

new york spine and wellness dewitt

New York Spine and Wellness DeWitt: Your Path to Relief and Wellness

Are you experiencing persistent back pain, neck stiffness, or debilitating headaches in the DeWitt, New York area? Finding the right healthcare provider can feel overwhelming, but your search ends here. This comprehensive guide dives deep into New York Spine and Wellness DeWitt, exploring their services, expertise, and the overall experience you can expect. We'll cover everything from their cutting-edge treatment options to patient testimonials, ensuring you have all the information needed to make an informed decision about your health journey. Let's unlock the path to lasting relief and improved wellness together.

Understanding New York Spine and Wellness DeWitt's Comprehensive Approach

New York Spine and Wellness DeWitt isn't just another chiropractic clinic; it's a holistic wellness center dedicated to providing personalized care. They understand that back pain, neck pain, and other musculoskeletal issues often stem from a complex interplay of factors. Their approach goes beyond addressing symptoms; they aim to identify the root cause of your discomfort and create a tailored treatment plan to address it effectively.

This comprehensive approach incorporates a variety of techniques, ensuring a truly individualized experience for each patient. Forget the one-size-fits-all approach; New York Spine and Wellness DeWitt prioritizes understanding your unique needs and medical history before recommending a course of action.

State-of-the-Art Treatments Offered at New York Spine and Wellness DeWitt

The clinic utilizes a range of advanced treatments, ensuring they can address a wide spectrum of spinal and musculoskeletal conditions. These include:

Chiropractic Care: Experienced chiropractors utilize spinal adjustments to restore proper alignment and reduce pain. They focus on gentle, precise techniques to minimize discomfort and maximize results.

Physical Therapy: Their skilled physical therapists develop customized exercise programs to strengthen muscles, improve flexibility, and enhance overall mobility. This plays a crucial role in long-term pain management and injury prevention.

Massage Therapy: Therapeutic massage helps to alleviate muscle tension, improve circulation, and reduce pain and inflammation. This can be a powerful complement to other treatments.

Spinal Decompression Therapy: For patients with specific conditions like herniated discs,

spinal decompression can provide significant pain relief by gently stretching the spine and reducing pressure on nerves.

Other modalities: Depending on individual needs, they may also incorporate other therapies such as acupuncture, trigger point therapy, or electrotherapy.

The dedication to staying at the forefront of medical advancements ensures patients receive the most effective and up-to-date treatments available. They invest in ongoing training and utilize the latest technology to guarantee optimal outcomes.

The Patient Experience at New York Spine and Wellness DeWitt

Beyond the advanced treatments, the patient experience is a key differentiator. New York Spine and Wellness DeWitt fosters a welcoming and supportive environment where patients feel comfortable and understood. From the moment you walk in, you'll be greeted by a friendly and professional staff committed to providing exceptional care.

This commitment to patient well-being extends beyond the clinical setting. They take the time to listen to your concerns, answer your questions thoroughly, and provide clear explanations of treatment plans. The goal is to empower you to take an active role in your recovery process. This personalized approach, coupled with their commitment to ongoing communication, results in a significantly improved patient experience.

Why Choose New York Spine and Wellness DeWitt?

Numerous factors contribute to making New York Spine and Wellness DeWitt a top choice for spinal and musculoskeletal care in DeWitt, NY:

Experienced and Qualified Professionals: The clinic boasts a team of highly skilled and experienced practitioners dedicated to providing the highest quality care.

Holistic Approach: Their emphasis on a holistic approach considers the interconnectedness of your physical and emotional well-being.

Personalized Treatment Plans: Each treatment plan is meticulously tailored to the individual's needs and goals.

State-of-the-Art Technology: They utilize advanced technology and techniques to ensure optimal treatment outcomes.

Comfortable and Welcoming Environment: The clinic provides a relaxed and supportive atmosphere that promotes healing and relaxation.

Convenient Location: The clinic's location in DeWitt, NY, makes it easily accessible for residents of the surrounding community.

Testimonials and Reviews - Real Patients, Real Results

The best testament to the effectiveness of New York Spine and Wellness DeWitt is the consistent positive feedback from their patients. Numerous online reviews highlight the clinic's commitment to excellence, the effectiveness of their treatments, and the overall positive patient experience. These testimonials consistently emphasize the clinic's friendly atmosphere, the practitioners' expertise, and the lasting relief many patients have

experienced. Reading these reviews can provide valuable insights and further build your confidence in choosing New York Spine and Wellness DeWitt.

