

spine and wellness freehold nj

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

Are you experiencing persistent back pain in Freehold, NJ? Is the discomfort impacting your daily life, making even simple tasks feel overwhelming? You're not alone. Back pain is incredibly common, but it doesn't have to control your life. This comprehensive guide explores the world of spine and wellness care in Freehold, NJ, offering insights into effective treatments, preventative measures, and how to find the right practitioner to help you reclaim your health and happiness. We'll delve into various treatment options, address common misconceptions, and empower you to take control of your spinal health. Let's get started on your journey to a pain-free, more vibrant you!

Understanding Back Pain: Causes and Contributing Factors

Before we dive into treatments, it's crucial to understand the potential causes of your back pain. In Freehold, NJ, like anywhere else, back pain can stem from a multitude of sources. These include:

Muscle strains and sprains: Often caused by sudden movements, overexertion, or poor posture.

Degenerative disc disease: The natural aging process can lead to wear and tear on the intervertebral discs, causing pain and stiffness.

Herniated discs: When a disc bulges or ruptures, it can put pressure on nerves, resulting in significant pain.

Spinal stenosis: Narrowing of the spinal canal, often due to aging, can compress nerves and cause pain, numbness, and weakness.

Sciatica: Pain that radiates down the leg, often caused by a herniated disc or spinal stenosis.

Arthritis: Conditions like osteoarthritis can affect the spine, leading to pain and inflammation.

Poor posture: Slouching or maintaining incorrect posture for extended periods can strain muscles and lead to long-term back problems.

Stress: Believe it or not, chronic stress can significantly exacerbate back pain.

Understanding the underlying cause of your pain is the first step towards effective treatment. A proper diagnosis is essential, which leads us to the next section.

Finding the Right Spine and Wellness Specialist in Freehold, NJ

Choosing the right healthcare provider is paramount. In Freehold, NJ, you have several options, each with its own approach:

Chiropractors: Chiropractors focus on spinal manipulation and adjustments to relieve pain and improve spinal alignment. They often incorporate other therapies like massage and exercises.

Physical Therapists: Physical therapists work with you to develop a personalized exercise program to strengthen your back, improve flexibility, and reduce pain.

Orthopedic Surgeons: Orthopedic surgeons are medical doctors specializing in musculoskeletal conditions. They might recommend surgical interventions for severe cases.

Neurologists: Neurologists specialize in the nervous system. They are often involved in diagnosing and treating conditions that affect the nerves in the spine.

Pain Management Specialists: These specialists offer a range of pain relief options, including medication management and interventional procedures.

It's essential to research potential practitioners, read reviews, and schedule consultations to find the best fit for your needs and preferences. Look for professionals who offer a holistic approach, considering your overall wellbeing, not just your immediate symptoms.

Treatment Options for Back Pain in Freehold, NJ

The treatment you receive will depend heavily on the diagnosis. However, common treatments offered by spine and wellness clinics in Freehold, NJ include:

Chiropractic adjustments: Gentle manipulation to restore spinal alignment.

Physical therapy: Exercises and stretches to strengthen muscles and improve flexibility.

Massage therapy: To relieve muscle tension and improve circulation.

Acupuncture: Stimulating specific points on the body to reduce pain and promote healing.

Medications: Over-the-counter pain relievers, muscle relaxants, or prescription medications may be necessary in some cases.

Injections: Epidural injections or other types of injections can provide targeted pain relief.

Surgery: In severe cases, surgery may be necessary to address underlying structural issues.

Remember that a multidisciplinary approach often yields the best results. Combining different therapies, such as chiropractic care and physical therapy, can lead to more comprehensive and long-lasting pain relief.

Preventative Measures for a Healthy Spine

Prevention is always better than cure. Here are some key steps to maintain a healthy spine and minimize the risk of back pain:

Maintain good posture: Sit and stand tall, avoiding slouching.

Regular exercise: Strengthening your core muscles is vital for spinal support.

Ergonomic setup: Ensure your workspace is ergonomically sound to minimize strain.

Healthy weight management: Excess weight puts extra strain on your spine.

Stress management techniques: Practice relaxation techniques like yoga or meditation.

Proper lifting techniques: Bend your knees and lift with your legs, not your back.

By incorporating these preventative measures into your daily routine, you can significantly reduce your risk of developing back pain.

