness: Blue Mind Wallace J. Nichols, 2014-07-22 A landmark book by marine biologist Wallace J. Nichols on the remarkable effects of water on our health and well-being. Why are we drawn to the ocean each summer? Why does being near water set our minds and bodies at ease? In *Blue Mind*, Wallace J. Nichols revolutionizes how we think about these questions, revealing the remarkable truth about the benefits of being in, on, under, or simply near water. Combining cutting-edge neuroscience with compelling personal stories from top athletes, leading scientists, military veterans, and gifted artists, he shows how proximity to water can improve performance, increase calm, diminish anxiety, and increase professional success. *Blue Mind* not only illustrates the crucial importance of our connection to water; it provides a paradigm shifting blueprint for a better life on this Blue Marble we call home.

motus physical therapy and wellness: Exhaustion Anna K. Schaffner, 2016-06-21 Today our fatigue feels chronic; our anxieties, amplified. Proliferating technologies command our attention. Many people complain of burnout, and economic instability and the threat of ecological catastrophe fill us with dread. We look to the past, imagining life to have once been simpler and slower, but extreme mental and physical stress is not a modern syndrome. Beginning in classical antiquity, this book demonstrates how exhaustion has always been with us and helps us evaluate more critically the narratives we tell ourselves about the phenomenon. Medical, cultural, literary, and biographical sources have cast exhaustion as a biochemical imbalance, a somatic ailment, a viral disease, and a spiritual failing. It has been linked to loss, the alignment of the planets, a perverse desire for death,

and social and economic disruption. Pathologized, demonized, sexualized, and even weaponized, exhaustion unites the mind with the body and society in such a way that we attach larger questions of agency, willpower, and well-being to its symptoms. Mapping these political, ideological, and creative currents across centuries of human development, Exhaustion finds in our struggle to overcome weariness a more significant effort to master ourselves.

motus physical therapy and wellness: *Physical Therapy for Sports* Werner Kuprian, 1982

motus physical therapy and wellness: *Stretch to Win-2nd Edition* Frederick, Ann, Frederick, Christopher, 2017-05-17 This proven program used by today's top athletes, coaches, trainers, and therapists will improve flexibility, reduce injury, and optimize performance. The new edition includes the latest research, new flexibility assessments, new stretching matrix, and dozens of the most effective stretches to personalize a program for any athlete, sport, or event.

motus physical therapy and wellness: *Martial Arts, Health, and Society* George Jennings, Lorenzo Pedrini, Xiujie Ma, 2023-02-01

motus physical therapy and wellness: *Physical Agents in Rehabilitation* Michelle H. Cameron, 2009 Provides support for how physical agent modalities are discussed in the classroom and used in clinical rehabilitation practice to improve patient outcomes. This new edition brings the ideal balance of evidence and practical instruction to the learning and practice of physical agents in rehabilitation.

motus physical therapy and wellness: *Cicero on the Emotions* Marcus Tullius, 2009-03-05 The third and fourth books of Cicero's Tusculan Disputations deal with the nature and management of human emotion: first grief, then the emotions in general. In lively and accessible style, Cicero presents the insights of Greek philosophers on the subject, reporting the views of Epicureans and Peripatetics and giving a detailed account of the Stoic position, which he himself favors for its close reasoning and moral earnestness. Both the specialist and the general reader will be fascinated by the Stoics' analysis of the causes of grief, their classification of emotions by genus and species, their lists of oddly named character flaws, and by the philosophical debate that develops over the utility of anger in politics and war. Margaret Graver's elegant and idiomatic translation makes Cicero's work accessible not just to classicists but to anyone interested in ancient philosophy and psychotherapy or in the philosophy of emotion. The accompanying commentary explains the philosophical concepts discussed in the text and supplies many helpful parallels from Greek sources.

