

rawlins rehabilitation and wellness

Rawlins Rehabilitation and Wellness: Your Journey to a Healthier You

Are you searching for a path to improved health and well-being in Rawlins? Feeling overwhelmed by pain, injury, or simply the daily grind? This comprehensive guide dives deep into the world of Rawlins Rehabilitation and Wellness, exploring the diverse services available, the benefits you can expect, and how to find the perfect fit for your needs. We'll unpack everything from physical therapy and occupational therapy to wellness programs and the importance of preventative care, all within the context of the Rawlins community. Let's embark on this journey together towards a healthier, happier you!

Understanding the Need for Rehabilitation and Wellness in Rawlins

Rawlins, like any community, faces its unique health challenges. Whether it's the physical demands of certain professions, the impact of an active outdoor lifestyle (potentially leading to injuries), or simply the stresses of modern life, the need for accessible and effective rehabilitation and wellness services is crucial. This post aims to provide a clear understanding of the options available locally and how to navigate the process of finding the right care.

Types of Rehabilitation Services Offered in Rawlins

Rawlins boasts a range of rehabilitation services designed to address a variety of needs. These commonly include:

Physical Therapy: This focuses on restoring physical function, improving mobility, and managing pain. Physical therapists in Rawlins can help with conditions ranging from sports injuries and arthritis to post-surgical recovery and neurological disorders. They use a variety of techniques, including exercises, manual therapy, and modalities like ultrasound and electrical stimulation.

Occupational Therapy: This therapy focuses on improving a person's ability to perform daily tasks. Occupational therapists in Rawlins work with individuals to adapt their environment and develop strategies to overcome challenges related to injury, illness, or disability. This can be particularly beneficial for those recovering from strokes, traumatic brain injuries, or other conditions affecting daily living skills.

Speech Therapy: While perhaps less prominently featured, speech therapy services might also be available in Rawlins, catering to individuals with communication disorders, swallowing difficulties, or cognitive impairments. These services are essential for restoring clear communication and improving quality of life.

Wellness Programs: Beyond Rehabilitation

Rehabilitation addresses existing issues, but preventative wellness is equally crucial. A proactive approach to health involves:

Preventive Care: Regular checkups, healthy lifestyle choices (diet, exercise), and stress management are cornerstones of preventative care. Many Rawlins healthcare providers likely offer guidance and resources for maintaining optimal health.

Ergonomic Assessments: For those with physically demanding jobs, ergonomic assessments can help identify and correct postures and workplace setups that contribute to injuries. This preventative measure can significantly reduce the risk of future rehabilitation needs.

Wellness Workshops and Classes: Look for local community centers or healthcare facilities offering workshops on topics like stress reduction, nutrition, and healthy aging. These proactive steps contribute to overall well-being.

Finding the Right Rehabilitation and Wellness Provider in Rawlins

Choosing the right provider is a crucial step. Consider the following factors:

Experience and Qualifications: Ensure the therapists are licensed and experienced in treating your specific condition. Check reviews and testimonials online.

Insurance Coverage: Verify that your insurance plan covers the services provided by the chosen provider.

Location and Accessibility: Select a facility conveniently located and easily accessible, considering factors like transportation and parking.

Treatment Philosophy: Look for a provider whose approach aligns with your preferences and goals. Some providers may focus on a specific therapeutic approach, while others offer a more holistic approach.

The Importance of a Holistic Approach to Rehabilitation and Wellness

A truly effective rehabilitation and wellness plan incorporates mind, body, and spirit. Consider these complementary approaches:

Mindfulness and Meditation: Stress reduction techniques can significantly improve recovery and overall well-being.

Nutrition: Proper nutrition plays a vital role in healing and preventing future health issues.

Support Systems: A strong social support network contributes to a successful rehabilitation journey.

By integrating these holistic elements, individuals can experience a more comprehensive and sustainable path to recovery and improved wellness.

Conclusion

Rawlins offers a range of rehabilitation and wellness services to support its community's health needs. By understanding the different types of services available, finding the right provider, and adopting a holistic approach, residents of Rawlins can embark on a journey toward a healthier, more fulfilling life. Remember to actively participate in your care and prioritize your well-being.

FAQs

1. Where can I find a list of rehabilitation providers in Rawlins? You can start by searching online directories, checking your insurance provider's network, or contacting your primary care physician for referrals.
1. What is the typical cost of physical therapy in Rawlins? The cost can vary depending on the provider, the type of services needed, and your insurance coverage. It's best to contact potential providers directly for a cost estimate.
1. Do all rehabilitation clinics in Rawlins accept all insurance plans? Not necessarily. Always verify your insurance coverage with the clinic before scheduling an appointment.
1. Are there any free or low-cost wellness programs available in Rawlins? Check with local community centers, hospitals, and non-profit organizations for potential programs.
1. What if I'm not sure what type of rehabilitation I need? A consultation with your physician or a healthcare professional can help determine the most appropriate type of rehabilitation or wellness program for your specific needs.