Conclusion: Your Journey to a Healthier You Starts Here

If you're searching for relief from back pain, neck pain, or other musculoskeletal issues in the DeWitt, New York area, New York Spine and Wellness DeWitt is a leading choice. Their comprehensive approach, state-of-the-art treatments, and commitment to personalized care make them a standout in the field. Take the first step towards a healthier, pain-free life. Contact New York Spine and Wellness DeWitt today and schedule your consultation.

Frequently Asked Questions (FAQs)

1. Do I need a referral to see a doctor at New York Spine and Wellness DeWitt? No, referrals are typically not required. You can schedule an appointment directly.
1. What forms of payment does New York Spine and Wellness DeWitt accept? They typically accept most major credit cards, debit cards, and may also work with certain insurance providers. It's best to contact them directly to confirm accepted payment methods and insurance coverage.
1. What are the clinic's hours of operation? Their hours of operation are usually posted on their website and can also be confirmed by calling the clinic directly.
1. How long are typical appointments? Appointment lengths vary depending on the type of treatment and the individual's needs. A consultation usually takes longer than a follow-up appointment.
1. Does New York Spine and Wellness DeWitt offer emergency services? No, New York Spine and Wellness DeWitt is not an emergency care facility. For emergency situations, please contact your local emergency services.

2015-06-09 This practical text provides a clinical overview of the etiology, diagnosis and treatment for fibromyalgia. Current evidence-based treatments and guidelines are emphasized along with lifestyle modification suggestions for the patient. Also included is a review of current literature, research and emerging developments on this prevalent pain syndrome. A range of healthcare specialties, including pain management, rheumatology, neurology, internal medicine and family practice, will find this comprehensive guide to be a valuable resource to their routine treatment of fibromyalgia and improve patient's quality of life.

new york spine and wellness dewitt: The English Understand Wool (Storybook ND Series) Helen DeWitt, 2022-08-16 A modern amorality play about a 17-year-old girl, the wilder shores of connoisseurship, and the power of false friends Maman was exigeante—there is no English word—and I had the benefit of her training. Others may not be so fortunate. If some other young girl, with two million dollars at stake, finds this of use I shall count myself justified. Raised in Marrakech by a French mother and English father, a 17-year-old girl has learned above all to avoid mauvais ton (bad taste loses something in the translation). One should not ask servants to wait on one during Ramadan: they must have paid leave while one spends the holy month abroad. One must play the piano; if staying at Claridge's, one must regrettably install a Clavinova in the suite, so that the necessary hours of practice will not be inflicted on fellow guests. One should cultivate weavers of tweed in the Outer Hebrides but have the cloth made up in London; one should buy linen in Ireland but have it made up by a Thai seamstress in Paris (whose genius has been supported by purchase of suitable premises). All this and much more she has learned, governed by a parent of ferociously lofty standards. But at 17, during the annual Ramadan travels, she finds all assumptions overturned. Will she be able to fend for herself? Will the dictates of good taste suffice when she must deal, singlehanded, with the sharks of New York?

new york spine and wellness dewitt: Reverse Shoulder Arthroplasty Mark Frankle, Scott Marberry, Derek Pupello, 2015-10-20 Focusing exclusively on reverse shoulder arthroplasty (RSA) techniques and devices, this plentifully illustrated text covers all aspects of this important and innovative treatment for shoulder pain and dysfunction. The book begins with a history of RSA followed by a thorough overview of the basic science and biomechanics of the shoulder. Indications for and clinical applications of RSA in a number of surgical interventions are then described, including the revision of failed shoulder arthroplasty, setting in cases of glenoid and humeral bone loss and rotator cuff tears. A whole section is then dedicated to various commercial devices with descriptive expert analysis of the design and implementation of each. An examination of the current economic value of RSA, including cost effectiveness and expected cost outcomes, comprises the final section. Reverse Shoulder Arthroplasty can therefore be read either from start to finish, allowing orthopedic surgeons to appreciate the various perspectives offered, or by selecting specific topics of interest much like a "how-to manual" of either a particular device design or the treatment of a specific pathology.

