

spine and wellness dewitt

Spine and Wellness DeWitt: Your Guide to Back Pain Relief and Holistic Wellbeing

Are you experiencing nagging back pain that's impacting your daily life? Do you live in or near DeWitt and are searching for reliable, comprehensive spine care? This comprehensive guide to Spine and Wellness DeWitt is designed to help you understand your options, find the right treatment, and ultimately, reclaim your health and wellbeing. We'll delve into the various services offered by clinics specializing in spine care in the DeWitt area, explore common back pain causes, and discuss holistic approaches to long-term wellness. Get ready to discover how to overcome back pain and live a more active, fulfilling life.

Understanding Spine and Wellness in DeWitt

The term "Spine and Wellness" encompasses a holistic approach to back health. It's not just about treating the immediate pain; it's about understanding the underlying cause and preventing future issues. Clinics focusing on spine and wellness in DeWitt likely offer a range of services, going beyond simple pain management. This often includes:

Chiropractic Care: This focuses on the musculoskeletal system, often involving spinal adjustments to restore proper alignment and reduce pain. Chiropractors in DeWitt are likely to use a variety of techniques depending on your individual needs.

Physical Therapy: Physical therapists work with patients to improve strength, flexibility, and range of motion, crucial for preventing recurring back problems. They develop personalized exercise plans to address specific weaknesses and improve overall body mechanics.

Massage Therapy: Massage can help relax tense muscles, improve blood circulation, and reduce inflammation, all vital components of effective back pain management.

Spinal Decompression Therapy: This non-surgical treatment gently stretches the spine to alleviate pressure on the nerves, often providing relief from conditions like herniated discs. Not all clinics offer this, so be sure to check before making an appointment.

Lifestyle Counseling: Many DeWitt spine and wellness clinics understand that back pain is often exacerbated by poor lifestyle choices. They may offer guidance on ergonomics, posture, nutrition, and exercise to help patients prevent future problems.

Finding the Right Spine and Wellness Clinic in DeWitt

Choosing the right clinic is crucial for successful treatment. Consider these factors when researching Spine and Wellness DeWitt options:

Experience and Credentials: Look for clinics with experienced doctors and therapists holding relevant certifications and licenses. Check online reviews and testimonials to gauge the level of expertise.

Treatment Philosophy: Some clinics focus solely on chiropractic care, while others offer a more holistic approach. Choose a clinic whose philosophy aligns with your preferences and health goals.

Technology and Equipment: Modern clinics utilize advanced diagnostic tools and therapeutic equipment for accurate assessment and effective treatment.

Patient Reviews and Testimonials: Online reviews provide invaluable insight into the patient experience. Look for consistent positive feedback on communication, treatment effectiveness, and overall satisfaction.

Insurance Coverage: Before committing to a clinic, confirm that your health insurance covers the services you need. Many clinics work with a variety of insurance providers.

Common Causes of Back Pain in DeWitt (and Everywhere Else!)

Back pain is a prevalent issue, and several factors can contribute to it in the DeWitt area, just as anywhere else:

Poor Posture: Slouching, hunching over computers, and improper lifting techniques strain the back muscles and spine.

Lack of Exercise: Weak core muscles leave the spine vulnerable to injury. Regular exercise strengthens the muscles that support the spine.

Excess Weight: Carrying excess weight puts extra strain on the spine and increases the risk of back pain.

Stress: Chronic stress can lead to muscle tension and exacerbate existing back problems.

Injury: Sudden injuries like falls or car accidents can cause significant back pain.

Underlying Medical Conditions: Conditions such as arthritis, osteoporosis, and spinal stenosis can contribute to chronic back pain.

Holistic Approaches to Spine and Wellness

A holistic approach to spine and wellness focuses on treating the whole person, not just the symptoms. This often involves:

Dietary Changes: A balanced diet rich in nutrients supports healthy bone and muscle tissue.