Finding Affordable Spine and Wellness Care in Freehold, NJ

The cost of spine and wellness care can vary depending on the type of treatment, the provider, and your insurance coverage. Many clinics in Freehold, NJ, offer various payment options and work with insurance providers to make treatment more accessible. Don't hesitate to discuss payment plans and insurance coverage during your initial consultation. Many clinics also offer discounts for cash payments or packages of treatments.

Conclusion

Experiencing back pain can be debilitating, but with the right approach and the support of qualified professionals in Freehold, NJ, you can find relief and reclaim your active life. Remember to prioritize prevention, seek professional help promptly, and actively participate in your treatment plan. By taking a proactive approach to your spinal health, you can enjoy a more pain-free and fulfilling life.

FAQs

Q1: What should I do if I experience sudden, severe back pain?

A1: Seek immediate medical attention. Sudden, severe back pain could indicate a serious condition requiring urgent care.

Q2: Does insurance cover spine and wellness treatments in Freehold, NJ?

A2: Coverage varies depending on your specific plan and the type of treatment. Contact your insurance provider to determine your coverage.

Q3: How long does it typically take to recover from back pain?

A3: Recovery time varies depending on the cause and severity of the pain, as well as your adherence to the treatment plan. It can range from a few weeks to several months.

Q4: Are there any alternative therapies for back pain available in Freehold, NJ?

A4: Yes, many clinics offer alternative therapies such as acupuncture, massage therapy, and yoga, in addition to traditional medical approaches.

Q5: How can I find a reputable spine and wellness clinic in Freehold, NJ?

A5: Research online reviews, check credentials and certifications, and schedule consultations to find a provider that meets your needs and feels like a good fit for you. Remember to check with your insurance provider for in-network options.

spine and wellness freehold nj: Spinal Cord Medicine, Third Edition Steven Kirshblum, MD, Vernon W. Lin, MD, PhD, 2018-12-28 In this comprehensive, clinically directed, reference for the diagnosis and treatment of persons with spinal cord injury and related disorders, editors of the two leading texts on spinal cord injury (SCI) medicine have joined together to develop a singular premier resource for professionals in the field. Spinal Cord Medicine, Third Edition draws on the expertise of seasoned editors and experienced chapter authors to produce one collaborative volume with the most up-to-date medical, clinical, and rehabilitative knowledge in spinal cord injury management across the spectrum of care. This jointly configured third edition builds on the foundation of both prior texts to reflect the breadth and depth of the specialty. Containing 60 state-of-the-art chapters, the book is divided into sections covering introduction and assessment, acute injury management and surgical considerations, medical management, neurological and musculoskeletal care, rehabilitation, recent research advances, system-based practice, and special topics. New and expanded content focuses on the significant changes in the epidemiology of traumatic injury, the classification of SCI, and the latest medical treatments of multiple medical complications. In addition, chapters discuss new surgical considerations in acute and chronic SCI and the many advances in technology that impact rehabilitation and patients' overall quality of life. With chapters authored by respected leaders in spinal cord medicine, including those experienced in spinal cord injury medicine, physical medicine and rehabilitation, neurology, neurosurgery, therapists, and researchers, this third edition goes beyond either of the prior volumes to combine the best of both and create a new unified reference that defines the current standard of care for the field. Key Features: Covers all aspects of spinal cord injury and disease with updates on epidemiology of spinal cord injury, the classification of spinal cord injury, newer methods of surgical intervention post-injury, updates to medications, advances in rehabilitation, and changes in technology Brings

together two leading references to create a singular evidence-based resource that defines the current standard of care for spinal cord medicine Presents the most current medical, clinical, and rehabilitation intelligence Chapters written by experts across the spectrum of specialists involved in the care of persons with spinal cord injury Includes access to the downloadable ebook

spine and wellness freehold nj: Nutrition and the Athlete Douglas Paul Henderson, 1987

spine and wellness freehold nj: *Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence, I.B.S, and Other Symptoms Without Surgery* Amy Stein, 2008-08-31 Bronze Medal Winner of a 2009 National Health Information Award Stop your pelvic pain . . . naturally! If you suffer from an agonizing and emotionally stressful pelvic floor disorder, including pelvic pain, irritable bowel syndrome, endometriosis, prostatitis, incontinence, or discomfort during sex, urination, or bowel movements, it's time to alleviate your symptoms and start healing--without drugs or surgery. Natural cures, in the form of exercise, nutrition, massage, and self-care therapy, focus on the underlying cause of your pain, heal your condition, and stop your pain forever. The life-changing plan in this book gets to the root of your disorder with: A stretching, muscle-strengthening, and massage program you can do at home Guidelines on foods that will ease your discomfort Suggestions for stress- and pain-reducing home spa treatments Exercises for building core strength and enhancing sexual pleasure

