

REHAB AND WELLNESS DALLAS

REHAB AND WELLNESS DALLAS: FINDING YOUR PATH TO RECOVERY AND WELLBEING

ARE YOU SEARCHING FOR A FRESH START? FEELING OVERWHELMED BY LIFE'S CHALLENGES AND SEEKING A SUPPORTIVE ENVIRONMENT FOR HEALING AND GROWTH IN THE DALLAS AREA? THIS COMPREHENSIVE GUIDE DIVES DEEP INTO THE WORLD OF REHAB AND WELLNESS CENTERS IN DALLAS, HELPING YOU UNDERSTAND YOUR OPTIONS AND FIND THE PERFECT FIT FOR YOUR UNIQUE NEEDS. WE'LL EXPLORE DIFFERENT TYPES OF REHABILITATION PROGRAMS, WELLNESS SERVICES OFFERED, CRUCIAL FACTORS TO CONSIDER WHEN CHOOSING A FACILITY, AND ANSWER YOUR BURNING QUESTIONS ABOUT NAVIGATING THIS IMPORTANT JOURNEY.

UNDERSTANDING THE SPECTRUM OF REHAB AND WELLNESS IN DALLAS

THE TERM "REHAB AND WELLNESS" ENCOMPASSES A BROAD RANGE OF SERVICES DESIGNED TO ADDRESS PHYSICAL, EMOTIONAL, AND MENTAL HEALTH CONCERNS. IN DALLAS, YOU'LL FIND FACILITIES CATERING TO VARIOUS NEEDS, INCLUDING:

1. **SUBSTANCE ABUSE REHABILITATION:** THIS IS A CRITICAL AREA, WITH MANY DALLAS-BASED CENTERS OFFERING EVIDENCE-BASED TREATMENTS FOR ALCOHOL AND DRUG ADDICTION. THESE PROGRAMS OFTEN INCORPORATE DETOXIFICATION (DETOX), INDIVIDUAL AND GROUP THERAPY, MEDICATION-ASSISTED TREATMENT (MAT), AND AFTERCARE PLANNING TO ENSURE LONG-TERM RECOVERY. FINDING A REPUTABLE CENTER SPECIALIZING IN SUBSTANCE ABUSE REHABILITATION IS CRUCIAL, AS THE QUALITY OF CARE CAN SIGNIFICANTLY IMPACT SUCCESS RATES. LOOK FOR FACILITIES ACCREDITED BY ORGANIZATIONS LIKE THE JOINT COMMISSION.
1. **MENTAL HEALTH REHABILITATION:** DALLAS BOASTS A GROWING NUMBER OF FACILITIES PROVIDING TREATMENT FOR VARIOUS MENTAL HEALTH CONDITIONS, SUCH AS ANXIETY, DEPRESSION, PTSD, AND BIPOLAR DISORDER. THESE PROGRAMS MAY INVOLVE INDIVIDUAL AND GROUP THERAPY, PSYCHIATRIC MEDICATION MANAGEMENT, AND HOLISTIC THERAPIES LIKE YOGA OR MINDFULNESS PRACTICES. THE EMPHASIS IS ON STABILIZING MENTAL HEALTH, DEVELOPING COPING MECHANISMS, AND PROMOTING OVERALL WELLBEING.
1. **PHYSICAL REHABILITATION:** FOLLOWING AN INJURY, ILLNESS, OR SURGERY, PHYSICAL REHABILITATION PLAYS A VITAL ROLE IN RESTORING FUNCTION AND IMPROVING QUALITY OF LIFE. DALLAS OFFERS NUMEROUS PHYSICAL THERAPY CLINICS AND REHABILITATION FACILITIES THAT PROVIDE SPECIALIZED CARE FOR VARIOUS CONDITIONS, FROM SPORTS INJURIES TO NEUROLOGICAL DISORDERS. THESE FACILITIES EMPLOY SKILLED THERAPISTS WHO USE ADVANCED TECHNIQUES TO HELP PATIENTS REGAIN MOBILITY, STRENGTH, AND INDEPENDENCE.
1. **WELLNESS CENTERS:** MOVING BEYOND TRADITIONAL REHABILITATION, DALLAS ALSO HOUSES VARIOUS WELLNESS CENTERS THAT FOCUS ON PREVENTATIVE HEALTH AND OVERALL WELLBEING. THESE CENTERS MAY OFFER SERVICES SUCH AS MASSAGE THERAPY, ACUPUNCTURE, YOGA CLASSES, MEDITATION WORKSHOPS, NUTRITIONAL COUNSELING, AND FITNESS PROGRAMS. THESE SERVICES AIM TO PROMOTE HEALTHY LIFESTYLE CHOICES, STRESS REDUCTION, AND IMPROVED MENTAL AND PHYSICAL HEALTH.