motus physical therapy and wellness: *Hotel Revenue Management: From Theory to Practice* Stanislav Ivanov, 2014-03-15 This research monograph aims at developing an integrative framework of hotel revenue management. It elaborates the fundamental theoretical concepts in the field of hotel revenue management like the revenue management system, process, metrics, analysis, forecasting, segmentation and profiling, and ethical issues. Special attention is paid on the pricing and non-pricing revenue management tools used by hoteliers to maximise their revenues and gross operating profit. The monograph investigates the revenue management practices of accommodation establishments in Bulgaria and provides recommendations for their improvement. The book is suitable for undergraduate and graduate students in tourism, hospitality, hotel management, services studies programmes, and researchers interested in revenue/yield management. The book may also be used by hotel general managers, marketing managers, revenue managers and other practitioners looking for ways to improve their knowledge in the field.

motus physical therapy and wellness: *The Kawa Model* Michael K. Iwama, 2006-07-28 A landmark publication in occupational therapy and a significant contribution to the rehabilitation theory literature! The Kawa Model presents a new conceptual model of practice that differs from contemporary theories in regard to: origin (East Asia), underlying philosophical base (East Asia), being heavily infused with a natural-ecological, holistic world view, and relational structure. The model is based on the metaphor of nature (a river) that stands for the meanings of life. Because of the familiarity of the metaphor, to both therapists and clients alike, the Kawa Model is relatively easy to comprehend, remarkably simple, yet comprehensive and effective. Unlike other models, it was raised from clinical practice, by practitioners, through a process of qualitative research

methods. It is the first conceptual model and substantial theoretical work of occupational therapy from outside of the Western world. A 'must-read' for all students of occupational therapy The first substantial work in occupational therapy from outside of the Western world Introduces an Eastern perspective on matters of theory and culture in occupational therapy Eight case studies, four from Western practice contexts and four from the East Developed by clinicians and practitioners for their peers Questions the cultural boundaries of occupational therapy, its knowledge (epistemology), theory and practice. It puts the reader in touch with the cultural nature of self, client and profession Enables readers to develop critical analysis skills for examining matters of theory and culture, as opposed to learning theory as 'recipes'

motus physical therapy and wellness: Pilates for Breast Cancer Survivors Naomi Aaronson, MA, OTR/L, CHT, CPI, Ann Marie Turo, OTR/L, 2014-09-23 No matter where you are in treatment, what side effects you may be experiencing, or your general fitness level, Pilates is a safe and effective way to help you regain flexibility, power, and endurance while relieving treatment side effects such as lymphedema, fatigue, depression, peripheral neuropathy, osteoporosis, and upper extremity impairment. Naomi Aaronson and Ann Marie Turo, occupational therapists and certified Pilates instructors, show you how to use exercises to: Strengthen arms and shoulders and regain your range of motion. Reduce pain and swelling and stretch tight areas affected by scars. Build core strength and back stability, especially important after TRAM or DIEP flap breast reconstruction surgery. Improve balance and coordination. Make it easier to perform basic daily living tasks. Release stress and boost energy. Including programs that can be done lying down, seated, or standing, Pilates for Breast Cancer Survivors will help you achieve maximum wellness, now and throughout your journey living life after cancer.

motus physical therapy and wellness: P. T. Review , 1924

motus physical therapy and wellness: Telemedicine, Telehealth and Telepresence Rifat Latifi, Charles R. Doarn, Ronald C. Merrell, 2020-11-24 Telemedicine and telehealth have consistently been shown to be effective for remote areas or limited-resource locations, regular medical and surgical practice, primary care, second opinion, extreme conditions, major crises, and disaster management. The aim of this book is to bring all aspects of telemedicine and e-health to the reader, in a simple, make-sense approach, in one tome. The book is structured in four parts with 29 chapters written by the best experts in the field from around the world, including clinicians, scientists, and administrators of telemedicine programs. Part I deals with basic principles of telemedicine and telepresence. Historical journeys of telemedicine and strategies, building sustainable telemedicine and telehealth programs in the United States and in the Balkans, as well as incorporation of telemedicine in the current ongoing pandemic COVID-19 are well described and are must read. Current technological developments, rules and regulations, legal and business aspects and consent are also addressed. Part II describes strategies for building sustainable telemedicine and telehealth programs. Telehealth patient portals and public-private partnership modes of technology, as well the role of international telemedicine and how to make it work, are valuable chapters of great significance. Part III describes outcomes-based evidence clinical applications of telemedicine in trauma, burns, intensive care, pediatric care, psychiatry, and stroke. Finally, one important chapter for the readers is the telemedicine for prison and jail population. The final part, Part IV depicts surgical telerobotics and teleproctology, a chapter written by 18 various surgical experts, a true gem for the readers. The book ends with promises and hurdles of telemedicine in austere conditions. Telemedicine, Telehealth and Telepresence serves as a valuable resource that focuses on providing patients care from a distance using store and forward technology to live actual performance of operations at a distance. Chapters 1, 6, 12 and 17 are available open access under a Creative Commons Attribution 4.0 International License via link.springer.com.