spine and wellness freehold nj: *Osteoporosis Of The Spine: Asian Perspectives* Po-quang Chen, Ruey-mo Lin, Keh-sung Tsai, 2021-01-19 This edited volume comprises chapters written by experts in Asia, where osteoporosis and the related fractures have created an enormous burden on the healthcare system due to increase in aging population. The topics covered include the epidemiology, diagnosis and both medical as well as surgical treatment of osteoporosis, particularly of the spine. This book provides practical diagnostic methods and useful treatments for this important medical issue. The multi-faceted and evidence-based approaches make it a very helpful reference for doctors to decide the best methods of treatment for patients with osteoporosis of the spine.

spine and wellness freehold nj: *Acupuncture for Pain Management* Yuan-Chi Lin, Eric Shen-Zen Hsu, 2013-09-15 Acupuncture for Pain Management is intended as the premier resource for learning the fundamentals of the art of medical acupuncture. Edited by top pain medicine specialists at Harvard and UCLA, and based on their popular annual workshop at the American Society for Anesthesiologists, the book is the perfect synthesis of Western and Chinese medicine. Anesthesiologists, pain medicine specialists, primary care physicians, osteopaths, neurologists, psychiatrists, physical medicine and rehabilitation specialists, and other health professionals looking to add acupuncture to their repertoire will benefit from the concise and practical approach of the book. Features: Each individual meridian discussed in detail Acupuncture for 25 clinical conditions, including headache, menstrual pain, low back pain, insomnia, and more Aimed at acupuncturists as well as practitioners who want to add acupuncture to their clinical armamentarium

spine and wellness freehold nj: *Bone Stress Injuries* Adam S. Tenforde, MD, Michael Fredericson, MD, 2021-07-17 "This book gives a nice summary of the current state of diagnosis, treatment, and prevention of bone stress injuries. It is particularly useful for sports medicine fellows and residents with an interest in athletes and active patients. ---Doody's Review Service, 3 stars Bone stress injuries are commonly seen in athletes and active individuals across a full spectrum of physical activity, age, and gender. While most overuse injuries can be addressed through non-operative care, injuries may progress to full fractures that require surgery if misdiagnosed or not correctly managed. Written by leaders in sports medicine including physical medicine and rehabilitation, orthopaedics, endocrinology and allied health professionals of biomechanics, physical therapy and dietetics, Bone Stress Injuries offers state-of-the-art guidelines and up-to-date science and terminology to practitioners. Using a holistic approach to understand the management of bone stress injuries, this book highlights specific considerations by injury, gender, and risk factor to ensure that a comprehensive treatment plan can be developed to optimize bone health, neuromuscular re-education, gait mechanics, and injury prevention. Organized into four parts,

opening chapters cover the general need-to-know topics, including clinical history, imaging, and risk factors including biological and biomechanical factors. The book proceeds anatomically through the body from upper extremity to foot and ankle injuries, with each chapter underscoring diagnostic and treatment strategies specific to that region. Chapters dedicated to special populations discuss the differences in injury evaluation and management according to age, gender, and military background. Final chapters review the prevention of injuries and examine both common and novel treatment strategies, such as medications, nutrition, gait retraining, orthobiologics, and other interventions. Invaluable in its scope and approach, Bone Stress Injuries is the go-to resource for sports medicine physicians, physiatrists, and primary care providers who manage the care of athletes and individuals leading active lifestyles. Key Features: Promotes evidence-based practice for diagnosis, treatment, and prevention of bone stress injuries Covers specific anatomy that is prone to bone stress injuries with dedicated chapters on upper and lower extremities, pelvis and hip, spine, and foot and ankle Considers evaluation and management differences according to specific populations of pediatric, male, female, and military personnel Discusses emerging strategies to treat bone stress injuries, such as gait retraining, orthobiologics, and other non-pharmacological treatments

spine and wellness freehold nj: The Hand and Wrist Sigurd Carl Sandzén, 1985

spine and wellness freehold nj: Essential Sports Medicine Gerardo Miranda-Comas, Grant Cooper, Joseph Herrera, Scott Curtis, 2021-04-02 Sports medicine is a popular medical sub-specialty. Sports medicine certainly overlaps with general musculoskeletal medicine, but there are important differences to be aware of. This book provides comprehensive, pertinent information about sports medicine so that the busy clinician can find it accessible and practical. Medical students, residents, and fellows will find the book useful for providing an accessible overview of the most salient points in the field of sports medicine.