CHOOSING THE RIGHT REHAB AND WELLNESS CENTER IN DALLAS: KEY CONSIDERATIONS

FINDING THE RIGHT FACILITY IS A DEEPLY PERSONAL PROCESS. HERE ARE SOME KEY FACTORS TO CONSIDER:

ACCREDITATION AND LICENSING: ENSURE THE FACILITY IS LICENSED BY THE STATE OF TEXAS AND ACCREDITED BY A REPUTABLE ORGANIZATION. THIS VERIFIES THAT THEY MEET SPECIFIC STANDARDS OF CARE AND SAFETY.

TREATMENT MODALITIES: RESEARCH THE SPECIFIC TREATMENT APPROACHES OFFERED. DOES THE CENTER UTILIZE EVIDENCE-BASED THERAPIES TAILORED TO YOUR SPECIFIC NEEDS?

STAFF QUALIFICATIONS: INQUIRE ABOUT THE CREDENTIALS AND EXPERIENCE OF THE THERAPISTS, COUNSELORS, AND MEDICAL PROFESSIONALS WORKING AT THE FACILITY. LOOK FOR EXPERIENCED AND LICENSED PROFESSIONALS.

PROGRAM LENGTH AND STRUCTURE: DIFFERENT PROGRAMS HAVE VARYING DURATIONS AND STRUCTURES. CHOOSE A PROGRAM THAT ALIGNS WITH YOUR NEEDS AND COMMITMENT LEVEL.

INSURANCE COVERAGE: VERIFY YOUR INSURANCE COVERAGE BEFORE BEGINNING TREATMENT TO AVOID UNEXPECTED FINANCIAL BURDENS. MANY FACILITIES WORK WITH VARIOUS INSURANCE PROVIDERS.

LOCATION AND AMENITIES: CONSIDER THE FACILITY'S LOCATION, ACCESSIBILITY, AND AVAILABLE AMENITIES. A COMFORTABLE AND SUPPORTIVE ENVIRONMENT CAN SIGNIFICANTLY IMPACT YOUR RECOVERY JOURNEY.

CLIENT TESTIMONIALS AND REVIEWS: READING REVIEWS AND TESTIMONIALS FROM PAST CLIENTS CAN PROVIDE VALUABLE INSIGHTS INTO THE FACILITY'S QUALITY OF CARE AND OVERALL EXPERIENCE.

FINDING RESOURCES AND SUPPORT IN DALLAS

BEYOND SPECIFIC REHAB AND WELLNESS CENTERS, DALLAS OFFERS A ROBUST NETWORK OF SUPPORT RESOURCES FOR INDIVIDUALS SEEKING RECOVERY AND WELLBEING. THESE RESOURCES MAY INCLUDE:

SUPPORT GROUPS: GROUPS LIKE ALCOHOLICS ANONYMOUS (AA), NARCOTICS ANONYMOUS (NA), AND OTHERS OFFER PEER SUPPORT AND SHARED EXPERIENCES.

COMMUNITY CENTERS: MANY COMMUNITY CENTERS OFFER VARIOUS WELLNESS PROGRAMS AND SUPPORT SERVICES.

MENTAL HEALTH HOTLINES: THESE HOTLINES PROVIDE IMMEDIATE SUPPORT AND CRISIS INTERVENTION SERVICES.

FAITH-BASED ORGANIZATIONS: CHURCHES AND OTHER FAITH-BASED ORGANIZATIONS OFTEN PROVIDE COUNSELING AND SUPPORT SERVICES.

THE PATH TO A HEALTHIER YOU IN DALLAS

EMBARKING ON A JOURNEY TOWARD REHABILITATION AND WELLNESS IS A SIGNIFICANT STEP. IT REQUIRES COURAGE, COMMITMENT, AND THE RIGHT SUPPORT SYSTEM. DALLAS OFFERS A DIVERSE RANGE OF FACILITIES AND RESOURCES, PROVIDING YOU WITH THE TOOLS AND GUIDANCE NECESSARY TO ACHIEVE YOUR GOALS. REMEMBER, SEEKING HELP IS A SIGN OF STRENGTH, NOT WEAKNESS. WITH THE RIGHT SUPPORT AND DEDICATION, YOU CAN FIND YOUR PATH TO LASTING RECOVERY AND A HEALTHIER, MORE FULFILLING LIFE.