motus physical therapy and wellness: Fungal Diseases Institute of Medicine, Board on Global Health, Forum on Microbial Threats, 2011-10-08 Fungal diseases have contributed to death and disability in humans, triggered global wildlife extinctions and population declines, devastated agricultural crops, and altered forest ecosystem dynamics. Despite the extensive influence of fungi

on health and economic well-being, the threats posed by emerging fungal pathogens to life on Earth are often underappreciated and poorly understood. On December 14 and 15, 2010, the IOM's Forum on Microbial Threats hosted a public workshop to explore the scientific and policy dimensions associated with the causes and consequences of emerging fungal diseases.

motus physical therapy and wellness: Eco-resorts Zbigniew Bromberek, 2009-06-04

Eco-Resorts is a design guide for low impact, environmentally friendly tourist resorts in the tropics. The book is the first to offer architects practical, detailed guidance in developing resort buildings that work with a tropical climate and meet the needs and expectations of the client and building inhabitants. The book includes both architectural design and material solutions, supported by theoretical principles, to present a sustainable approach to resort design. It demonstrates that tropical resort buildings do not necessarily require large energy input, in compliance with green building standards. Case studies show how principles of sustainable design have been successfully applied in tropical environments. * Written by an industry insider with practical design experience, knowledge and expertise. * Demonstrates design practices related to site planning and layout, and re-assesses best practices for a tropical environment, allowing architects to apply design principles to their own projects. * Includes international case studies from several countries to illustrate best practice from a variety of tropical climate destinations around the world. Z (Zbigniew) Bromberek, PhD, is an architect educated and registered in Poland, and postgraduate-educated and residing in Australia. Z has been practising and teaching architecture for nearly 30 years. He has been involved and associated with various educational institutions and professional organizations in a number of countries around the world. Before the current appointment as Senior Lecturer in Architecture at the University of Tasmania, Z spent three years as Lecturer in Environmental Design at the University of Queensland, and two years as Guest Professor in Architectural Design in Nanjing, PR China. He was also the President of the Architectural Science Association ANZAScA for three consecutive terms in 2000-05. Z's major research interests include design-environment interaction, low-impact architecture and re-integration of architecture as an expression of a multi-disciplinary approach to design.

motus physical therapy and wellness: The Physiology of Exercise in Spinal Cord Injury J.

Andrew Taylor, 2016-12-20 Every year, around the world, between 250,000 and 500,000 people suffer a spinal cord injury (SCI). Those with an SCI are two to five times more likely to die prematurely than people without a spinal cord injury, with worse survival rates in low- and middle-income countries. Dynamic aerobic requires integrated physiologic responses across the musculoskeletal, cardiovascular, autonomic, pulmonary, thermoregulatory, and immunologic systems. Moreover, regular aerobic exercise beneficially impacts these same systems, reducing the risk for a range of diseases and maladies. This book will present comprehensive information on the unique physiologic effects of SCI and the potential role of exercise in treating and mitigating these effects. In addition, it will incorporate work from scientists across a number of disciplines and have contributors at multiple levels of investigation and across physiologic systems. Furthermore, SCI can be considered an accelerated form of aging due to the severely restricted physical inactivity imposed, usually at an early age. Therefore, the information presented may have a broader importance to the physiology of aging as it relates to inactivity. Lastly, the need for certain levels of regular aerobic exercise to engender adaptations beneficial to health is not altered by the burden of an SCI. Indeed, the amounts of exercise necessary may be even greater than the able-bodied due to 'passive' ambulation. This book will also address the potential health benefits for those with an SCI that can be realized if a sufficient exercise stimulus is provided.