Stress Management Techniques: Practices like yoga, meditation, and deep breathing can

help manage stress and reduce muscle tension.

Ergonomic Adjustments: Adjusting your workspace and daily activities to improve posture and reduce strain on the back.

Regular Exercise: A consistent exercise program strengthens core muscles, improves flexibility, and promotes overall wellbeing.

Beyond Pain Relief: Achieving Long-Term Spine Health

The goal of Spine and Wellness DeWitt clinics isn't just to eliminate immediate pain but to empower you to maintain long-term back health. This involves:

Preventative Care: Regular checkups and proactive measures help identify and address potential problems before they become severe.

Education: Understanding your body and how to care for your spine is key to preventing future problems.

Lifestyle Modifications: Adopting healthy habits that support spinal health, like proper posture, regular exercise, and stress management.

Conclusion

Finding the right Spine and Wellness DeWitt clinic can be transformative. By understanding your options, choosing a qualified provider, and adopting a holistic approach to wellbeing, you can effectively manage back pain and achieve long-term spinal health. Remember that proactive care and lifestyle modifications are crucial for preventing future problems and maintaining a healthy, active life.

FAQs

1. Do all Spine and Wellness clinics in DeWitt offer the same services? No, services vary between clinics. Some may specialize in chiropractic care, while others offer a broader range of services like physical therapy and massage. Research different clinics to find one that aligns with your needs.
1. How much does treatment at a Spine and Wellness clinic in DeWitt cost? Costs vary depending on the services required and the length of treatment. It's essential to contact individual clinics for pricing information and insurance coverage details.
1. How long does it take to see results from Spine and Wellness treatment? The

timeframe for seeing results depends on the individual, the severity of the condition, and the chosen treatment plan. Some individuals experience relief quickly, while others may require a longer period of treatment.

1. Is Spine and Wellness treatment covered by insurance? Insurance coverage varies depending on your plan. It's crucial to check with your insurance provider and the clinic to determine coverage before starting treatment.
1. Can I prevent back pain altogether? While you can't guarantee the complete absence of back pain, adopting healthy habits like maintaining good posture, engaging in regular exercise, managing stress, and maintaining a healthy weight significantly reduces your risk.

spine and wellness dewitt: Fibromyalgia Erin Lawson, MD, Mark S. Wallace, MD, 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.

spine and wellness dewitt: Acupressure with Essential Oils Merina Ty-Kisera, 2019-04-30 Discover the healing powers of pairing essential oils with ancient acupressure techniques in this holistic self-care guide for treating 24 common ailments such as cold/flu, migraines, and muscular aches and pains. Fast, easy, and fun, Acupressure with Essential Oils empowers you to take control of your health to dissolve tension patterns, relieve symptoms and pain, and rediscover an integrated sense of self. Author Merina Ty-Kisera introduces her unique Aroma Acupressure method for self-care—applying the healing properties of essential oils to points on the body that cue energetic changes to bring the body and mind back to balance. Including simple routines for relief of common ailments such as cold/flu symptoms, digestive issues, muscular aches and migraines, Acupressure with Essential Oils also provides care for uplifting emotions and rejuvenating the mind. Learn daily practices to soothe a racing mind, ease into restful sleep, and lift fatigue caused by burnout and stress. The results—in as little as five minutes—can be complete relief as well as feeling more centered, calm, alert, and fully present, offering a powerful new dimension to healing the self and others. With helpful illustrations and a reader-friendly layout for quick reference, this guide will help you improve your quality of life—without big lifestyle changes.