CONCLUSION:

YOUR HEALTH AND WELLBEING ARE PARAMOUNT. BY CAREFULLY RESEARCHING AND CHOOSING A REPUTABLE REHAB AND WELLNESS CENTER IN DALLAS THAT CATERS TO YOUR SPECIFIC NEEDS, YOU CAN EMBARK ON A TRANSFORMATIVE JOURNEY TOWARD RECOVERY AND LASTING CHANGE. REMEMBER TO PRIORITIZE YOUR MENTAL AND PHYSICAL HEALTH, SEEKING PROFESSIONAL GUIDANCE WHEN NEEDED. THE PATH TO A HEALTHIER YOU IS WITHIN REACH.

FAQs:

1. WHAT IS THE AVERAGE COST OF REHAB AND WELLNESS SERVICES IN DALLAS? THE COST VARIES GREATLY DEPENDING ON THE TYPE OF PROGRAM, THE LENGTH OF STAY, AND THE SPECIFIC SERVICES PROVIDED. IT'S CRUCIAL TO DISCUSS COSTS WITH THE FACILITY DIRECTLY AND EXPLORE INSURANCE COVERAGE OPTIONS.

1. HOW LONG DOES REHAB TYPICALLY LAST? THE DURATION OF REHAB VARIES DEPENDING ON INDIVIDUAL NEEDS AND THE TYPE OF PROGRAM. SOME PROGRAMS MAY LAST A FEW WEEKS, WHILE OTHERS MIGHT EXTEND FOR SEVERAL MONTHS.

1. IS CONFIDENTIALITY GUARANTEED AT REHAB AND WELLNESS CENTERS IN DALLAS? REPUTABLE FACILITIES ADHERE TO STRICT CONFIDENTIALITY POLICIES, PROTECTING YOUR PRIVACY THROUGHOUT YOUR TREATMENT.

1. WHAT IF I RELAPSE AFTER COMPLETING A REHAB PROGRAM? RELAPSE IS A COMMON OCCURRENCE, AND IT DOESN'T SIGNIFY FAILURE. MANY FACILITIES OFFER AFTERCARE SUPPORT AND RESOURCES TO HELP PREVENT RELAPSE AND MANAGE CHALLENGES.

1. HOW CAN I FIND A REHAB AND WELLNESS CENTER THAT SPECIALIZES IN A SPECIFIC CONDITION OR DISORDER? ONLINE SEARCHES, REFERRALS FROM HEALTHCARE PROVIDERS, AND CONTACTING INSURANCE PROVIDERS CAN HELP YOU LOCATE SPECIALIZED CENTERS IN DALLAS.

 **Rehab and wellness dallas: Neuropsychological Rehabilitation** Chad A. Noggle, Raymond S. Dean, Mark T. Barisa, 2013-04-26 Print+CourseSmart

rehab and wellness dallas: Neuropsychological Rehabilitation Chad A. Noggle, PhD, ABN, Raymond S. Dean, PhD, ABPP, ABN, ABPdN, Mark T. Barisa, PhD, ABPP, 2013-04-26
Neuropsychological Rehabilitation provides useful introductory material and background information on various disorders, assessments, and rehabilitative interventions for adult and geriatric populations... This book is essential for psychologists or clinical neuropsychologists who have a strong interest in understanding the current medical aspects of neuropsychological rehabilitation.--**PsycCRITIQUES** This volume disseminates knowledge about the most advanced practices and techniques in the rehabilitation of neuropsychological deficits, covering both specific neuropsychological domains and approaches in neurorehabilitation. It adheres to the philosophy that it is not enough to identify a deficit or diagnose a disease unless doing so helps to direct rehabilitation efforts to improve function. Intended to advance clinical skills, the book goes beyond surface diagnostic practice to foster rehabilitative efforts in response to residual deficits and disease. The volume begins by addressing the foundations of neuropsychology in rehabilitation and discussing, in depth, domain-specific rehabilitation practices, with a focus on functioning. This is followed by a discussion of supplemental applications and practices that go beyond function-specific methodology including neuroimaging and pharmacological agents. Also covered is the role of system/environmental manipulation and transitioning strategies. The final section attends to those presentations/groupings most commonly seen in rehabilitation practice for which there is no prototypical form. Key Features: Presents in depth the most advanced clinical applications for neuropsychological rehabilitation Covers neuropsychological rehabilitation in terms of specific cognitive domains (attention, language, memory) and approaches to and practices in neurorehabilitation (neuroimaging, vocational rehabilitation, pharmacological rehabilitation) Written by the foremost scholars in the field