motus physical therapy and wellness: Active Isolated Stretching Aaron L. Mattes, 1995

Demonstrates a technique of preventive muscle stretching based upon reciprocal innervation of muscle tissue, the agonist-antagonist reflex. With each exercise, the type of flexion and the muscle groups used are provided. The Mattes Method of Active Isolated Stretching is a myofascial release and therapeutic treatment for deep and superficial muscles, tendons and fascia.

motus physical therapy and wellness: Real Knockouts Martha McCaughey, 1997-07-01 An

examination of women's self-defense culture and its relationship to feminism. I was once a frightened feminist. So begins Martha McCaughey's odyssey into the dynamic world of women's self-defense, a culture which transforms women involved with it and which has equally profound implications for feminist theory and activism. Unprecedented numbers of American women are learning how to knock out, maim, even kill men who assault them. Sales of mace and pepper spray have skyrocketed. Some 14 million women own handguns. From behind the scenes at gun ranges, martial arts dojos, fitness centers offering Cardio Combat, and in padded attacker courses like Model Mugging, Real Knockouts demonstrates how self-defense trains women out of the femininity that makes them easy targets for men's abuse. And yet much feminist thought, like the broader American culture, seems deeply ambivalent about women's embrace of violence, even in self-defense. Investigating the connection between feminist theory and women physically fighting back, McCaughey found self-defense culture to embody, literally, a new brand of feminism.

motus physical therapy and wellness: *Extreme Sports Medicine* Francesco Feletti, 2016-09-19 This technically oriented book on medicine as applied to extreme sports offers broad coverage of the field extending well beyond the usual focus on major trauma and acute injuries. In addition to the injuries and diseases associated with individual extreme sports, this book also addresses the topics of psychology, dermatology, ophthalmology, infectious diseases, physiology, nutrition, training, injury prevention strategies, rehabilitation, doping, treatment in hostile environments, and legal aspects. Innovative and less frequently considered topics are also discussed, such as recent advances in protective equipment and materials, the effects of exposure on whole-body vibration, and cold exposure risk management. More than 60 of the most authoritative experts from across the world have contributed to this book, drawing on their personal experiences and including practical examples whenever relevant. Both subject matter and illustrations have been selected with the utmost care, the latter including photographs of world-class athletes. The book's multidisciplinary approach to the subject ensures that it will be relevant to a wide readership.

motus physical therapy and wellness: *Wellness and Physical Therapy* Fair, Sharon Elayne Fair, 2010-10-22 The focus of *Wellness and Physical Therapy* will be the application of wellness, particularly fitness wellness, to the practice and profession of physical therapy. The book addresses all items related to wellness in the Normative Model of Physical Therapist Professional Education: Version 2004, the Guide to Physical Therapist Practice, and APTA's Education Strategic Plan. The text consists of foundational knowledge, theoretical models, empirical research and application of material to physical therapy practice. Evidence-based practice is emphasized through a mixed approach of formalist and reader-response. An important text for all physical therapy students! Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition.

motus physical therapy and wellness: *Fundamentals of Athletic Training* Lorin Cartwright, William A. Pitney, 2011 This work explains concepts in athletic training and presents injuries and illnesses encountered by certified athletic trainers. The book discusses various conditions, illnesses and diseases along with information on nutrition and the effects of therapeutic, recreational and performance-enhancing drug use.