spine and wellness dewitt: Lightning Rods Helen DeWitt, 2011-10-05 The long-awaited second novel by the author of “arguably the most exciting debut novel of the decade: *The Last Samurai*.” (Sam Anderson, New York). “All I want is to be a success. That’s all I ask.” Joe fails to sell a single set of the Encyclopedia Britannica in six months. Then fails to sell a single Electrolux and must eat 126 pieces of homemade pie, served up by his would-be customers who feel sorry for him. Holed up in his trailer, Joe finds an outlet for his frustrations in a series of ingenious sexual fantasies, and at

last strikes gold. His brainstorm, Lightning Rods, Inc., will take Joe to the very top — and to the very heart of corporate insanity — with an outrageous solution to the spectre of sexual harassment in the modern office. An uproarious, hard-boiled modern fable of corporate life, sex, and race in America, Helen DeWitt's Lightning Rods brims with the satiric energy of Nathanael West and the philosophic import of an Aristophanic comedy of ideas. Her wild yarn is second cousin to the spirit of Mel Brooks and the hilarious reality-blurring of Being John Malkovich. Dewitt continues to take the novel into new realms of storytelling — as the timeliness of Lightning Rods crosses over into timelessness.

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?

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.

spine and wellness dewitt: The Last Samurai Helen DeWitt, 2016-05-31 Called “remarkable” (The Wall Street Journal) and “an ambitious, colossal debut novel” (Publishers Weekly), Helen DeWitt's The Last Samurai is back in print at last Helen DeWitt's 2000 debut, The Last Samurai, was “destined to become a cult classic” (Miramax). The enterprising publisher sold the rights in twenty countries, so “Why not just, ‘destined to become a classic?’” (Garth Risk Hallberg) And why must cultists tell the uninitiated it has nothing to do with Tom Cruise? Sibylla, an American-at-Oxford turned loose on London, finds herself trapped as a single mother after a misguided one-night stand. High-minded principles of child-rearing work disastrously well. J. S. Mill (taught Greek at three) and Yo Yo Ma (Bach at two) claimed the methods would work with any child; when these succeed with the boy Ludo, he causes havoc at school and is home again in a month. (Is he a prodigy, a genius? Readers looking over Ludo's shoulder find themselves easily reading Greek and more.) Lacking male role models for a fatherless boy, Sibylla turns to endless replays of Kurosawa's masterpiece Seven Samurai. But Ludo is obsessed with the one thing he wants and doesn't know: his father's name. At eleven, inspired by his own take on the classic film, he sets out on a secret quest for the father he

never knew. He'll be punched, sliced, and threatened with retribution. He may not live to see twelve. Or he may find a real samurai and save a mother who thinks boredom a fate worse than death.

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

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.

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.

spine and wellness dewitt: Surgery for Low Back Pain Marek Szpalski, Robert Gunzburg, Björn L. Rydevik, Jean-Charles Le Huec, Michael Mayer, 2014-12-13 Low back pain is a very common problem that is increasingly being treated surgically. This book aims to evaluate carefully the possible surgical approaches to low back pain, with detailed appraisal of the factors leading to their success or failure. It begins by explaining the scientific basis for surgery and considering the different diagnostic techniques that may be employed, thereby elucidating the surgical rationale, indications, and contraindications. The value of conservative options is also assessed to help the reader weigh the need for surgery. The various surgical modalities, including the most recent, are then fully described and evaluated with the aid of numerous illustrations. The book concludes with a chapter devoted to evidence-based analysis of the outcome of surgery in patients with low back pain. This book will be invaluable to orthopaedic and neurosurgeons, rheumatologists, neurologists, and all who are concerned with the effective treatment of this often debilitating condition.

spine and wellness dewitt: *Sports Medicine* , 1986

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.

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.