rehab and wellness dallas: Insiders' Guide® to Dallas & Fort Worth June Naylor, 2010-03-23 Your Travel Destination. Your Home. Your Home-To-Be. Dallas & Fort Worth "Fort Worth is where the West begins," it's said, "and Dallas is where the East peters out." • A personal, practical perspective for travelers and residents alike • Comprehensive listings of attractions,

restaurants, and accommodations • How to live & thrive in the area—from recreation to relocation • Countless details on shopping, arts & entertainment, and children's activities

rehab and wellness dallas: *Senior Living Texas Directory, Guide for Assisted Living, Memory Care, and Skilled Nursing Facilities* ZNest, 2023-04-12 Senior housing directory for Texas provides a comprehensive list of assisted living and memory care (aka dementia or Alzheimer's) as well as skilled nursing (aka nursing homes). This resource guide includes: - Definitions of independent living, assisted living, memory care, and skilled nursing - Definition of Long-Term Care insurance - Spotlight of the Top 10 largest assisted living facilities in the state. - Listings of 2,009 assisted living and memory care facilities (sorted by county, city, and zip) including telephone, address, and capacity - Listings of 1,204 skilled nursing facilities (sorted by county, city, and zip) including telephone, address, and capacity ZNest's mission is to help families find the best possible care for their aging loved ones. The website at ZNest.com has the most accurate information for independent living, assisted living, memory care, and skilled nursing.

rehab and wellness dallas: *The Directory of Medical Rehabilitation Programs* Novacare, 1993-02

rehab and wellness dallas: *Spasticity* Elie Elovic, MD, 2010-08-31 Spasticity: Diagnosis and Management is the first book solely dedicated to the diagnosis and treatment of spasticity. This pioneering work defines spasticity in the broad context of Upper Motor Neuron Syndrome and focuses not on a single component, but on the entire constellation of conditions that make up the UMNS and often lead to

rehab and wellness dallas: *Pediatric Incontinence* Israel Franco, Paul Austin, Stuart Bauer, Alexander von Gontard, Yves Homsy, 2015-09-23 Pediatric incontinence: evaluation and clinical management offers urologists practical, 'how-to' clinical guidance to what is a very common problem affecting up to 15% of children aged 6 years old. Introductory chapters cover the neurophysiology, psychological and genetic aspects, as well as the urodynamics of incontinence, before it moves on to its core focus, namely the evaluation and management of the problem. All types of management methods will be covered, including behavioural, psychological, medical and surgical, thus providing the reader with a solution to every patient's specific problem. The outstanding editor team led by Professor Israel Franco, one of the world's leading gurus of pediatric urology, have recruited a truly stellar team of contributors each of whom have provided first-rate, high-quality contributions on their specific areas of expertise. Clear management algorithms for each form of treatment support the text, topics of controversy are covered openly, and the latest guidelines from the ICCS, AUA and EAU are included throughout. Perfect to refer to prior to seeing patients on the wards and in the clinics, this is the ideal guide to the topic and an essential purchase for all urologists, pediatric urologists and paediatricians managing children suffering from incontinence.

rehab and wellness dallas: *Hospital Telephone Directory, 2005 Edition* Henry A. Rose, 2005 A big book, printed in large-size, bold print for fast, easy reading and use, this complete national ready reference includes names, addresses, and telephone numbers for over 7,000 U.S. hospitals and medical centers.

rehab and wellness dallas: *Healing the Addicted Brain* Harold Urschel, 2009-04-01 New York Times Bestseller! New, scientifically-based approaches that recognize the biological basis of addiction have brought major advances in the treatment of addiction. Dr. Urschel is at the forefront of this treatment paradigm. Dr. Larry Hanselka, Psychologist The Proven Scientific Approach to Conquering Addiction and Defeating the Disease Healing the Addicted Brain is a breakthrough work that focuses on treating drug and alcohol addiction as a biological disease—based on the Recovery Science program that has helped thousands of patients defeat their addictions over the past 10 years. It combines the best behavioral addiction treatments with the latest scientific research into brain functions, providing tools and strategies designed to overcome the biological factors that cause addictive behavior along with proven treatments and medications. Using this scientific approach, you will learn to conquer the physical factors that keep people tied to drug and alcohol addiction. The proven fact is addiction is not a moral failing or an issue of not having enough

willpower. It is a disease of the brain that can and must be treated like other chronic medical illnesses —such as diabetes, hypertension, or asthma—in order to defeat the disease. This revolutionary program can triple the success rate of patients, from 20-30% to 90% There Is Hope. By understanding addiction and using 21st-century breakthroughs, for the first time drug and alcohol addiction can be, and will be, defeated.