rawlins rehabilitation and wellness: Ergonomics for Rehabilitation Professionals

Shrawan Kumar, 2009-04-27 Despite the apparently distinct differences between the disciplines of ergonomics and rehabilitation, they deal with the same issues, although at different ends of the spectrum. Keeping this in mind, Ergonomics for Rehabilitation Professionals explores their

philosophies and goals, their parallel, divergent, and complementary aspects. It traces the

rawlins rehabilitation and wellness: *Deep End of the Pool Workouts* Melisenda Edwards, Katalin Wight, 2017-06-30 A guide to the hottest new trend in full-body, no-impact exercise—pool workouts where your feet never touch the bottom Whether you're a professional athlete or general fitness enthusiast, wouldn't you prefer a workout that's kinder to your joints while also producing amazing results? Thanks to the higher force required to move your body against water's resistance and the absence of any impact during the exercises, the workouts in this book do just that. By detailing proper form and technique, this handy guide makes sure you gain maximum benefit from your water workout, including greater: • SPEED • POWER • STRENGTH • FLEXIBILITY

rawlins rehabilitation and wellness: *Cooking and Screaming* Adrienne Kane, 2009-02-10 An inspiring, recipe-filled memoir about loss, recovery, and finding oneself through food and cooking. I rose from my wheelchair slowly, using the arms of the seat to steady myself; I managed to lift my weighty limbs and limp the three steps to the counter. Stirring left-handed, I did not want to leave the warmth of the kitchen. I felt good. And for a moment I forgot about the life that I was living. Being in the kitchen, the sights and smells, the smear of crimson tomato sauce on my borrowed apron, felt like a bit of home, a place that felt so far away. Adrienne Kane always loved food. Waiting by the oven for the sweet, crisp cookies she baked with her mother to emerge. Learning to create a simple yet delicious frittata with her best friend. Fueling long hours of work on her senior thesis with a satisfying tagliatelle. But just two weeks before her college graduation, Adrienne suffered a hemorrhagic stroke that left her paralyzed on the entire right side of her body. Once a dancer and aspiring teacher, she was now dependent on her loved ones, embarrassed by her disability, and facing an identity crisis. The next several years were a blur of doctors, therapists, rehabilitation, and frustration. Until she got back in the kitchen. It started with a stir. A stir and a taste. A little more salt. Maybe a side of crisp, sautéed potatoes. She learned to wield a chef's knife with her left hand, and to brace vegetables with her right. As she slowly stumbled from her quiet resting place at the kitchen table to where her mother stood by the stove, food became not only her sustenance and her solace, it became Adrienne's calling. She tested new recipes and created her own, crafting beautiful, delectable feasts for the people who had nurtured her -- her mother and father, who himself had survived a stroke several years earlier; the friends who encouraged her to write a cookbook; and, of course, the boyfriend-turned-husband who stood beside her all the way. Eventually, through determination, hard work, and a healthy portion of courage, she turned her culinary love into a career as a caterer, food writer, photographer, and recipe developer. Filled with simple, tempting recipes and complex, hard-won lessons, *Cooking and Screaming* is Adrienne's moving and heartfelt story of food, loss, work, and joy...and finding her identity through the most unlikely combination of ingredients.

rawlins rehabilitation and wellness: *Communication Is ... (First Edition)* Adam Tyma, 2019-10-29 Featuring diverse chapters written by thirty principal scholars in the discipline, *Communication Is...Perspectives on Theory* is an innovative and evocative collection that examines what communication theory is and how it functions. Throughout the text, each scholar offers unique and insightful perspective, exposing readers to the myriad ways in which to analyze, understand, and think about communication. The book helps readers envision communication in alternative ways and better understand how various ideas and viewpoints within the discipline can work together to expand the overarching definition of communication. Nineteen different completions of communication is give voice to contemplative and exceptional constructions of what communication is and what it accomplishes. The chapters are organized around four broad methods of defining communication: locating, processing, appreciating, and actualizing. Holistically, the text invites readers to discuss, interrogate, and work through various ideas, interpretations, and definitions of communication. Designed to stimulate lively discussion, deep introspection, and critical thought, *Communication Is...* serves as an ideal textbook for senior and graduate-level courses in the discipline. It is also an excellent resource for communication scholars who are inspired to challenge, develop, or revisit their own definitions and understanding of communication.

rawlins rehabilitation and wellness: Fundamentals of Case and Caseload Management Lee Ann Rawlins Williams, PhD, CRC, CFLE, Gina Oswald, PhD, CRC, LPC, 2024-04-15 Helps rehabilitation students and professionals successfully navigate the intricacies of case and caseload management in collaborative settings Brimming with valuable information, this is the only comprehensive text to spotlight the managerial aspects of case and caseload management in rehabilitation counseling. Anchored in real-world practice, proven strategies, and current research, it delivers the essential knowledge and practical skills needed to effectively manage cases and caseloads to provide the best possible support and services. The unique and integrated approach to education and professional development facilitates an interdisciplinary environment that supports effective and efficient decisions within a collaborative process. The text presents techniques for assessing the complexity and urgency of cases for appropriate prioritization along with strategies for streamlining case management processes, improving efficiency, and averting bottlenecks. It describes an improved management model with new terminology, caseload tools, and techniques developed within varied domains of rehabilitation. Additionally, the book focuses on methods for judiciously allocating resources, fostering effective communication and collaboration, time management, tips for efficient documentation and record-keeping, technological aids for streamlining workflow, ethical considerations, and risk management. It supports the ongoing needs of both in-person academic and online learning programs and can be implemented in flexible formats including courses, self-directed study, on-the-job training, and professional development. Students will benefit from Putting It into Practice sections, abundant case studies, and chapter discussion questions throughout the text. Instructors will also welcome an Instructor Manual, Test Bank, and chapter PowerPoints. Key Features: Weaves multicultural concepts and best practices throughout the text Offers insights and practical tips on fostering collaboration within multidisciplinary teams Focuses on the varied roles of rehabilitation professionals Provides unique chapters dedicated to the future of professional practice and to ethical practice in caseload management Helps students to think critically with Putting It into Practice sections Includes learning objectives, chapter introductions and summaries, and discussion questions in every chapter