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 description The 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

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.

spine and wellness dewitt: Essential Orthopaedics Mark D. Miller, Jennifer Adele Hart, John M. MacKnight, 2010-01-01 Noted authority Mark D. Miller, MD, together with a stellar editorial team and numerous contributors representing a breadth of specialty areas within orthopaedics and primary care, offers you the comprehensive, multidisciplinary insight you need to confidently diagnose and treat sprains, fractures, arthritis and bursitis pain, and other musculoskeletal problems, or refer them when appropriate. Videos on DVD demonstrate how to perform 29 joint injections, 7 common physical examinations, a variety of tests, and 6 splinting and casting procedures. Presents multidisciplinary coverage that provides authoritative orthopaedic guidance

oriented towards the practical realities of primary care practice.

spine and wellness dewitt: *Physician Mental Health and Well-Being* Kirk J. Brower, Michelle B. Riba, 2017-07-03 This book explores the important topic of mental health and related problems among physicians, including trainees. The all-too-common human response of "suffering in silence" and refusing to seek help for professional and personal issues has ramifications for physicians who work in safety-sensitive positions, where clear-headed judgment and proper action can save lives. Problems covered include burnout, disruptive and unprofessional behaviors, impaired performance, traumatic stress, addiction, depression and other mood disorders, and suicide. The authors of this work include psychologists, psychiatrists, and other physicians who diagnose and treat a range of patients with stress-related syndromes. Among their patients are physicians who benefit greatly from education, support, coaching, and treatment. The book's content is organized into three parts with interconnecting themes. Part I focuses on symptoms and how physicians' problems manifest at the workplace. Part II discusses the disorders underlying the manifesting symptoms. Part III focuses on interventions at both the individual and organizational levels. The major themes investigated throughout the book are developmental aspects; mental health and wellbeing as a continuum; and the multifactorial contributions of individual, interpersonal, organizational, and cultural elements to physician health. This book is intended for anyone who works with, provides support to, or professionally treats distressed physicians. It is also intended for healthcare leaders and organizations that are motivated to improve the experience of providing care and to change the culture of silence, such that seeking help and counsel become normal activities while minimizing stigma. By writing this book, the authors aim to outline effective pathways to well-being and a healthy work-life balance among physicians, so that they may provide optimal and safe care to their patients.

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.

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.

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.

spine and wellness dewitt: Strengthening Versus Stabilisation Exercise Programmes for Preventing and Reducing Low Back Pain in Females Qais Gasibat, 2018-04-18 Low back pain (LBP) is a very common health problem worldwide and one of the major causes of disability that affect work performances. The prevalence of LBP among women is alarmingly high due to hormonal and reproductive factors such as irregular or prolonged menstrual cycle and hysterectomy. It is commonly believed that exercise plays an important role in the treatment of LBP. The most important types of exercise for preventing LBP are exercises for abdominal muscles, gluteal muscles, and multifidus muscles. The female subjects examined in this study underwent a five-week training intervention programme. The stabilisation training programme examined in this study is effective in improving the muscle activations of the subjects. The results of the current study are expected to be useful for the rehabilitation experts in determining the best training exercise programme for females suffering from LBP.

spine and wellness dewitt: Spinal Tumor Surgery Daniel M. Sciubba, 2018-12-12 This practical, step-wise text covers the surgical approaches, resection strategies and reconstruction techniques used for each type of presenting tumor of the spine. Demonstrating the variety of anterior, posterior and intradural approaches and stabilization techniques, and spanning from pathologies of the craniocervical region to sacral and intradural pathologies, each chapter is generously illustrated with figures, radiographs and intraoperative photos. The chapters themselves follow a consistent and user-friendly format: the anatomy and biomechanics of a specific region, patient evaluation, essential oncologic principles, the decision-making process, and technical steps of surgery. A representative case illustration is provided at the conclusion of each chapter, exemplifying pertinent concepts described. Additionally, video segments accompany selected chapters, providing real-time illustration of surgical techniques. Technical and in-depth, yet highly accessible, *Spinal Tumor Surgery: A Case-Based Approach* is an essential resource for orthopedic spine surgeons, neurosurgeons, and surgical oncologists operating on tumors of the spine.

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.

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orthopedic surgeons, neuro-oncologists, and orthopedic oncologists specializing in spine, along with residents and fellows in these areas, will find this book to be an excellent guide that they will consult often in their treatment of patients with metastatic spine tumors. nbsp;

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