rehab and wellness dallas: Manual of Traumatic Brain Injury, Third Edition Felise S. Zollman, MD, 2021-07-22 The third edition of Manual of Traumatic Brain Injury offers a thorough revision of the popular evidence-based guide to understanding and managing all levels of traumatic brain injury. Comprehensive in scope and concise in format, this reference describes the spectrum of injury from mild to severe and the continuum of care from initial injury to management of chronic sequelae. Chapters are designed with a practical clinical focus for targeted retrieval of content by topic area and for self-review. The text is organized into five sections. Part I addresses fundamental concepts necessary for understanding the underpinning of clinical decision-making. Part II is dedicated to mild TBI, including sport-related concussion, with chapters covering topics from natural history to associated somatic disorders, post-concussion syndrome, and PTSD. Part III covers moderate to severe TBI and details prehospital emergency and ICU care, rehabilitation, treatment of related conditions, and postinjury outcomes. Part IV focuses on TBI-related complications, including posttraumatic seizures, spasticity, behavioral and sleep disturbances, and chronic traumatic encephalopathy (CTE). Part V reviews special considerations in selected populations such as pediatric TBI and TBI in the military, as well as medicolegal and ethical considerations in TBI, complementary and alternative medicine, and return to work considerations. Each chapter includes boxed Key Points which underscore major clinical takeaways, Study Questions to facilitate self-assessment and further emphasize core chapter content, and an Additional Reading list for a deeper dive into chapter concepts. Significant updates incorporating recent advancements in the field, combined with the clinical acumen of its experienced contributors, make this third edition the essential manual for healthcare professionals caring for individuals with traumatic brain injury. Key Features: Succinct format encourages targeted access to key clinical information Completely revised and updated third edition reflects current state of the art advancements Added content areas such as a new chapter dedicated to substance abuse and TBI expand the scope of material addressed Newly added multiple choice Study Questions in each chapter facilitate self-assessment of mastery of chapter material

rehab and wellness dallas: Directory of Nursing Homes 2001 Hcia, 2001 Facilities listed by state.

rehab and wellness dallas: Handbook of Head Trauma Charles J. Long, Leslie K. Ross, 2013-06-29 Providing a thorough collection of information regarding clinical aspects of head injury from acute care to recovery, this treatise interrelates a variety of neural specialties and broadens the rehabilitation process to include the family.

rehab and wellness dallas: Senior Living Alabama Directory, Guide for Assisted Living, Memory Care, and Skilled Nursing Facilities ZNest, 2023-04-18 Senior housing directory for Alabama provides a comprehensive list of assisted living and memory care (aka dementia or Alzheimer's) as well as skilled nursing (aka nursing homes). This resource guide includes: - Definitions of independent living, assisted living, memory care, and skilled nursing - Definition of Long-Term Care insurance - Spotlight of the Top 10 largest assisted living facilities in the state. - Listings of 304 assisted living and memory care facilities (sorted by county, city, and zip) including telephone, address, and capacity - Listings of 225 skilled nursing facilities (sorted by county, city, and zip) including telephone, address, and capacity ZNest's mission is to help families find the best possible care for their aging loved ones. The website at ZNest.com has the most accurate information for independent living, assisted living, memory care, and skilled nursing.

rehab and wellness dallas: Directory of Nursing Homes , 2001

rehab and wellness dallas: Explorer's Guide Maine (18th Edition) (Explorer's Complete) Christina Tree, Nancy English, 2016-03-01 The standard by which all other Maine travel guides are

judged—now completely revised and reenvisioned The best-selling and most trusted guide to Maine is back! Once again fully updated and revised, this 18th edition features a brand-new design with expanded sidebars, itineraries, and lush color photographs throughout. As always, authors Christina Tree and Nancy English offer the best, most up-to-date recommendations for food, lodging, recreation, shopping, events, and much more. Whether you're a native New Englander or one of the thousands of visitors who flock to "Vacationland" every year, in Explorer's Guide Maine you'll find the most comprehensive and useful information to make your stay more enjoyable.