spine and wellness freehold nj: Integrative Pain Management Robert Alan Bonakdar, Andrew W. Sukiennik, 2016 Integrative Pain Management is a comprehensive guide written by experts in the field that provides case examples of pain conditions, reviews common integrative treatments including physical therapy, behavioral strategies, and advanced procedures to maximize function and reduce pain; and with extensive resources.

spine and wellness freehold nj: Adult Reconstruction Daniel J. Berry, Scott Steinmann, 2007 Written by leading experts from the Mayo Clinic, this volume of our Orthopaedic Surgery Essentials Series presents all the information residents need on hip, knee, shoulder, and elbow reconstruction in adults. It can easily be read cover to cover during a rotation or used for quick reference before a patient workup or operation. The user-friendly, visually stimulating format features ample illustrations, algorithms, bulleted lists, charts, and tables. Coverage of each region includes physical evaluation and imaging, evaluation and treatment of disorders, and operative treatment methods. The extensive coverage of operative treatment includes primary and revision arthroplasty and alternatives to arthroplasty.

spine and wellness freehold nj: Brain on Fire Susannah Cahalan, 2012-11-13 NOW A MAJOR MOTION PICTURE STARRING CHLOË GRACE MORETZ A “captivating” (The New York Times Book Review), award-winning memoir and instant New York Times bestseller that goes far beyond its riveting medical mystery, Brain on Fire is a powerful account of one woman’s struggle to recapture her identity. When twenty-four-year-old Susannah Cahalan woke up alone in a hospital room, strapped to her bed and unable to move or speak, she had no memory of how she’d gotten there. Days earlier, she had been on the threshold of a new, adult life: at the beginning of her first serious relationship and a promising career at a major New York newspaper. Now she was labeled as violent, psychotic, a flight risk. What happened? In an “unforgettable” (Elle), “stunningly brave” (NPR), and breathtaking narrative, Susannah tells the astonishing true story of her descent into madness, her family’s inspiring faith in her, and the lifesaving diagnosis that almost didn’t happen. “A fascinating look at the disease that...could have cost this vibrant, vital young woman her life” (People), Brain on Fire is an unforgettable exploration of memory and identity, faith and love, and a profoundly compelling tale of survival and perseverance.

spine and wellness freehold nj: *Symptom Oriented Pain Management* D K Baheti, 2012-07-31

A comprehensive guide to help practitioners diagnose the cause of pain based on symptoms presented, and facilitate its management with appropriate treatment. Beginning with an introduction to clinical examination and radiology, the following sections each examine pain in a different part of the body and possible causes and treatment. The final sections discuss alternative pain management with physiotherapy, psychotherapy and allied therapy.

spine and wellness freehold nj: *Cerebrovascular Neurosurgery* Dr Peter Nakaji, Dr Michael Levitt, 2019-08-15 Part of the Neurosurgery by Example series, this volume on cerebrovascular neurosurgery presents exemplary cases in which renowned authors guide readers through the assessment and planning, decision making, surgical procedure, after care, and complication management of common and uncommon disorders. The cases explore the spectrum of clinical diversity and complexity within cerebrovascular neurosurgery, including aneurysms, ischemic/occlusive disease, arteriovenous malformation, dural arteriovenous fistula, and more. Each chapter also contains 'pivot points' that illuminate changes required to manage patients in alternate or atypical situations, and pearls for accurate diagnosis, successful treatment, and effective complication management. Containing a focused review of medical evidence and expected outcomes, Cerebrovascular Neurosurgery is appropriate for neurosurgeons who wish to learn more about a subspecialty, and those preparing for the American Board of Neurological Surgery oral examination.