new york spine and wellness dewitt: Neurosurgical Operative Atlas Philip A. Starr, Nicholas M. Barbaro, Paul S. Larson (MD.), 2009 Part of the second edition of the classic Neurosurgical Operative Atlas series, Functional Neurosurgery provides step-by-step guidance on the innovative and established techniques for managing epilepsy, pain, and movement disorders. This atlas covers the current surgical procedures, providing concise descriptions of indications and surgical approaches, as well as recommendations for how to avoid and manage postoperative complications. The authors describe the underlying physiological principles and state-of-the art recording techniques that are used for brain localization. This edition addresses topics that are rarely covered in other texts, including motor cortex stimulation for neuropathic pain, novel technical approaches for insertion of deep brain stimulator electrodes, and radiosurgery for movement disorders. Highlights: New chapters on the evolving indications for deep brain stimulation, frameless neuronavigation techniques, and interventional MRI-guided treatments More than 650 high-quality images demonstrating anatomy and surgical steps Consistent format in all chapters to enhance ease of use Ideal for neurosurgeons and residents, this operative atlas is a practical surgical guide that

will serve as both a reference and a refresher prior to performing a specific procedure. Series descriptionThe American Association of Neurological Surgeons and Thieme have collaborated to produce the second edition of the acclaimed Neurosurgical Operative Atlas series. Edited by leading experts in the field, the series covers the entire spectrum of neurosurgery in five volumes. In addition to Functional Neurosurgery, the series also features: Neuro-Oncology, edited by Behnam Badie Spine and Peripheral Nerves, edited by Christopher Wolfla and Daniel K. Resnick Pediatric Neurosurgery, edited by James Tait Goodrich Vascular Neurosurgery, edited by R. Loch Macdonald

new york spine and wellness dewitt: Sports Medicine , 1986

new york spine and wellness dewitt: *The Book of the Most Precious Substance* Sara Gran, 2022-02-08 The highly anticipated new thriller from internationally renowned author Sara Gran, author of *Come Closer* and the *Claire DeWitt* series. A mysterious book that promises unlimited power and unrivaled sexual pleasure. A down-on-her-luck book dealer hoping for the sale of a lifetime. And a twist so shocking, no one will come out unscathed. After a tragedy too painful to bear, former novelist Lily Albrecht has resigned herself to a dull, sexless life as a rare book dealer. Until she gets a lead on a book that just might turn everything around. *The Book of the Most Precious Substance* is a 17th century manual on sex magic, rumored to be the most powerful occult book ever written--if it really exists at all. And some of the wealthiest people in the world are willing to pay Lily a fortune to find it-if she can. Her search for the book takes her from New York to New Orleans to Munich to Paris, searching the dark corners of power where the world's wealthiest people use black magic to fulfill their desires. Will Lily fulfill her own desires, and join them? Or will she lose it all searching for a ghost? *The Book of the Most Precious Substance* is an addictive erotic thriller about the lengths we'll go to get what we need-and what we want.

new york spine and wellness dewitt: *Let Me Tell You* Shirley Jackson, 2015-08-04 NAMED ONE OF THE BEST BOOKS OF THE YEAR BY NPR • From the renowned author of "The Lottery" and *The Haunting of Hill House*, a spectacular volume of previously unpublished and uncollected stories, essays, and other writings. Features "Family Treasures," nominated for the Edgar Award for Best Short Story Shirley Jackson is one of the most important American writers of the last hundred years. Since her death in 1965, her place in the landscape of twentieth-century fiction has grown only more exalted. As we approach the centenary of her birth comes this astonishing compilation of fifty-six pieces—more than forty of which have never been published before. Two of Jackson's children co-edited this volume, culling through the vast archives of their mother's papers at the Library of Congress, selecting only the very best for inclusion. *Let Me Tell You* brings together the deliciously eerie short stories Jackson is best known for, along with frank, inspiring lectures on writing; comic essays about her large, boisterous family; and whimsical drawings. Jackson's landscape here is most frequently domestic: dinner parties and bridge, household budgets and homeward-bound commutes, children's games and neighborly gossip. But this familiar setting is also her most subversive: She wields humor, terror, and the uncanny to explore the real challenges of marriage, parenting, and community—the pressure of social norms, the veins of distrust in love, the constant lack of time and space. For the first time, this collection showcases Shirley Jackson's radically different modes of writing side by side. Together they show her to be a magnificent storyteller, a sharp, sly humorist, and a powerful feminist. This volume includes a Foreword by the celebrated literary critic and Jackson biographer Ruth Franklin. Praise for *Let Me Tell You* "Stunning."—O: The Oprah Magazine "Let us now—at last—celebrate dangerous women writers: how cheering to see justice done with [this collection of] Shirley Jackson's heretofore unpublished works—uniquely unsettling stories and ruthlessly barbed essays on domestic life."—Vanity Fair "Feels like an uncanny dollhouse: Everything perfectly rendered, but something deliciously not quite right."—NPR "There are . . . times in reading [Jackson's] accounts of desperate women in their thirties slowly going crazy that she seems an American Jean Rhys, other times when she rivals even Flannery O'Connor in her cool depictions of inhumanity and insidious cruelty, and still others when she matches Philip K. Dick at his most hallucinatory. At her best, though, she's just incomparable."—The Washington Post "Offers insights into the vagaries of [Jackson's] mind, which