rehab and wellness dallas: Essentials of Cardiopulmonary Physical Therapy - E-Book Ellen Hillegass, 2022-01-01 - UPDATED! Content and references throughout present the most current and relevant information for today's clinical practice. - NEW! Two additional chapters on Management of Cardiovascular Disease in Women and Pulmonary Vascular Disease provide comprehensive coverage of these key topics. - NEW! Enhanced ebook version of the text — included with print purchase — offers access to all of the text, figures, and references from the book, as well as additional case studies and a glossary, on a variety of digital devices.

rehab and wellness dallas: The Complete Directory for People with Disabilities , 2002

rehab and wellness dallas: Explorer's Guide Maine (Sixteenth Edition) (Explorer's Complete) Christina Tree, Nancy English, 2012-06-04 Contains up-to-date information on travel in the state of Maine, with recommendations on lodging, restaurants, regional events, family activities, entertainment, and natural landmarks.

rehab and wellness dallas: Essentials of Physical Medicine and Rehabilitation Julie K. Silver, Thomas D. Rizzo, 2008-01-01 DIAGNOSTIC STUDIES -- TREATMENT -- POTENTIAL DISEASE COMPLICATIONS -- POTENTIAL TREATMENT COMPLICATIONS -- Chapter 11. Biceps Tendinitis -- DEFINITION -- SYMPTOMS -- PHYSICAL EXAMINATION -- FUNCTIONAL LIMITATIONS -- DIAGNOSTIC STUDIES -- TREATMENT -- POTENTIAL DISEASE COMPLICATIONS -- POTENTIAL TREATMENT COMPLICATIONS -- Chapter 12. Biceps Tendon Rupture -- DEFINITION -- SYMPTOMS -- PHYSICAL EXAMINATION -- FUNCTIONAL LIMITATIONS -- DIAGNOSTIC STUDIES -- TREATMENT -- POTENTIAL DISEASE COMPLICATIONS -- POTENTIAL TREATMENT COMPLICATIONS -- Chapter 13. Glenohumeral Instability -- DEFINITIONS

rehab and wellness dallas: ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription David P. Swain, ACSM, Clinton A. Brawner, 2012-12-26 ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM's Guidelines for Exercise Testing and Prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM. The 7th edition provides information necessary to address the knowledge, skills, and abilities set forth in the new edition of Guidelines, and explains the science behind the exercise testing and prescription. ACSM's Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields, as well as those in academic training.

rehab and wellness dallas: B.I.A. National Directory of Brain Injury Rehabilitation Services , 2002 Listing of brain injury rehabilitation services and individual service providers in the United States. Entries include name and address of the service, age groups accepted, consumer capacity, payment terms, program staff, and program description.

rehab and wellness dallas: Mosby's Comprehensive Review of Critical Care Donna A. Zschoche, 1986

rehab and wellness dallas: Rehabilitation Facilities Sourcebook , 1985

rehab and wellness dallas: Rehab Management , 1991

rehab and wellness dallas: Yoga for Regular Guys Diamond Dallas Page, Craig S. Aaron, 2005 If there's one obstacle to selling wellness books to guys, it's this: none of them are written by professional wrestlers. In the nick of time, the one and only DDP-Diamond Dallas Page-steps out of the ring and onto the mat to offer Yoga for Regular Guys. Most yoga books marketed to men are earnest and straightforward. Yoga for Regular Guys brims with guy humour and an extremely irreverent attitude but still manages to pack in a legitimate, comprehensive and rigorous

introduction to real yoga practice. The foreword is written by Rob Zombie of the band White Zombie.

rehab and wellness dallas: The Whole30 Melissa Urban, Dallas Hartwig, 2015 Millions of people visit Whole30.com every month and share their stories of weight loss and lifestyle makeovers. Hundreds of thousands of them have read *It Starts With Food*, which explains the science behind the program. At last, The Whole30 provides the step-by-step, recipe-by-recipe guidebook that will allow millions of people to experience the transformation of their entire life in just one month.

rehab and wellness dallas: Cervical Laminoplasty K. Nakamura, Y. Toyama, Y. Hoshino, 2003-07-24 Cervical laminoplasty for the treatment of ossification of the posterior longitudinal ligament was developed and refined in Japan during the 1970s. Since that time, various cervical laminoplasty techniques have been further analyzed and modified, and have proven to be clinically successful. Until now cervical laminoplasty has been practiced primarily in Japan, and surgeons outside Japan had only limited access to the detailed English literature needed to make full use of the procedures. This book fills that gap in English information and provides a detailed, up-to-date guide to performing safe and effective cervical laminoplasty. Drawing on the latest knowledge from Japan, the book covers the history of cervical laminoplasty, surgical anatomy, basic procedures, modified procedures, possible complications, and perspectives on the future of expansive laminoplasty. This volume by leaders in the field is an excellent guide for all surgeons interested in laminoplasty.