rawlins rehabilitation and wellness: Empire City Matt Gallagher, 2021-01-26 From the author of *Youngblood* comes a “brilliant and daring” (Phil Klay, award-winning author of *Redeployment*) novel following a group of super-powered soldiers and civilians as they navigate an imperial America on the precipice of a major upheaval—for fans of *The Fortress of Solitude* and *The Plot Against America*. Thirty years after its great triumph in Vietnam, the United States has again become mired in an endless foreign war overseas. Stories of super soldiers known as the Volunteers tuck in little American boys and girls every night. Yet domestic politics are aflame—an ex-military watchdog group clashes with police while radical terrorists threaten to expose government experiments within the veteran rehabilitation colonies. Halfway between war and peace, the Volunteers find themselves waiting for orders in the vast American city-state, Empire City. There they encounter a small group of civilians who know the truth about their powers, including Sebastian Rios, a young bureaucrat wrestling with survivor guilt, and Mia Tucker, a wounded army pilot-turned-Wall Street banker. Meanwhile, Jean-Jacques Saint-Preux, a Haitian American Volunteer from the International Legion, decides he’ll do whatever it takes to return to the front lines. Through it all, a controversial retired general emerges as a frontrunner in the presidential campaign, promising to save the country from itself. Her election would mean unprecedented military control over the country, with promises of security and stability—but at what cost? “A passionate, scary, wise, and perhaps even prophetic novel” (Tim O’Brien, author of *The Things They Carried*), *Empire City* is a rousing vision of an alternate—yet all too familiar—America on the brink written by a “preeminent voice in American writing” (Sara Novic, author of *Girl at War*).

rawlins rehabilitation and wellness: Healed by Horses Carole Fletcher, 2011-02-22 Carole Fletcher's story opens on a November morning in 1975. She began this day as a striking young teacher in a happy relationship; a horse lover and car enthusiast -- ultimately, a young woman eager for what lay ahead. But a gasoline explosion changed all that, leaving her with second- and

third-degree burns over sixty-five percent of her body. At day's end, surgeons warned she had a one-in-ten chance of surviving the night and that even if she did, it would be more than likely she would never walk again -- let alone ride a horse. Carole surprised everyone: her family, her doctors, even herself. After seven months in the hospital and twenty-eight skin graft surgeries, she began to ride her beloved horse, Bailey. Thanks to the therapeutic nature of riding, she slowly regained almost full use of her legs. And though more surgery and almost four years of rehabilitation would follow, Carole eventually plunged into the world of performance with a clever trick horse named Dial. Carole Fletcher tells an inspiring and eloquent story of recovery and rebirth. *Healed by Horses* offers a compelling account of one woman's uncommon courage and perseverance, and illustrates the extraordinary connection possible between humans and horses, and how that bond can restore, motivate, and heal.

rawlins rehabilitation and wellness: The Devil You Know Gwen Adshead, Eileen Horne, 2021-07-20 In this "unmissable book" (The Guardian), an internationally renowned forensic psychiatrist and psychotherapist demonstrates the remarkable human capacity for radical empathy, change, and redemption. What drives someone to commit an act of terrible violence? Drawing from her thirty years of experience in providing therapy to people in prisons and secure hospitals who have committed serious offenses, Dr. Gwen Adshead provides fresh and surprising insights into violence and the mind. Through a collaboration with coauthor Eileen Horne, Dr. Adshead brings her extraordinary career to life in a series of unflinching portraits. Alongside doctor and patient, we discover what human cruelty, ranging from serial homicide to stalking, arson or sexual offending, means to perpetrators, experiencing firsthand how minds can change when the people some might label as "evil" are able to take responsibility for their life stories and get to know their own minds. With outcomes ranging from hope to despair, from denial to recovery, these men and women are revealed in all their complexity and shared humanity. In this era of mass incarceration, deep cuts in mental health care and extreme social schisms, this book offers a persuasive argument for compassion over condemnation. Moving, thought-provoking, and brilliantly told, *The Devil You Know* is a rare and timely book with the power to transform our ideas about cruelty and violence, and to radically expand the limits of empathy. "A welcome contribution to the literature of crime and rehabilitation" (Kirkus Reviews).

rawlins rehabilitation and wellness: Pelvic Pain, An Issue of Physical Medicine and Rehabilitation Clinics of North America Kelly Scott, 2017-07-14 This issue focuses on Pelvic Pain. Article topics include: Pelvic Pain-an overview; Anatomy and Physiology of the Pelvic Floor; Office Examination of Neuromuscular Pelvic Pain; Diagnostic Studies for Neuromuscular Pelvic Pain; Pelvic Floor Myofascial Pain and Associated Disorders; Bony and Ligamentous Causes of Pelvic Pain; Coccydynia; Neurogenic Pelvic Pain; Urologic and Gynecologic Sources of Pelvic Pain; Physical Therapy for the Treatment of Pelvic Pain; and more!

rawlins rehabilitation and wellness: A Charitable Body Robert Barnard, 2012-01-03 A new mystery set at one of England's stately homes and featuring beloved Yorkshire cop, Charlie Peace. By Diamond Dagger award winner Robert Barnard.