was ruminant and generous, accommodating such diverse figures as Dr. Seuss and Samuel Richardson.”—The New York Times Book Review “The best pieces clutch your throat, gently at first, and then with growing strength. . . . The whole collection has a timelessness.”—The Boston Globe “[Jackson’s] writing, both fiction and nonfiction, has such enduring power—she brings out the darkness in life, the poltergeists shut into everyone’s basement, and offers them up, bringing wit and even joy to the examination.”—USA Today “The closest we can get to sitting down and having a conversation with . . . one of the most original voices of her generation.”—The Huffington Post

new york spine and wellness dewitt: The Patient Jasper DeWitt, 2020 The Silent Patient by way of Stephen King: Parker, a young, overconfident psychiatrist new to his job at a mental asylum, miscalculates catastrophically when he undertakes curing a mysterious and profoundly dangerous patient. In a series of online posts, Parker H., a young psychiatrist, chronicles the harrowing account of his time working at a dreary mental hospital in New England. Through this internet message board, Parker hopes to communicate with the world his effort to cure one bewildering patient. We learn, as Parker did on his first day at the hospital, of the facility's most difficult, profoundly dangerous case—a forty-year-old man who was originally admitted to the hospital at age six. This patient has no known diagnosis. His symptoms seem to evolve over time. Every person who has attempted to treat him has been driven to madness or suicide. Desperate and fearful, the hospital's directors keep him strictly confined and allow minimal contact with staff for their own safety, convinced that releasing him would unleash catastrophe on the outside world. Parker, brilliant and overconfident, takes it upon himself to discover what ails this mystery patient and finally cure him. But from his first encounter with the mystery patient, things spiral out of control, and, facing a possibility beyond his wildest imaginings, Parker is forced to question everything he thought he knew. Fans of Sarah Pinborough's *Behind Her Eyes* and Paul Tremblay's *The Cabin at the End of the World* will be riveted by Jasper DeWitt's astonishing debut.

new york spine and wellness dewitt: Emergency General Surgery Carlos V. R. Brown, Kenji Inaba, Matthew J. Martin, Ali Salim, 2018-11-09 The field of emergency general surgery encompasses a wide array of surgical diseases, ranging from the simple to the complex. These diseases may include inflammatory, infectious, and hemorrhagic processes spanning the entire gastrointestinal tract. Complications of abdominal wall hernias, compartment syndromes, skin and soft tissue infections, and surgical diseases are significantly complex in special populations, including elderly, obese, pregnant, immunocompromised, and cirrhotic patients. This book covers emergency general surgery topics in a succinct, practical and understandable fashion. After reviewing the general principles in caring for the emergency general surgery patient, this text discusses current evidence and the best practices stratified by organ system, including esophageal, gastroduodenal, hepatobiliary and pancreatic, small and large bowel, anorectal, thoracic, and hernias. Chapters are written by experts in the field and present a logical, straightforward, and easy to understand approach to the emergency general surgery patient, as well as provide patient care algorithms where appropriate. *Emergency General Surgery: A Practical Approach* provides surgeons and surgery residents with a practical and evidence-based approach to diagnosing and managing a wide array of surgical diseases encountered on emergency general surgery call.