rehab and wellness dallas: Neurodegenerative Diseases Jeffrey L. Cummings, Jagan Pillai, 2016-11-14 Presents a thorough examination of the unifying principles from the subcellular to the systems and clinical levels; Identifies common themes among molecular biology, genetics, physiology, pathology, biomarkers, behavior, and treatment strategies that are shared between neurodegenerative diseases; Enables better care of patients and help build collaboration across researchers in multiple specializations that could help advance future insights and facilitate novel therapies and enhancing basic scientific understanding of these diseases to a new generation.

rehab and wellness dallas: Principles of Rehabilitation Medicine: Case-Based Board Review Raj Mitra, 2021-11-03 With 1050+ practice case-based questions, this self-testing guide covers all the core concepts needed to study for the ABPMR exam Ideal for both systematic and quick, last-minute studying, *Principles of Rehabilitation Medicine: Case-Based Board Review* distills the essential knowledge required to adequately prepare for the American Board of Physical Medicine and Rehabilitation board exam (ABPMR). The book compliments *Principles of Rehabilitation Medicine*, giving you access to a comprehensive review when needed. Each chapter includes specific references to the larger, primary text. Complete with board-style questions, expansive answers, rationales (for both correct and incorrect answers), tables and figures, this study aid brings you up to speed on the pathophysiology, diagnosis, and rehabilitative management options tested on the exam. *Principles of Rehabilitation Medicine: Case-Based Board Review* features: More than 1050 board-style practice questions/answers 122 chapter topics mirroring the ABPMR content Clinical pearls that highlight key takeaways Sections on: o Neurologic Disorders o Musculoskeletal Medicine o Medical Rehabilitation o Patient Management o Equipment & Assistive Technology o Basic Sciences

rehab and wellness dallas: Texas Register Texas. Secretary of State, 2004

rehab and wellness dallas: Rehabilitation Nursing , 1986

rehab and wellness dallas: Refuge Recovery Noah Levine, 2014-06-10 Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha's Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addiction—an indispensable alternative to the 12-step program. While many desperately need the help of the 12-step recovery program, the traditional AA model's focus on an external higher power can alienate people who don't connect with its religious tenets. *Refuge Recovery* is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body, Levine shows how a path of meditative awareness can alleviate those desires and ease suffering. *Refuge Recovery* includes daily meditation practices,

written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken. Practical yet compassionate, Levine's successful Refuge Recovery system is designed for anyone interested in a non-theistic approach to recovery and requires no previous experience or knowledge of Buddhism or meditation.

rehab and wellness dallas: Effective Leadership in Action American Marketing Association, 1987

rehab and wellness dallas: Hearing Health Care for Adults National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Committee on Accessible and Affordable Hearing Health Care for Adults, 2016-10-06 The loss of hearing - be it gradual or acute, mild or severe, present since birth or acquired in older age - can have significant effects on one's communication abilities, quality of life, social participation, and health. Despite this, many people with hearing loss do not seek or receive hearing health care. The reasons are numerous, complex, and often interconnected. For some, hearing health care is not affordable. For others, the appropriate services are difficult to access, or individuals do not know how or where to access them. Others may not want to deal with the stigma that they and society may associate with needing hearing health care and obtaining that care. Still others do not recognize they need hearing health care, as hearing loss is an invisible health condition that often worsens gradually over time. In the United States, an estimated 30 million individuals (12.7 percent of Americans ages 12 years or older) have hearing loss. Globally, hearing loss has been identified as the fifth leading cause of years lived with disability. Successful hearing health care enables individuals with hearing loss to have the freedom to communicate in their environments in ways that are culturally appropriate and that preserve their dignity and function. Hearing Health Care for Adults focuses on improving the accessibility and affordability of hearing health care for adults of all ages. This study examines the hearing health care system, with a focus on non-surgical technologies and services, and offers recommendations for improving access to, the affordability of, and the quality of hearing health care for adults of all ages.