rawlins rehabilitation and wellness: Saving Manno Spencer Sekyer, 2019-04-02 An inspiring and uplifting memoir about one small-town teacher's eye-opening travels around the world and his relentless efforts to rescue a chimp in danger. As a child, Spencer Sekyer's world was a simple one. He grew up in a small town, where many of his days were spent hunting in the woods and pursuing his dream of becoming a professional athlete. But when his athletic career ended, he found himself seeking new goals. Spencer returned to school and became a teacher. Realizing he still had much to learn about the world, Spencer set out to explore its most dangerous areas. He traveled to Sierra Leone to volunteer in a local school, followed by trips to the West Bank, Afghanistan, and Haiti. Each time, Spencer returned home a little wiser, a little more emotionally mature, and a little more ready to give back to a world that had given him so much. In Duhok, Kurdistan, Spencer's journey took a new turn. After stumbling into a local zoo, Spencer formed an unlikely bond with Manno, a young chimpanzee who had been kidnapped from his family in central

Africa and sold into captivity. Determined to get Manno back to his home, Spencer began to investigate the shadowy, dangerous world of global animal trafficking. Facing resistance at every turn, and with ISIS closing in on Duhok, Spencer finally set in motion an international effort to get his friend to safety, before it was too late. Bursting with compassion, inspiration, and courage, *Saving Manno* is a testament to the fact that every one of us has the power to change lives and make the world a better place.

rawlins rehabilitation and wellness: The Oxford Handbook of Rehabilitation Psychology

Paul Kennedy, 2012-06-15 Rehabilitation psychology is one of the fastest growing fields in applied psychology and involves the application of psychological knowledge and skills to the understanding and treatment of individuals with physical disabilities. Rehabilitation psychologists aim to optimize outcomes in terms of health, independence, and daily functioning while also minimizing secondary health problems. The Oxford Handbook of Rehabilitation Psychology provides background and overview of the associated psychological processes and types of interventions that are critical in managing the consequences of disability and chronic disease. Psychological models and research have much to contribute to those working with the physical disabilities; this volume has a broad cognitive behavioral focus within the general banner of the biopsychosocial framework. The editor has successfully brought together contributions from a range of well-established and experienced researchers and practitioners from a wide variety of clinical and academic contexts. They highlight the critical psychological aspects, review applied interventions, and consider the wider conceptual, clinical and professional themes associated with disability and society.

rawlins rehabilitation and wellness: HEALTHY GUT, HEALTHY YOU ADRIAN. SCHULTE, 2020

rawlins rehabilitation and wellness: *Through the Glass* Shannon Moroney, 2012-10-09 A remarkably compelling and harrowing story of love and betrayal and one woman's pursuit of justice, redemption, and healing. "One month into our marriage, my husband committed horrific violent crimes. In that instant, the life I knew was destroyed. I vowed that one day I would be whole again. This is my story." An impassioned, harrowing, and ultimately hopeful story of one woman's pursuit of justice, forgiveness, and healing. When Shannon Moroney got married in October 2005, she had no idea that her happy life as a newlywed was about to come crashing down around her. One month after her wedding, a police officer arrived at her door to tell her that her husband, Jason, had been arrested and charged in the brutal assault and kidnapping of two women. In the aftermath of these crimes, Shannon dealt with a heavy burden of grief, the stress and publicity of a major criminal investigation, and the painful stigma of guilt by association, all while attempting to understand what had made Jason turn to such violence. In this intimate and gripping journey into prisons, courtrooms, and the human heart, Shannon reveals the far-reaching impact of Jason's crimes and the agonizing choices faced by the loved ones of offenders. In so doing, she addresses the implicit dangers of a correctional system and a society that prioritize punishment over rehabilitation and victimhood over recovery.

rawlins rehabilitation and wellness: Enough Gabrielle Giffords, Mark Kelly, 2014-09-30

Former Congresswoman Gabrielle Giffords and her husband, astronaut Mark Kelly, share their impassioned argument for responsible gun ownership. After the 2011 Tucson shooting that nearly took her life, basic questions consumed Gabby Giffords and her family: Would Gabby survive the bullet through her brain? Would she walk again? Speak? Her hard-won recovery, though far from complete, has now allowed her and Mark to ask larger questions that confront us as a nation: How can we address our nation's epidemic of gun violence? How can we protect gun rights for law abiding citizens, while keeping firearms out of the hands of criminals and the mentally ill? What can we do about gun trafficking and other threats to our communities? Enough goes behind the scenes of Gabby and Mark's creation of Americans for Responsible Solutions, an organization dedicated to promoting responsible gun ownership and encouraging lawmakers to find solutions to gun violence, despite their widespread fear of the gun lobby. As gun owners and strong supporters of the Second Amendment, Gabby and Mark offer a bold but sensible path forward, preserving the right to own

guns for collection, recreation, and protection while taking common-sense actions to prevent the next Tucson, Aurora, or Newtown. Poll after poll shows that most Americans agree with Gabby and Mark's reasonable proposals. As the book follows Gabby and Mark from the halls of Congress to communities across the country, it provides an intimate window into the recovery of one of our nation's most inspiring public figures and reveals how she and her husband have taken on the role of co-advocates for one of the defining issues of our time.

rawlins rehabilitation and wellness: Traffik Norman Jean Roy, Kevin Bales, 2008-10-25 In January 2008, Roy went to Cambodia to spearhead Traffik, a project that would expose the grave reality of women trapped in the sex industry. Inspired by Somaly Mam, a former sex-slave who worked at reintegrating these women back into society, Roy began the emotionally taxing work of photographing the victims. With access to both the brothels and rehabilitation centres, Roy captured the powerful stories of rape, girls being sold by their mothers, bartered for, exchanged and sold across borders. These images attempt to give them a voice.