new york spine and wellness dewitt: Human Acts Han Kang, 2017-01-17 FROM HAN KANG, WINNER OF THE 2024 NOBEL PRIZE IN LITERATURE “[Han Kang’s] intense poetic prose . . . confronts historical traumas and exposes the fragility of human life.”—The Nobel Committee for Literature, in the citation for the Nobel Prize The internationally bestselling author of *The Vegetarian* presents a “rare and astonishing” (The Observer) portrait of political unrest and the universal struggle for justice. “Compulsively readable, universally relevant, and deeply resonant . . . in equal parts beautiful and urgent.”—The New York Times Book Review Shortlisted for the International Dublin Literary Award • One of the Best Books of the Year: The Atlantic, San Francisco Chronicle, NPR, HuffPost, Medium, Library Journal Amid a violent student uprising in South Korea, a young boy named Dong-ho is shockingly killed. The story of this tragic episode unfolds in a sequence of interconnected chapters as the victims and the bereaved encounter suppression, denial,

and the echoing agony of the massacre. From Dong-ho's best friend who meets his own fateful end; to an editor struggling against censorship; to a prisoner and a factory worker, each suffering from traumatic memories; and to Dong-ho's own grief-stricken mother; and through their collective heartbreak and acts of hope is the tale of a brutalized people in search of a voice. An award-winning, controversial bestseller, *Human Acts* is a timeless, pointillist portrait of an historic event with reverberations still being felt today, by turns tracing the harsh reality of oppression and the resounding, extraordinary poetry of humanity.

new york spine and wellness dewitt: *Decision Making in Medicine* Stuart B. Mushlin, Harry L. Greene, 2009-10-27 This popular reference facilitates diagnostic and therapeutic decision making for a wide range of common and often complex problems faced in outpatient and inpatient medicine. Comprehensive algorithmic decision trees guide you through more than 245 disorders organized by sign, symptom, problem, or laboratory abnormality. The brief text accompanying each algorithm explains the key steps of the decision making process, giving you the clear, clinical guidelines you need to successfully manage even your toughest cases. An algorithmic format makes it easy to apply the practical, decision-making approaches used by seasoned clinicians in daily practice. Comprehensive coverage of general and internal medicine helps you successfully diagnose and manage a full range of diseases and disorders related to women's health, emergency medicine, urology, behavioral medicine, pharmacology, and much more. A Table of Contents arranged by organ system helps you to quickly and easily zero in on the information you need. More than a dozen new topics focus on the key diseases and disorders encountered in daily practice. Fully updated decision trees guide you through the latest diagnostic and management guidelines.

new york spine and wellness dewitt: *The Growing Spine* Behrooz A. Akbarnia, Muharrem Yazici, George H. Thompson, 2010-12-31 Spinal disorders in very young children may be caused by a variety of conditions. The treatment of such conditions is often challenging due to the age of the patient and the progressive nature of the deformity. There also may be associated problems such as congenital anomalies, respiratory insufficiency, and neurological problems. Depending on the etiology of the deformity, these children are often cared for by multiple specialists including pediatricians, pediatric orthopaedists or orthopaedic spine surgeons, neurologists, pediatric surgeons, pediatric neurosurgeons, oncologists, and/or pulmonologists. Health professionals in all of the mentioned disciplines are involved in the management of these patients, which is why compiling a comprehensive textbook that is not limited to orthopedic specialists is essential. This textbook will effectively help to standardize the care of these patients. Furthermore, other professionals such as nurses, physical therapists and healthcare professionals in training are usually not familiar with these conditions and are in need of a reference book to consult when caring for children with spinal deformities.

new york spine and wellness dewitt: *Interventional Endoscopic Ultrasound* Douglas G. Adler, MD, FACC, AGAF, FASGE, 2018-11-05 This volume provides a comprehensive, state-of-the-art overview on interventional endoscopic ultrasound (EUS). Each chapter covers a single procedure or related group of procedures, features a detailed literature evaluation and tips on these cutting edge endoscopic techniques, and is accompanied by a comprehensive endoscopic video and illustrative endoscopic and ultrasonographic images. The text also reviews adverse events related to interventional EUS, both how to avoid them and how to manage them when they arise. Written by to endoscopic experts in the field, *Interventional Endoscopic Ultrasound* is a valuable resource for practicing gastroenterologists who perform advanced endoscopy.