motus physical therapy and wellness: *The Historical Roots of Human Trafficking* Makini Chisolm-Straker, Katherine Chon, 2021-05-22 A public health approach to human trafficking requires a nuanced understanding of its root causes. This textbook applies a historical lens to human trafficking from expert resources for the multidisciplinary public health learner and worker. The book challenges the anti-trafficking paradigm to meaningfully understand historical legacies of present-day root-causes of human trafficking. This textbook focuses on history's utility in public health. It describes history to contextualize and explain present times, and provides public health lessons in trafficking prevention and intervention. Public health recognizes the importance of multiple systems to solve big problems, so the chapters illustrate how current anti-trafficking efforts in markets and public systems connect with historical policies and data in the United States. Topics explored include: Capitalism, Colonialism, and Imperialism: Roots for Present-Day Trafficking

Invisibility, Forced Labor, and Domestic Work Addressing Modern Slavery in Global Supply Chains: The Role of Businesses Immigration, Precarity, and Human Trafficking: Histories and Legacies of Asian American Racial Exclusion in the United States Systemic and Structural Roots of Child Sex Trafficking: The Role of Gender, Race, and Sexual Orientation in Disproportionate Victimization The Complexities of Complex Trauma: An Historical and Contemporary Review of Healing in the Aftermath of Commercialized Violence Historical Context Matters: Health Research, Health Care, and Bodies of Color in the United States Understanding linkages between contemporary manifestations of human trafficking with their respective historical roots offers meaningful insights into the roles of public policies, institutions, cultural beliefs, and socioeconomic norms in commercialized violence. The textbook identifies sustainable solutions to prevent human trafficking and improve the health of the Nation. The Historical Roots of Human Trafficking is essential reading for students of public health, health sciences, criminology, and social sciences; public health professionals; academics; anti-trafficking advocates, policy-makers, taskforces, funders, and organizations; legislators; and governmental agencies and administrators.

motus physical therapy and wellness: *Sustainability and Social Responsibility of Accountability Reporting Systems* Kıymet Tunca Çalıyurt, Roshima Said, 2018-03-01 This book explores sustainability and social responsibility from the point of view of accountability reporting systems. The contributions to this volume open up discussions about the theory and application of sustainability and social responsibility across various corporate sectors and assists the reader in applying sustainable corporate social responsibility reporting across those sectors. As a central theme, the book addresses how the theory and application in sustainability and social responsibility has different dimensions and aspects which are impossible to apply across different sectors. This point of view is supported by chapter contributions from countries around the world including Turkey, Serbia, Malaysia, United States, South Africa, Italy, China, Brasil, Romania, Serbia, Puerto Rico, Algeria. Academics worldwide will discover in *Sustainability and Social Responsibility of Accountability Reporting Systems: A Global Approach* the latest developments about corporate social responsibility and sustainability of accountability reporting systems.

motus physical therapy and wellness: *The Australian Official Journal of Trademarks* , 1906

motus physical therapy and wellness: *Ergonomic Workplace Design for Health, Wellness, and Productivity* Alan Hedge, 2016-08-05 Even with today's mobile technology, most work is still undertaken in a physical workplace. Today's workplaces need to be healthy environments that minimize the risks of illnesses or injuries to occupants to compete in the marketplace. This necessitates the application of good ergonomics design principles to the creation of effective workplaces, and this is the focus of this book. This book will: · Focus on ergonomic design for better health and ergonomic design for better productivity · Presents environments that support new ways of working and alternative workplace strategies, as well as the impacts of new technologies · Covers the role of ergonomics design in creating sustainable workplaces · Includes ergonomics design for a wide variety of workplaces, from offices to hospitals, to hotels to vehicles, etc... · Shows the design principles on how to design and create a healthy and productive workplace The market lacks an ergonomics design book that covers the topics that this book will cover. This book summarizes design principles for practitioners, and applies them to the variety of workplace settings described in the book. No other book currently on the market does that.