rawlins rehabilitation and wellness: *Walk It Off* Ruth Marshall, 2018-01-02 Furiously Happy meets Elaine Lui in this truly original—and surprisingly hilarious—memoir about one woman's journey to learn how to walk after a debilitating diagnosis turned her life upside down. Learn How to Walk (Again) To-Do List: Step 1: Stand Step 2: Step Step 3: Pee (Yes!) Step 4: Walk with walker Step 5: Walk with sticks Step 6: Walk without props Recreational interlude for sex Step 7: RUN! Ruth Marshall—power mom, wife, actor, and daughter—was in great health, until one day, her feet started to tingle. She visited doctors and specialists for tests, but no one could figure out the cause of her symptoms. Was she imagining those pesky tingles? She tried to brush it off, even as she tripped over curbs and stumbled into people. Clumsiness is charming, right? But when Ruth suddenly couldn't feel her legs at all, she knew something was terribly wrong. Her fears were confirmed by an MRI revealing a rare tumour that had been quietly growing on her spine for more than a decade. Within days, surgery was scheduled, and after the intense eight-hour ordeal, Ruth woke up to find her legs and feet had forgotten how to do...well, everything. The question that burned in her mind was, "Will I ever walk again?" What Ruth thought would be three days in the hospital turned into months of rehabilitation as she relearned not only how to walk, run, pee, and even have sex again, but how to better appreciate everyone around her—including her devoted husband, her two young sons, her worried parents, her sisters, her loving friends, and the caring staff at the rehab center who help her tackle her recovery head-on. Laugh-out-loud outrageous and searingly honest, this is a memoir that not only entertains but inspires readers to put their best foot forward and walk off anything life throws their way.

rawlins rehabilitation and wellness: *Mind Body Effect* Herbert Benson, 2015-11-14 From the author of #1 bestseller *The Relaxation Response* comes a practical guide to how behavioral medicine can counteract the harmful effects of stress and help you regain control of your health. "In *The Mind/Body Effect*, Herbert Benson, MD, redefines medical care as a process in which the mind and body are tended as components of a single vital organism, and calls upon individual patients to share with physicians the responsibility for their own medical well-being. Writing with brilliant clarity, he exposes hypes and commercialism within a society obsessed with health and terrified of pain. *The Mind/Body Effect* may be the most important medical book for laymen since Dr. Benson's *The Relaxation Response*."—Noah Gordon, publisher, *Journal of Human Stress* "In their avid pursuit of better health, millions of Americans are making themselves less healthy. Ironically, their doctors often make things worse instead of better. In this fascinating book, Dr. Benson tells us—patients and doctors alike—how to break the vicious cycle."—David W. Ewing, executive editor, *Harvard Business Review* "The next great advance in the health of the American people will come not from hospitals or laboratories but from what they learn to do for themselves. *The Mind/Body Effect* represents a major step in that direction."—C. Norman Shealy, MD, PhD, codirector, The Pain and Health Rehabilitation Center

rawlins rehabilitation and wellness: Beyond Measure Vicki Abeles, Grace Rubenstein, 2015-10-06 From the director of *Race to Nowhere* comes a ... book for parents, students, and

educators on how to revolutionize learning, prioritize children's health, and re-envision success for a lifetime--

rawlins rehabilitation and wellness: *The Patch* Chris Turner, 2017-09-19 In its heyday, the oil sands represented an industrial triumph and the culmination of a century of innovation, experiment, engineering, policy, and finance. Fort McMurray was a boomtown, the centre of a new gold rush, and the oil sands were reshaping the global energy, political, and financial landscapes. The future seemed limitless for the city and those who drew their wealth from the bitumen-rich wilderness. But in 2008, a new narrative for the oil sands emerged. As financial markets collapsed and the scientific reality of the Patch's effect on the environment became clear, the region turned into a boogeyman and a lightning rod for the global movement combatting climate change. Suddenly, the streets of Fort McMurray were the front line of a high-stakes collision between two conflicting worldviews--one of industrial triumph and another of environmental stewardship--each backed by major players on the world stage. The Patch is the seminal account of this ongoing conflict, showing just how far the oil sands reaches into all of our lives. From Fort Mac to the Bakken shale country of North Dakota, from Houston to London, from Saudi Arabia to the shores of Brazil, the whole world is connected in this enterprise. And it requires us to ask the question: In order to both fuel the world and to save it, what do we do about the Patch?--