new york spine and wellness dewitt: *Neurological Complications of Therapy* Allen Silverstein, 1982

new york spine and wellness dewitt: *Spinal Arthroplasty* Richard Guyer, Jack Zigler, 2015-07-04 This is an exciting time for those involved in the care of patients with back pain. Generally, the goal in treating back pain patients is to reduce pain and increase function. Traditionally in spine surgery, as was the case many years ago for other joints, this goal has been pursued by eliminating motion of the symptomatic joint. Great progress was made years ago for hips

and knees with the development of total joint replacements that allowed painless motion of what had been a painful and disabling degenerative joint. Since the mid 1980s similar progress has been made for the spine. *Spinal Arthroplasty: A New Era in Spinal Care* provides a comprehensive overview of the philosophy of motion-sparing technology in the evolving arena of spinal arthroplasty. This book describes the type of patients being treated with these devices, the historical development of the implants, the techniques and technologies of spinal arthroplasty, clinical results, and a preview of the possibilities for the next generation of treatments. The contributing authors are experts in their respective areas of spinal arthroplasty, and, in some cases, they are the inventors of the devices. The experience and wisdom the editors and authors share give the reader a balanced understanding of the importance of motion preservation and stability in the management of degenerative disease. *Spinal Arthroplasty: A New Era in Spinal Care* will serve as an introduction to the less experienced in this philosophy of care as well as a reference tool for more experienced spinal care providers endeavoring to gain a greater understanding of the science that supports the preservation of motion in spinal reconstruction.

new york spine and wellness dewitt: *The Which Way Tree* Elizabeth Crook, 2024-02-15 When a panther attacks a family of homesteaders in the remote hill country of Texas, it leaves a young girl traumatised and scarred, and her mother dead. Samantha is determined to find and kill the animal and avenge her mother, and her half-brother Benjamin, helpless to make her see sense, joins her quest. Dragged into the panther hunters' crusade by the force and purity of Samantha's desire for revenge are a charismatic outlaw, a haunted, compassionate preacher, and an aged but relentless tracker dog. As the members of this unlikely posse hunt the giant panther, they in turn are pursued by a hapless, sadistic soldier with a score to settle. And Benjamin can only try to protect his sister from her own obsession, and tell her story in his uniquely vivid voice. The breathtaking saga of a steadfast girl's revenge against an implacable and unknowable beast, *The Which Way Tree* is a timeless tale full of warmth and humour, testament to the power of adventure and enduring love.

new york spine and wellness dewitt: *Reconstructive Urology* George D. Webster, Roger Kirby, Lowell King, Benad Goldwasser, 1992-12-01

new york spine and wellness dewitt: *Robotic Cardiac Surgery* Changqing Gao, 2013-11-23 *Robotic Cardiac Surgery* is a comprehensive guide to robotic/totally endoscopic cardiac surgery. The book is intended to provide in-depth information regarding the history of robotic surgical systems, their components and principles. It emphasizes patient selection, perioperative management, anesthesia considerations and management, operative techniques and management, postoperative care and results. Extensive, detailed photographs and illustrations of different kinds of robotic surgery are also included. It provides cardiac surgeons, cardiac anesthesiologists, and perfusionists with a comprehensive review of current robotic cardiac surgeries and related knowledge. Changqing Gao, MD, is a professor at the Department of Cardiovascular Surgery, PLA General Hospital, Beijing, China.

new york spine and wellness dewitt: *Tech Stress* Erik Peper, Ph.D., Richard Harvey, PH.D., Nancy Faass, MSW, MPH, 2020-08-25 A fresh, science-backed approach to reframing our often damaging relationship with technology—with tips on ergonomics, optimal screen-time, combatting 'brain drain', and more. Reclaim health, happiness, and sanity in a plugged-in world with this self-help guide for the 21st-century worker suffering from burnout, Zoom fatigue, shortened attention span, and smartphone addiction. Evolution shapes behavior—and as a species, we've evolved to be drawn to the instant gratification, constant connectivity, and the shiny lights, beeps, and chimes of our ever-present devices. In earlier eras, these hardwired evolutionary patterns may have set us up for success, but today they confuse our instincts, leaving us vulnerable and stressed out from fractured attention, missed sleep, skipped meals, aches, pains, and exhaustion. So how can we avoid the pitfalls programmed into modern technology use? *Tech Stress* offers real, practical tools to avoid the evolutionary traps that trip us up and to address the problems associated with technology overuse. You will find a range of effective strategies and best practices to individualize your workspace (in the office and at home), reduce physical strain, prevent sore muscles, combat

brain drain, and correct poor posture. The book also provides fresh insights on reducing stress and enhancing health.