spine and wellness freehold nj: *The SAGE Encyclopedia of Cancer and Society* Graham A. Colditz, 2015-08-12 The first edition of the Encyclopedia of Cancer and Society was published in 2007 and received a 2008 Editors' Choice Award from Booklist. It served as a general, non-technical resource focusing on cancer from the perspective of the social and behavioral sciences, exploring social and economic impacts, the "business" of cancer, advertising of drugs and treatment centers, how behavior change could offer great potential for cancer prevention, environmental risks, food additives and regulation, the relation between race and ethnicity and cancer risk, socioeconomic status, controversies—both scientific and political—in cancer treatment and research, country-by-country entries on cancer around the world, and more. Given various developments in the field including new drug treatments, political controversies over use of the vaccines Gardasil and Cervarix with young girls to prevent cervical cancer, and unexpected upticks in the prevalence of adult smoking within the U.S. following decades of decline, the SAGE Encyclopedia of Cancer and Society, Second Edition serves as an updated and more current encyclopedia that addresses concerns pertaining to this topic. Key Features: · Approximately half of the 700 first-edition articles revised and updated · 30+ new entries covering new developments since 2006 · Signed entries with cross-references · Further Readings accompanied by pedagogical elements · New Reader's Guide · Updated Chronology, Resource Guide, Glossary, and through new Index The SAGE Encyclopedia of Cancer and Society, Second Edition serves as a reliable and precise source for students and researchers with an interest in social and behavioral sciences and seeks to better understand the continuously evolving subject matter of cancer and society.

spine and wellness freehold nj: *Sleep and Aging* Mark P. Mattson, 2005-06-20 The book describes the mechanisms involved in the maintenance of neuroendocrine-immune interactions in ageing. The lack of this maintenance leads to the appearance of age-related diseases (cancer, infections, dementia) and subsequent disability. The capacity of some hormones or nutritional factors in restoring and remodelling the neuroendocrine-immune response during ageing is reported presenting possible new anti-ageing strategies in order to reach healthy ageing and longevity

spine and wellness freehold nj: *Understanding Low Back Pain* Mario A. Gutierrez M. D., Mario Gutierrez, 2005-05 Are you one of the millions of people who suffer from low back pain? While it is important that patients with low back pain educate themselves about the lower back, the information available is often more confusing than it is helpful. A single source of information should not be taken as the only truth, as this can lead to misconceptions and misunderstandings in the diagnosis and treatment of low back pain. According to author Mario A. Gutierrez, MD, not all patients with low back pain are the same, and not all back conditions have a common cause. Dr.

Gutierrez draws on more than twenty years of neurosurgery experience and direct patient contact to guide back pain sufferers in their quest for reliable information and diagnosis with topics such as: Causes of low back pain Current treatments for low back pain Low back surgery options Treatment myths Rehabilitation Health insurance/disability Prevention Whether you're a patient seeking answers, an aspiring medical professional, or a practicing physician, *Understanding Low Back Pain* is a must-have reference, complete with medical terminology, a short medical glossary, and frequently used medical abbreviations.

spine and wellness freehold nj: *Interventional Nephrology* Alexander S. Yevzlin, Arif Asif, Loay Salman, 2013-12-05 *Interventional Nephrology: Principles and Practice* describes a very direct approach to clinical problems encountered by the community of care providers who treat chronic kidney disease and dialysis patients. Practical scenarios faced on a day-to-day basis are presented by experts in the field utilizing the latest scientific information. In addition to internal medicine residents, nephrology fellows and practitioners, this comprehensive and useful resource is a must-have for the allied health professionals taking care of patients with hemodialysis and peritoneal dialysis access problems.

spine and wellness freehold nj: *The Power Broker* Robert A. Caro, 2024-09-16 PULITZER PRIZE WINNER • A modern American classic, this huge and galvanizing biography of Robert Moses reveals not only the saga of one man's incredible accumulation of power but the story of his shaping (and mis-shaping) of twentieth-century New York. One of the Modern Library's hundred greatest books of the twentieth century, Robert Caro's monumental book makes public what few outsiders knew: that Robert Moses was the single most powerful man of his time in the City and in the State of New York. And in telling the Moses story, Caro both opens up to an unprecedented degree the way in which politics really happens—the way things really get done in America's City Halls and Statehouses—and brings to light a bonanza of vital information about such national figures as Alfred E. Smith and Franklin D. Roosevelt (and the genesis of their blood feud), about Fiorello La Guardia, John V. Lindsay and Nelson Rockefeller. But *The Power Broker* is first and foremost a brilliant multidimensional portrait of a man—an extraordinary man who, denied power within the normal framework of the democratic process, stepped outside that framework to grasp power sufficient to shape a great city and to hold sway over the very texture of millions of lives. We see how Moses began: the handsome, intellectual young heir to the world of *Our Crowd*, an idealist. How, rebuffed by the entrenched political establishment, he fought for the power to accomplish his ideals. How he first created a miraculous flowering of parks and parkways, playlands and beaches—and then ultimately brought down on the city the smog-choked aridity of our urban landscape, the endless miles of (never sufficient) highway, the hopeless sprawl of Long Island, the massive failures of public housing, and countless other barriers to humane living. How, inevitably, the accumulation of power became an end in itself. Moses built an empire and lived like an emperor. He was held in fear—his dossiers could disgorge the dark secret of anyone who opposed him. He was, he claimed, above politics, above deals; and through decade after decade, the newspapers and the public believed. Meanwhile, he was developing his public authorities into a fourth branch of government known as Triborough—a government whose records were closed to the public, whose policies and plans were decided not by voters or elected officials but solely by Moses—an immense economic force directing pressure on labor unions, on banks, on all the city's political and economic institutions, and on the press, and on the Church. He doled out millions of dollars' worth of legal fees, insurance commissions, lucrative contracts on the basis of who could best pay him back in the only coin he coveted: power. He dominated the politics and politicians of his time—without ever having been elected to any office. He was, in essence, above our democratic system. Robert Moses held power in the state for 44 years, through the governorships of Smith, Roosevelt, Lehman, Dewey, Harriman and Rockefeller, and in the city for 34 years, through the mayoralties of La Guardia, O'Dwyer, Impellitteri, Wagner and Lindsay. He personally conceived and carried through public works costing 27 billion dollars—he was undoubtedly America's greatest builder. This is how he built and dominated New York—before, finally, he was stripped of his reputation (by the press) and his power