rawlins rehabilitation and wellness: *Acid Reflux in Children* Jamie Koufman, Julie L. Wei, Karen B Zur, 2018-05-15 A Parent's Guide to Reflux in Infants, Children & Teens "Meeting Dr. Jamie Koufman completely changed my life. My symptoms of chronic cough and shortness of breath had been diagnosed since my childhood as asthma. Dr. Koufman identified that I had reflux, not asthma, and guided me step by step how to cure it. I have my life back and I owe it all to Dr. Koufman's insight and help." -Suze Orman, Host of the Suze Orman Show, CNBC This is an important book that will help change how America eats and guide parents to heal our needlessly sick children and adolescents. There are 80 million infants, children and teens in America, and most have unhealthy diets. Every year, tens of millions are misdiagnosed as having asthma, allergies, nasal congestion, ear infections, chronic cough and croup, when the real problem is acid reflux. A bad diet and childhood obesity are both strongly associated with reflux. So, when a child has a respiratory disease and is not getting better with medical treatment, we believe parents should consider that reflux may be the problem. Why? Because it can be fixed! Reflux is the greatest masquerader of our time. It can be the cause of almost any kind of respiratory symptom or disease. Unlike adults who may have obvious reflux symptoms (indigestion and heartburn), children are almost always "silently refluxing," and silent means that reflux is mysterious, difficult to diagnose and easy to overlook. Kids with reflux rarely complain of heartburn or indigestion. Respiratory reflux is the missing link between bad diet and many symptoms. Today, respiratory reflux is so common it is almost invisible. Pediatricians and medical specialists often diagnose children with asthma, sinusitis or allergy, when what they really have is reflux. Doctors all too frequently prescribe children antacid medications without beneficial effects. The real villain is not vanquished by pills. Most medications won't do a thing for children's reflux symptoms and can sometimes cause more harm than good. Reflux is not only uncomfortable and inconvenient, it's dangerous. If left untreated, reflux can wreak havoc on a child's ears, nose, throat, airways, lungs and digestive system. Our successful reflux rehabilitation program is a platform for change, with the long-term goal of health maintenance and disease prevention. And, for overweight children, another benefit of this book's reflux program is that they will lose weight naturally and slowly with a diet that is simply "lean, clean, green and alkaline." When we fix a child's reflux, parents' knowledge translates to significant dietary changes for the entire family. Out go the juice, soda, chocolate milk and other unhealthy choices. When parents understand that too much acid and sugar in the diet, and eating supper too late in the day has a big negative impact on the family's health, they act. Their children's well-being is at stake. Once reflux is identified or even suspected, the fix is more in parents' control than many realize. *Acid Reflux in Children* is the revolutionary book for parents who want to help their children lead healthy, active lives, free of acid reflux and the many other symptoms this condition can create. Here's to our future - HEALTHY

CHILDREN!

rawlins rehabilitation and wellness: National Directory of Drug and Alcohol Abuse Treatment Programs , 2008

rawlins rehabilitation and wellness: IOC Manual of Sports Cardiology Mathew G. Wilson, Jonathan A. Drezner, Sanjay Sharma, 2016-12-19 Chapter 8 Cardiovascular Screening for the Prevention of Sudden Cardiac Death in Athletes Introduction; The Risk of Sudden Death in Athletes; Rationale for Screening Competitive Athletes; The Screening Programmes Implemented in Italy; Rationale for Including a 12-Lead ECG in the PPE ; Efficacy of Screening to Identify Cardiac Disease Risk; Impact of the Screening Programme on Cardiac Mortality; Costs of Systematic Screening across Italy; Limitations of Screening Programmes; Conclusion; References

rawlins rehabilitation and wellness: *The Biopsychosocial Model of Health and Disease* Derek Bolton, Grant Gillett, 2019-03-28 This open access book is a systematic update of the philosophical and scientific foundations of the biopsychosocial model of health, disease and healthcare. First proposed by George Engel 40 years ago, the Biopsychosocial Model is much cited in healthcare settings worldwide, but has been increasingly criticised for being vague, lacking in content, and in need of reworking in the light of recent developments. The book confronts the rapid changes to psychological science, neuroscience, healthcare, and philosophy that have occurred since the model was first proposed and addresses key issues such as the model's scientific basis, clinical utility, and philosophical coherence. The authors conceptualise biology and the psychosocial as in the same ontological space, interlinked by systems of communication-based regulatory control which constitute a new kind of causation. These are distinguished from physical and chemical laws, most clearly because they can break down, thus providing the basis for difference between health and disease. This work offers an urgent update to the model's scientific and philosophical foundations, providing a new and coherent account of causal interactions between the biological, the psychological and social.

rawlins rehabilitation and wellness: *Embodiment in Qualitative Research* Laura L. Ellingson, 2017-04-07 Practices for Inscribing Bodies in Data -- Chapter 7: Analyzing Bodies: Embodying Analysis across the Qualitative Continuum -- Doing Legwork: On Thinking through Data with Mind-Altering Medications -- Data Analysis as Material Practice -- Analysis as Always Already Embodied -- Head, Heart, and Gut Analysis -- Practices for Embodied Analysis -- Chapter 8: Speaking of/for Bodies: Embodying Representation -- Doing Legwork: Where Social Science Meets Art -- What's In and What Lurks Outside -- (De)Composing Bodies -- Subjugated Knowledges/Knowledge of Subjugation -- Radical Specificity -- Refracting Bodies through Crystallization -- Practices for Embodying Representation -- Postscript: Common Threads -- Doing Legwork: A Calling -- Pulling Threads -- Materializing Social Change -- Knot -- References -- Index.

rawlins rehabilitation and wellness: *Old New York* Edith Wharton, 2008-06-30 Four novellas by the Pulitzer Prize-winning author of *The Age of Innocence*, brilliantly capturing New York of the 1840s, '50s, '60s, and '70s. The four short novels in this collection are set in the New York of the 1840s, '50s, '60s, and '70s, each one revealing the codes and customs that ruled society, portrayed with the keen style that is uniquely Edith Wharton's. Originally published in 1924 and long out of print, these tales are vintage Wharton, dealing boldly with such themes as infidelity, illegitimacy, jealousy, the class system, and the condition of women in society. Included in this remarkable quartet are *False Dawn*, which concerns the stormy relationship between a domineering father and his son; *The Old Maid*, the best known of the four, in which a young woman's secret illegitimate child is adopted by her best friend—with devastating results; *The Spark*, about a young man's moral rehabilitation, which is sparked by a chance encounter with Walt Whitman; and *New Year's Day*, an O. Henryesque tale of a married woman suspected of adultery. *Old New York* is Wharton at her finest.