motus physical therapy and wellness: *Universities as Living Labs for Sustainable Development* Walter Leal Filho, Amanda Lange Salvia, Rudi W. Pretorius, Luciana Londero Brandli, Evangelos Manolas, Fatima Alves, Ulisses Azeiteiro, Judy Rogers, Chris Shiel, Arminda Do Paco, 2019-04-30 This book fills an important gap in the literature, and presents contributions from scientists and researchers working in the field of sustainable development who have engaged in dynamic approaches to implementing sustainability in higher education. It is widely known that universities are key players in terms of the implementation and further development of sustainability, with some having the potential of acting as "living labs" in this rapidly growing field. Yet there are virtually no publications that explore the living labs concept as it relates to

sustainability, and in an integrated manner. The aims of this book, which is an outcome of the “4th World Symposium on Sustainable Development at Universities” (WSSD-U-2018), held in Malaysia in 2018, are as follows: i. to document the experiences of universities from all around the world in curriculum innovation, research, activities and practical projects as they relate to sustainable development at the university level; ii. to disseminate information, ideas and experiences acquired in the execution of projects, including successful initiatives and good practice; iii. to introduce and discuss methodological approaches and projects that seek to integrate the topic of sustainable development in the curricula of universities; and iv. to promote the scalability of existing and future models from universities as living labs for sustainable development. The papers are innovative, cross-cutting and many reflect practice-based experiences, some of which may be replicable elsewhere. Also, this book, prepared by the Inter-University Sustainable Development Research Programme (IUSDRP) and the World Sustainable Development Research and Transfer Centre (WSD-RTC), reinforces the role played by universities as living labs for sustainable development.

motus physical therapy and wellness: Quantum Love Laura Berman, 2016 Once the initial intense excitement of a new relationship fades, we tend to think there are only two options: chase the impossible dream of recapturing that early magic or settle for a less than fulfilling love life. In *Quantum Love*, sex and relationship expert Laura Berman, Ph.D., the New York Times best-selling author of eight books including *For Women Only*, *Real Sex for Real Women*, and *The Passion Prescription*, offers a thrilling alternative--a higher level of love beckoning us to move forward, not backward. Using the essential truth we've learned from the study of quantum physics--the fact that at our molecular core, each of us is simply a vessel of energy--she explains how we can use what's happening in our inner world to create a level of passion, connection, and bliss in our relationships that we never imagined possible.--Provided by publisher.

motus physical therapy and wellness: Cambridge Handbook of Psychology, Health and Medicine Susan Ayers, 2007 Health psychology is a rapidly expanding discipline at the interface of psychology and clinical medicine. This text offers a comprehensive, accessible, one-stop resource for clinical psychologists, mental health professionals and specialists in health-related matters.

motus physical therapy and wellness: Body Contouring Michele A. Shermak, 2010-09-21 The definitive full-color illustrated atlas of breast and body contouring surgical procedures Includes DVD with video clips Part of the McGraw-Hill Plastic Surgery Atlas series, *Body Contouring* is a full-color, step-by-step guide to learning how to perform both traditional and contemporary plastic surgery procedures relative to breast and body contouring. Two hundred medical illustrations and more than two hundred photographs - all in full color - offer unmatched coverage of the required surgical steps and actual results. A companion DVD features skill-building surgical video clips. For each procedure, you'll find a complete review of key topics, including: Introduction to the surgical approach Relevant anatomy Indications Markings Details of the procedure (incision and exposure) Postoperative care Pitfalls Tips Part I of *Body Contouring* addresses important clinical concerns such as the safety of surgical techniques, intraoperative positioning, psychological issues, and issues pertaining to massive weight loss and surgical wound care. Part II then reviews specific body contouring surgical procedures by body region, beginning with the upper extremity, and proceeding to the female breast, male chest (gynecomastia), abdomen, back, and lower extremity. Learn all aspects of body contouring surgery, step by step: Breast surgery: Reduction; Mastopexy; Augmentation; Lifting; Gynecomastia; Arm and thigh contouring with liposuction and excisional techniques; Abdominoplasty, upper and lower, with hernia repair techniques; Back contouring

motus physical therapy and wellness: American Book Publishing Record , 2000-07

motus physical therapy and wellness: The Illustrated Encyclopedia of Body-mind Disciplines Nancy Allison, 1999 Introduces various programs and activities designed to awaken the links between mind, body, and spirit, including sensory therapies, subtle energy practices, massage, movement therapy methods, martial arts, yoga, meditation, and creative arts therapies.