new york spine and wellness dewitt: Enhancing Human Performance National Research Council, Division of Behavioral and Social Sciences and Education, Commission on Behavioral and Social Sciences and Education, Committee on Techniques for the Enhancement of Human Performance, 1988-01-01 In its evaluation, *Enhancing Human Performance* reviews the relevant materials, describes each technique, makes recommendations in some cases for further scientific research and investigation, and notes applications in military and industrial settings. The techniques address a wide range of goals, from enhancing classroom learning to improving creativity and motor skills.

new york spine and wellness dewitt: Ophthalmic Plastic Surgery Suzanne Freitag, Nahyoung Grace Lee, Daniel Lefebvre, Michael K. Yoon, 2020 A step-by-step guide to performing a wide range of ophthalmic plastic surgery procedures featuring author pearls and tricks of the trade *Ophthalmic Plastic Surgery: Tricks of the Trade* by renowned expert Suzanne Freitag and esteemed coeditors N. Grace Lee, Daniel Lefebvre, and Michael Yoon is a concise ophthalmic plastic surgery procedures reference ideal for residents and fellows, as well as more accomplished surgeons who wish to improve techniques and outcomes. Divided into 10 major sections and 46 separate topics, the book provides essential understanding of the basic principles and steps of each procedure, making it a perfect resource to consult prior to performing surgery. The first two sections include a detailed overview of the anatomy of the eyelids, orbit, and lacrimal system and discussion of fundamental principles of periorbital surgery. The subsequent eight sections cover eyelid trauma, lower eyelid, upper eyelid, eye brow, eyelid reconstruction, lacrimal, orbital surgery, and anophthalmic socket. The final section covers temporal artery biopsy, aberrant eyelash management, and tarsorrhaphy. Each chapter topic is formatted consistently - encompassing goals, advantages, expectations, key principles, indications, contraindications, preoperative preparation, operative technique, complications/bailout, postoperative care, and references. Key Features A distinguished group of national and international contributors share advanced tips, insightful pearls, and pitfalls to avoid, based on years of experience performing each procedure Numerous figures, color illustrations, photographs, and surgical videos demonstrate salient points Procedures are presented in a step-by-step manner, thereby enhancing reader comprehension and knowledge retention This a must-have resource for ophthalmic plastic surgeons. Ophthalmologists, otolaryngologists, facial plastic surgeons, plastic surgeons, dermatologists, and maxillofacial surgeons who perform procedures in the periorbital area will also find it beneficial. This book includes complimentary access to a digital copy on <https://medone.thieme.com>.

new york spine and wellness dewitt: The Wrist and Its Disorders David M. Lichtman, A. H. Alexander, 1997 Practical text on the anatomy, biomechanics, and disorders of the wrist. Increased coverage of occupational disorders, sports medicine, imaging of the wrist, and pediatric wrist disorders.

new york spine and wellness dewitt: Quality of Life and Pharmacoeconomics in Clinical Trials Bert Spilker, 1996 The Second Edition of this groundbreaking work refines the art and science of quality of life assessment and pharmacoeconomics and redefines the role of these evaluation parameters in clinical trials and health care decision-making. Dr. Spilker has assembled more than 200 experts from diverse clinical, research, and social science disciplines to provide a comprehensive reference on the methodology, interpretation, and use of quality of life and pharmacoeconomic studies. Expanded to four times its predecessor's size and scope, the Second Edition features: all-new sections on pharmacoeconomics and crucial health policy issues such as outcomes research a new, extensive section on cross-cultural and cross-national issues in quality of life assessment detailed information on specific tests and measures of quality of life comprehensive guidelines on choosing and administering tests and analyzing, interpreting, and presenting data many chapters on new topics such as phenomenology, assessment of spiritual status, and alternative/complementary medical treatments.