rawlins rehabilitation and wellness: *Child Soldiers* Leora Kahn, 2008-10-14 Photographs by: Ghaith Abdul-Ahad, Lynsey Addario, Martin Adler, Richard Butler, Francesco Cito, Gary Calton, Chris de Bode, Donna De Cesare, Miquel Dewever Plana, Tiane Doan na Champassak, Colin Finlay,

Riccardo Gangale, Cedric Gerbehaye, Jan Grarup, Tim A. Hetherington, Rhodri Jones, Bob Koenig, Roger Lemoyne, Zed Nelson, Peter Mantello, Heather McClintock, Olivier Pin Fat, Giacomo Pirozzi, Q. Sakamaki, Marcelo Salinas, Dominic Sansoni, Guy Tillim, Sven Torfinn, Ami Vitale, Vincent van de Wijngaard, Tomas van Houtryve, Kadir van Lohuizen, Alvaro Ybarra-Zavala, Francesco Zizola

Essay by: Jo Becker, Jimmi Briggs, Dick Durbin, Emmanuel Jal, Michael Wessells

I would like to give you a message. Please do your best to tell the world what is happening to us, the children, so that other children don't have to pass through this violence. -A 15-year-old girl who escaped from the Lord's Resistance Army in Uganda

Up to half a million children have been engaged in more than 85 conflicts worldwide. As armed conflict proliferates, increasing numbers of children are exposed to the brutalities of war. Boys and girls around the world are recruited to be child soldiers by armed forces and militant groups, either forcibly or voluntarily. Some are tricked into service by manipulative recruiters, others join in order to escape poverty or discrimination, while still others are outright abducted at school, on the streets, and at home. Aside from participating in combat, many are used for sexual purposes, made to lay and clear land mines, or employed as spies, messengers, porters, or servants. Kids have become the ultimate weapons of twenty-first-century war. *Child Soldiers* focuses on countries with a history of child warfare, as captured by photographers and writers from across the globe. The book explores the children's time as combatants, as well as their demobilization and rehabilitation. Included are Tim Hetherington's photographs from Liberia; Roger Lemoyne and Cedric Gerbehaye's work from the Congo; Ami Vitale's series on child Maoist recruits in Nepal; and other work from Burma, Columbia, the Central African Republic, Sri Lanka, Afghanistan, and Palestine.

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rawlins rehabilitation and wellness: *High Before Homeroom* Maya Sloan, 2010-06-22 Losers, now you can get the bad-boy rep the girls find positively irresistible! Unleash your dark side with the Doug Schaffer plan for drug addiction and rehabilitation! (Kids, don't try this at home.) At sixteen years old, Doug Schaffer knows two things for sure: 1. He is doomed to live in the shadow of his older brother, Trevor, a former high school football star who is stationed in Iraq. 2. Free-spirited Laurilee, the hot ear-piercing girl at the mall, only dates bad boys. Cue Doug's foolproof plan to tarnish his own unremarkable reputation. The first step is to develop a drug addiction. His mom's too preoccupied with organizing care packages for Mothers Support Our Troops Northwest Oklahoma City Chapter to stop him. Besides, he just needs to get hooked on meth long enough to come back from rehab a totally different person. Someone people notice. With the help of Trevor's strung-out former high-school buddy, drug addict Doug has the confidence that loser Doug never mustered. He stays out all night, scores girls, and stands up for himself. Then Trevor unexpectedly returns home with a dark secret of his own, and everything Doug thought was true is shattered. Soon the brothers find a common ground they never knew they shared as they discover the price of pleasing others is the freedom to be yourself.

rawlins rehabilitation and wellness: *Doable* Deborah Reber, 2015-01-20 Offers a guide for teenage girls to develop a strategy for setting goals and achieving them through a straightforward, step-by-step process.

rawlins rehabilitation and wellness: *Always Outnumbered, Always Outgunned* Walter Mosley, 2010-06-22 Mournful, insightful, and mystical...Mosley's best work of fiction. —Elle New York Times bestselling author Walter Mosley introduces us to Socrates Fortlow, an astonishing character (Los Angeles Times Book Review) in this acclaimed collection of linked stories. I either committed a crime or had a crime done to me every day I was in jail. Once you go to prison you belong there. Socrates Fortlow has done his time: twenty-seven years for murder and rape, acts forged by his own two rock-breaking hands. Now, he has come home to a new kind of prison: two battered rooms in an

abandoned building in Watts. Working a dead-end job at the supermarket and moving perilously close to invisibility, Socrates seeks inner truth and redemption amid the violence and hopelessness of South Central Los Angeles. In fourteen intertwining tales, Socrates grapples with situations that are never easy as he attempts to hold on to a job and offer a lifeline to a young man on his same bloodstained path. In Socrates's battle-scarred wisdom, there is hope of turning the world around in this powerful, hard-hitting, unrelenting, poignant short fiction (Booklist).