motus physical therapy and wellness: *Reclaiming the Inner Child* Jeremiah Abrams, 1990 The child is the father of the man. -- Wordsworth The inner child, that vital but submerged part of the

self that connects us to both the joy and sadness of our childhood, is a key to our achieving fullest expression as adults. This child entity, says our editor Jeremiah Abrams, is the self we truly are and have always been, living within us in the here and now. This volume, a collection of 37 wide-ranging articles, defines and gives concrete reality to the abstract image of the inner child, revealing it to be the unifying symbol of the self, a symbol that represents, according to Carl Jung, the part of the human personality which wants to develop and become whole. The essays from depth psychology, literature, the 12-Step Program perspective, and other disciplines are woven together with Abrams' thoughtful commentary to address the compelling themes the inner child brings to our awareness. Many of the selections address very practical objectives. - Realizing the promise of the child within and living out its destiny. - Reclaiming the innocence, playfulness, and wonder of the child in adulthood. - Healing the abandoned or abused inner child and resolving old traumas. - Tapping the child as symbol for our creative energy. - Forgiving our parents. - Developing compassionate awareness to be a better parent. - Completing the deverse unfinished business of childhood.

motus physical therapy and wellness: Phenomenology and the Extreme Sport

Experience Eric Brymer, Robert Schweitzer, 2017-03-27 Understanding the motivations behind those who partake in extreme sports can be difficult for some. If the popular conception holds that the incentive behind extreme sports participation is entirely to do with risking one's life, then this confusion will continue to exist. However, an in-depth examination of the phenomenology of the extreme sport experience yields a much more complex picture. This book revisits the definition of extreme sports as those activities where a mismanaged mistake or accident would most likely result in death. Extreme sports are not necessarily synonymous with risk and participation may not be about risk-taking. Participants report deep inner transformations that influence world views and meaningfulness, feelings of coming home and authentic integration as well as a freedom beyond the everyday. Phenomenologically, these experiences have been interpreted as transcendent of time, other, space and body. Extreme sport participation therefore points to a more potent, life-enhancing endeavour worthy of further investigation. This book adopts a broad hermeneutic phenomenological approach to critique the assumed relationship to risk-taking, the death wish and the concept of No Fear in extreme sports, and repositions the experience in a previously unexplored manner. This is valuable reading for students and academics interested in Sports Psychology, Social Psychology, Health Psychology, Tourism, Leisure Studies and the practical applications of phenomenology.

motus physical therapy and wellness: *On the Warrior's Path, Second Edition* Daniele Bolelli, 2010-05-18 An entertaining and insightful history of martial arts and the role of the warrior, drawing on pop culture, philosophy, mythology, religion, and spirituality The urge to forge one's character by fighting, in daily life as well as on the mat, appeals to something deep within us. More than a collection of fighting techniques, martial arts constitute a path to developing body, spirit, and awareness. *On the Warrior's Path* connects the martial arts with this larger perspective, merging subtle philosophies with no-holds-barred competition, Nietzsche with Bruce Lee, radical Taoism and Buddhism with the Star Wars Trilogy, traditional martial arts with basketball and American Indian culture. At the center of all these phenomena is the warrior. Though this archetype seems to manifest contradictory values, author Daniele Bolelli describes the heart of this tension: how the training of martial technique leads to a renunciation of violence, and how overcoming fear leads to a unique freedom. Aimed at students at any level or tradition of martial arts but also accessible to the armchair warrior, *On the Warrior's Path* brings fresh insights to why martial arts remains an enduring and widespread art and discipline. Two new chapters in this second edition focus on spirituality in the martial arts and the author's personal journey in the field.

motus physical therapy and wellness: Global Perspectives on Women in Combat Sports

Christopher R. Matthews, Alex Channon, 2016-04-29 This volume offers a wide-reaching overview of current academic research on women's participation in combat sports within a range of different national and trans-national contexts, detailing many of the struggles and opportunities experienced by women at various levels of engagement within sports such as boxing, wrestling, and mixed

martial arts.