new york spine and wellness dewitt: Emerging Spine Surgery Technologies Terry Corbin, Patrick Connolly, Hansen Yuan, Qi-Bin Bao, Scott Boden, 2005-09-30 Today's spinal surgeons are poised at the threshold of technological breakthroughs that will enable them to restore the disc to like-new performance, make every fusion a certainty, and reverse osteoporotic fractures - all with minimally invasive procedures. Yet several of the final barriers to success are unlike those faced by earlier researchers and clinicians. Evidence-Based Medicine Evidence-based medicine, which requires different and more stringent clinical studies than those required for regulatory approval, is now the dominant decision methodology demanded by payers of health care. This is where the treatments to be used by tomorrow's spinal surgeon will be made or broken. To ensure reimbursement, physicians must have access to scientific evidence that a new product is not only safe and effective but also appropriate for a specific condition. This comprehensive book provides a solid evidence-based foundation for evaluating developments in the spine surgery arena. It is essential reading for all spine surgeons. *Emerging Spinal Surgery Technologies* presents the methods from which the gold standard of the next decade will most likely emerge. It thoroughly details what lies on the horizon in every discipline dedicated to treatment of the spine. And it outlines the many new considerations, FDA approval and ever-rising reimbursement standards by Medicare and the major health insurers, that will influence the course of future developments. Leading Authorities Chapters by distinguished individuals in the field preview the most promising developments in biologic and tissue engineering as applicable to spine fusion, repair and regeneration of the intervertebral disc, and spinal cord repair and regeneration. Chapters describing the leading methods of surgical navigation, often required to verify placement of devices and to visualize anatomy, are also included. Step-by-Step Surgical Technique for All Major Procedures Readers will find authoritative, step-by-step descriptions of surgical techniques and methods for spinal implants and disc replacements. In each chapter the authors outline patient indications and then guide the reader through the intricacies of each procedure. Numerous photographs and radiographs as well as ample boxes and tables add further detail. In addition, tips and tricks, problems and complications, as well as results and benefits are discussed.

new york spine and wellness dewitt: *Cardiorenal Syndrome in Heart Failure* W. H. Wilson Tang, Frederik H. Verbrugge, Wilfried Mullens, 2019-08-26 This comprehensive manual reviews the management of cardiorenal syndrome in heart failure. Chapters are structured in a practically applicable and easy-to-follow format with realistic case vignettes and key clinical management questions and answers, followed by a brief discussion of underlying pathophysiological mechanisms of a patient with cardiorenal syndrome. Building from this case, key questions are posed that are relevant to the clinical management and then potential evidence-based treatment strategies are proposed. Topics covered include loop diuretic resistance in acute and chronic heart failure, abdominal congestion, low output failure and potential diuretic complications due to hyponatremia. *Cardiorenal Syndrome in Heart Failure* thoroughly reviews cardiorenal syndrome from the perspective of both the cardiologist and nephrologist. Its case-based approach makes it an ideal resource for both practising and trainee cardiology and nephrology practitioners.

new york spine and wellness dewitt: *Adult Hydrocephalus* Daniele Rigamonti, 2014-02-06 Provides guidelines for managing this grossly underdiagnosed and undertreated condition, focusing on early detection and timely, effective interventions.

new york spine and wellness dewitt: *Otology and Neurotology* Nupur Kapoor Nerurkar, 2013-05-15 *Otology and Neurotology* provides guidance on the clinical and practical management of diseases of the ear and lateral skull base. It discusses the latest techniques and technologies that encompass the complex nature of the specialty. Topics important to the otologist and neurotologist, such as chronic ear disease, cochlear and brainstem implants, robotic surgery, and many others, are covered by experts in their fields. This book is an invaluable reference for residents, fellows, allied health professionals, comprehensive otolaryngologists, otologists, neurotologists, and skull base surgeons. Key Features: Applied anatomy and physiology of the ear and lateral skull base Evidence-based approach to diseases of the ear and lateral skull base Practical presentation of

cutting-edge concepts in otology and neurotology The contributors to this volume are internationally recognized experts in otology, neurotology, and lateral skull base surgery.

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stakeholders. As employers and employees, the role of people in construction must be to strive for the improvement of individual lives and society. This edited collection, which is the first book to focus specifically on placing value on people in construction, focuses on people at work, gender at work, conditions at work, and respect at work. In addition to an editorial overview, the book presents tested and refined empirical work and case studies by leading construction researchers from Africa, Australia, and Europe. Essential reading for researchers, students and professionals interested in construction management, the sociology of construction, HRM in construction, gender, work and health studies.

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has been largely destroyed and nearly always neglected.” In setting the record straight Du Bois produced what co-editor Eric Foner has called an “indispensable book,” a magisterial work of detached scholarship that is also imbued with passionate outrage. Presented in a handsome and authoritative hardcover edition prepared by Foner and co-editor Henry Louis Gates, Jr., *Black Reconstruction* is joined here for the first time with important writings that trace Du Bois’s thinking throughout his career about Reconstruction and its centrality in understanding the tortured course of democracy in America.

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