rawlins rehabilitation and wellness: The Freedom Model for Addictions Steven Slate , Mark W. Scheeren, Michelle L. Dunbar, 2017-11-20

rawlins rehabilitation and wellness: *Gerontological Nursing: Competencies for Care* Kristen L. Mauk, 2010-10-25 Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition. *Gerontological Nursing: Competencies for Care*, Second Edition is a comprehensive and student-accessible text that offers a holistic and inter-disciplinary approach to caring for the elderly. The framework for the text is built around the Core Competencies set forth by the American Association of Colleges of Nursing (AACN) and the John A. Hartford Foundation Institute for Geriatric Nursing. Building upon their knowledge in prior medical surgical courses, this text gives students the skills and theory needed to provide outstanding care for the growing elderly population. It is the first of its kind to have more than 40 contributing authors from many different disciplines. Some of the key features include chapter outlines, learning objectives, discussion questions, personal reflection boxes, and case studies.

rawlins rehabilitation and wellness: 2012-2013 College Admissions Data Sourcebook West Edition ,

rawlins rehabilitation and wellness: *Youngblood* Matt Gallagher, 2016-02-02 "An urgent and deeply moving novel" (Michiko Kakutani, The New York Times) about a young American soldier struggling to find meaning during the final, dark days of the War in Iraq. The US military is preparing to withdraw from Iraq, and newly minted lieutenant Jack Porter struggles to accept how it's happening—through alliances with warlords who have Arab and American blood on their hands. Day after day, Jack tries to assert his leadership in the sweltering, dreary atmosphere of Ashuriyah. But his world is disrupted by the arrival of veteran Sergeant Daniel Chambers, whose aggressive style threatens to undermine the fragile peace that the troops have worked hard to establish. As Iraq plunges back into chaos and bloodshed and Chambers's influence over the men grows stronger, Jack becomes obsessed with a strange, tragic tale of reckless love between a lost American soldier and Rana, a local sheikh's daughter. In search of the truth and buoyed by the knowledge that what he finds may implicate Sergeant Chambers, Jack seeks answers from the enigmatic Rana, and soon their fates become intertwined. Determined to secure a better future for Rana and a legitimate and lasting peace for her country, Jack will defy American command, putting his own future in grave peril. For fans of Phil Klay's *Redeployment* or Ben Fountain's *Billy Lynn's Long Halftime Walk*, *Youngblood* provides startling new dimension to both the moral complexity of war and its psychological toll.

rawlins rehabilitation and wellness: Family-centered Care for Children Needing Specialized Health and Developmental Services Terri L. Shelton, Jennifer Smith Stepanek, 1994 This monograph articulates eight key elements of a family-centered approach to policy and practice for children needing specialized health and developmental services. An introductory section reviews the development of the first edition of the monograph in 1987 and its widespread dissemination and acceptance since that time. Each of the following eight chapters then addresses one of the following elements: (1) recognition that the family is the constant in the child's life, while the service systems and support personnel within those systems fluctuate; (2) facilitation of family/professional collaboration at all levels of hospital, home, and community care; (3) exchange of complete and unbiased information between families and professionals in a supportive manner; (4) respect for cultural diversity within and across all families including ethnic, racial, spiritual, social, economic, educational, and geographic diversity; (5) recognition of different methods of coping and promotion of programs providing developmental, educational, emotional, environmental, and financial supports

to families; (6) encouragement of family-to-family support and networking; (7) provision of hospital, home, and community service and support systems that are flexible, accessible, and comprehensive in meeting family-identified needs; and (8) appreciation of families as families, recognizing their wide range of strengths, concerns, emotions, and aspirations beyond their need for specialized health and developmental services and support. Checklists for evaluating these elements are attached. (Contains 160 references.) (DB)

rawlins rehabilitation and wellness: Health Issues in the Black Community Ronald L. Braithwaite, Sandra E. Taylor, Henrie M. Treadwell, 2009-10-22 Health Issues in the Black Community THIRD EDITION The outstanding editors and authors of Health Issues in the Black Community have placed in clear perspective the challenges and opportunities we face in working to achieve the goal of health equity in America. David Satcher, MD, PhD, 16th Surgeon General of the United States and director, Satcher Health Leadership Institute at Morehouse School of Medicine Eliminating health disparities must be a central goal of any forward thinking national health policy. Health Issues in the Black Community makes a valuable contribution to a much-needed dialogue by focusing on the challenges of the black community. Marc Morial, Esq., president, National Urban League Health Issues in the Black Community illuminates comprehensively the range of health conditions specifically affecting African Americans, and the health disparities both within the black community and between racial and ethnic groups. Each chapter, whether addressing the health of African Americans by age, gender, type of disease, condition or behavior, is well-detailed and tells an important story. Together, they offer practitioners, consumers, scholars, and policymakers a crucial roadmap to address and change the social determinants of health, reduce disparities, and create more equal treatment for all Americans. Risa Lavizzo-Mourey, MD, MBA, president, Robert Wood Johnson Foundation I recommend Health Issues in the Black Community as a must-read for anyone concerned about the future of the African American community. Health disparities continues to be one of the major issues confronting the black community. This book will help to highlight the issues and keep attention focused on the work to be done. Elsie Scott, PhD, president of the Congressional Black Caucus Foundation This book is the definitive examination of health issues in black America issues sadly overlooked and downplayed in our culture and society. I congratulate Drs. Braithwaite, Taylor, and Treadwell for their monumental book. Cornel West, PhD, professor, Princeton University

rawlins rehabilitation and wellness: *The Culprit & the Cure* Steven G. Aldana, 2005 This book presents a wealth of evidence that reveals how a healthy diet, exercise, and other healthy lifestyles can impact life-span and the risk of cancer, heart disease, diabetes and other chronic diseases. It provides easy-to-follow guidelines that will help individuals begin and maintain a healthy lifestyle for life. No infomercials here, just the facts from an authority who knows.

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