motus physical therapy and wellness: Fungal Metabolites Jean-Michel Mérillon, K. G. Ramawat,

motus physical therapy and wellness: Beaten But Not Broken Vanessa Govender, 2018 At the height of her journalism career, more than one million households across the country knew her name and her face. Her reportage on human suffering and triumph captivated viewers, and with it Vanessa Govender shot to fame as one of the first female Indian television news reporters in South Africa. Always chasing the human angle of any news story, Govender made a name for herself by highlighting stories that included the grief of a mother clutching a packet filled with the fragments of the broken bones of her children after they'd been hacked to death by their own father, and another story where she celebrated the feisty spirit of a little girl who was dying of old age, while holding onto dreams that would never be realised. Yet Govender, a champion for society's downtrodden, was hiding a shocking story of her own. In *Beaten But Not Broken*, she finally opens up about her deepest secret - one that so nearly ended her career in broadcast journalism before it had barely kicked off. She was a rookie reporter at the SABC in 1999. He was a popular radio disc jockey, the darling of the SABC's Lotus FM, a radio station catering to nearly half a million Indian people across South Africa. They were the perfect pair, or so it seemed. And if anyone suspected the nature of the abusive relationship, Govender says, she doesn't believe they knew the full extent of the horror that the popular DJ was inflicting on this intrepid journalist. The bruising punches, the cracking slaps, and the relentless episodes filled with beatings, kicking and strangling were as ferocious as the emotional and verbal abuse he hurled at her. No one would know the brutal and graphic details of Govender's story ... until now. In *Beaten But Not Broken*, this Indian woman does the unthinkable, maybe even the unforgiveable, in breaking the ranks of a close-knit conservative community to speak out about her five-year-long hell in this abusive relationship. Her story also lays bare her heart-breaking experiences as a victim of childhood bullying and being ostracised by some in her community for being a dark-skinned Indian girl. Govender tells a graphic story of extreme abuse, living with the pain, and ultimately of how she was saved by her own relentless fighting spirit to find purpose and love. This is a story of possibilities and hope; it is a story of a true survivor.

motus physical therapy and wellness: The Optimal Body Jen Esquer, 2022-01-11 Discover what optimal means within your own body to reduce pain, move better, and live longer. What is THE optimal body? The internet is flooded with people telling women what exercises to do or not to do, what posture is bad for them, and what tools will relieve their pain. The messaging can get confusing and is sometimes filled with false information. It can make women believe they need to look or function a certain way. The thing is, there is NO one-size-fits-all approach to human movement, exercise, or pain relief. As a Doctor of Physical Therapy, Doc Jen Esquer is not out to fix people; she is here to facilitate the journey toward rebuilding trust in your body. The Optimal Body will provide specific, practical tools that will: - Help you address your physical pain; turns out it's not as scary or bad as we've been taught - Examine how adapting your body (by optimizing your breathing, targeting specific body areas, and using manual techniques) can have massive impacts on how you feel pain and even help to reduce inflammation--without adding any new supplements - Teach you the tricks to overcoming stiffness, tightness, and recurring aches and pains - Provide you with self-assessments and effective exercises to get you understanding your body and moving in a better way, without having to buy some special gadget or expensive tool Doc Jen is going to cut through the BS and get real with you. The truth is that keeping it simple is better, and a regimen doesn't have to be complicated to be effective.

motus physical therapy and wellness: Fast Fwd Madeline Niebanck, 2020-04-06 Every year, approximately 795,000 people in the United States have a stroke. In spite of this shared experience, each individual is as diverse as they are resilient, and all stroke survivors have a unique story to tell. *Fast Fwd: The Fully Recovered Mindset* is an homage to one survivor's journey throughout the difficult process of stroke rehabilitation and appreciation for life after trauma. In this book, you'll learn: The importance of a positive mindset in recovery and life How to define or reshape your idea

of what it means to be fully recovered How to be resilient in the face of hardship And more! This book is written for the fellow stroke and brain injury survivor. It's for those seeking inspiration and direction after trauma. It's about making adjustments, pushing forward when you want to give up, sharing your story, celebrating your victory, and learning how to thrive!

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