rehab and wellness dallas: The Cardiac Patient Richard G. Sanderson, 1983

rehab and wellness dallas: Evaluation of the Department of Veterans Affairs Mental Health Services National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee to Evaluate the Department of Veterans Affairs Mental Health Services, 2018-03-29 Approximately 4 million U.S. service members took part in the wars in Afghanistan and Iraq. Shortly after troops started returning from their deployments, some active-duty service members and veterans began experiencing mental health problems. Given the stressors associated with war, it is not surprising that some service members developed such mental health conditions as posttraumatic stress disorder, depression, and substance use disorder. Subsequent epidemiologic studies conducted on military and veteran populations that served in the operations in Afghanistan and Iraq provided scientific evidence that those who fought were in fact being diagnosed with mental illnesses and experiencing mental health-related outcomes—in particular, suicide—at a higher rate than the general population. This report provides a comprehensive assessment of the quality, capacity, and access to mental health care services for veterans who served in the Armed Forces in Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn. It includes an analysis of not only the quality and capacity of mental health care services within the Department of Veterans Affairs, but also barriers faced by patients in utilizing those services.

rehab and wellness dallas: Sports & Exercise Massage Sandy Fritz, 2013-02-01 Providing guidelines for applying massage to amateur and professional athletes, *Sports & Exercise Massage: Comprehensive Care in Athletics, Fitness, & Rehabilitation*, 2nd Edition helps you address the challenges of treating clients involved in sports, physical fitness, rehabilitation, and exercise. In-depth coverage describes common patterns for sports activities, such as running and throwing, and uses the principles of massage to focus on assessment techniques, indications,

contraindications, and outcome goals. This edition includes a new chapter on stretching, hundreds of full-color photos of techniques, and an Evolve companion website with step-by-step videos demonstrating sports massage applications. Written by noted educator and massage therapy expert Sandy Fritz, this resource provides the proven massage techniques you need to manage common exercise and sports injuries and syndromes. - Comprehensive coverage includes all the essentials of sports and exercise massage in one resource, with topics such as theories of sports, fitness, and rehabilitation; a brief anatomy and physiology review; basic nutrition for fitness; a review of massage methods and detailed descriptions of therapeutic techniques that apply to sports massage, such as lymph drainage, care of acute injury, connective and deep tissue applications, and pain management; and discussions of categories of injury common to athletes: sprains, strains, wounds, contusions, joint injury, and more. - More than 600 full-color illustrations show procedures, concepts, and techniques. - Student-friendly features include chapter outlines and learning objectives, key terms, summaries, review questions, a glossary, and In My Experience boxes highlighting real-life situations in sports and exercise massage. - Case studies provide an opportunity to develop clinical reasoning skills. - Student resources on an Evolve companion website include videos demonstrating techniques, a stretching atlas, a general massage protocol, and additional case studies. - Expert author Sandy Fritz provides massage for professional athletes in many sports, and her school, the Health Enrichment Center, had a 13-year partnership with the Detroit Lions. - UPDATED photos and illustrations show techniques with more clarity than before. - NEW Stretching chapter shows how to use methods of stretching in a safe and beneficial manner. - UPDATED complete general protocol suitable for the common athlete is included on the Evolve companion website, featuring a video and a step-by-step guide that can easily be modified to meet the specific needs of athletic clients. - Added emphasis on treatment planning for athletic clients includes case studies and more In My Experience boxes describing Sandy Fritz's real-life experiences with sports massage. - Expanded chapter on research supports evidence-informed practice, including research on fascia and kinesiotaping. - Additional orthopedic tests most commonly used by massage therapists are included to enhance your skills in assessment and referral.

rehab and wellness dallas: *Foundation Updates* , 1983

rehab and wellness dallas: "**Pet Therapy**" Phil Arkow, 1998

rehab and wellness dallas: The Addicted Lawyer Brian Cuban, 2017-08-29 Brian Cuban was living a lie. With a famous last name and a successful career as a lawyer, Brian was able to hide his clinical depression and alcohol and cocaine addictions—for a while. Today, as an inspirational speaker in long-term recovery, Brian looks back on his journey with honesty, compassion, and even humor as he reflects both on what he has learned about himself and his career choice and how the legal profession enables addiction. His demons, which date to his childhood, controlled him through failed marriages and stays in a psychiatric facility, until they brought him to the brink of suicide. That was his wake-up call. This is his story. Brian also takes an in-depth look at why there is such a high percentage of problematic alcohol use and other mental health issues in the legal profession. What types of therapies work? Are 12-step programs the only answer? Brian also includes interviews with experts on the subject as well as others in the profession who are now in recovery. The Addicted Lawyer is both a serious study of addiction and a compelling story of redemption.

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