(by Nelson Rockefeller). But his work, and his will, had been done.

spine and wellness freehold nj: Surgery for Ovarian Cancer Robert E. Bristow, Beth Y. Karlan, Dennis S. Chi, 2019-02-21 Updated and expanded, the third edition of *Surgery for Ovarian Cancer* focuses on essential techniques for the effective management of ovarian cancer. It reflects the most contemporary science and surgical applications for the management of patients with ovarian cancer and related peritoneal surface malignancies. This new edition takes a step-by-step approach and includes new intraoperative photographs and videos illustrating surgical procedures. It is principally devoted to the technical aspects of cytoreductive surgery, with chapters divided according to anatomic region. The chapters cover relevant anatomical considerations, surgical challenges specific to each region, and operative approaches and techniques favored by the authors. The list of contributing authors has been expanded from the previous edition and includes international and world-renowned experts from the fields of gynecologic oncology and surgical oncology. The topics of minimally invasive surgery, secondary cytoreduction, palliative surgery, and postoperative care are also covered in detail. New to the third edition are chapters on preoperative risk stratification, regional therapeutics and peritonectomy procedures, and quality assurance relating to ovarian cancer surgery. This comprehensive text is essential reading for all practitioners working with patients with ovarian cancers.

spine and wellness freehold nj: Injection Procedures Todd P. Stitik, 2010-10-23 This practical guide is ideal for healthcare professionals, including family medicine and sports medicine physicians, who wish to integrate peripheral joint and soft tissue injection procedures into their practices. Emphasis is placed on helping clinicians perform injections with accuracy and efficiency. Procedures are presented in a step-by-step fashion. A wealth of illustrations adds clarity, and fluoroscopic images are featured where applicable. Billing and coding are covered in order to aid readers in obtaining reimbursement. Chart documentation designed to improve patient management and medical-legal protection is presented via ready-to-use templates that can be inserted into office notes. Key information on needle gauge sizes and medication dosages is summarized in an easily accessible table. A useful discussion on conducting clinical trials is outlined as well.

spine and wellness freehold nj: Metastatic Spine Disease Rex A. W. Marco, 2018-05-24 This comprehensive text focuses exclusively on the management of metastatic spinal disease, evaluating the most recent literature and providing patient-centered treatment algorithms. Beginning with initial imaging, classification and clinical decision-making, the spine is approached anatomically from the upper cervical to the sacrum, describing the unique considerations and approaches appropriate to each region, such as laminectomy and stabilization, en bloc spondylectomy and resection and reconstruction. Less invasive and minimally invasive approaches are discussed throughout the text. Radiation therapy modalities and other adjuvant treatments are also discussed, as well as reconstructive flap coverage and the management of complications. The spinal column is the most common site of metastatic cancer, and a multidisciplinary approach is required to provide patients with reasonable management options to prevent and treat the disabling symptoms caused by this debilitating condition. This compendium of experience from thought leaders in the treatment of metastatic spine disease will provide spine surgeons, oncologists, radiation oncologists, physiatrists and palliative care specialists with up-to-date information to guide their patients through the multidisciplinary management of metastatic spinal disease.

spine and wellness freehold nj: Understanding the Emotional Disorders David Watson, Michael W. O'Hara, 2017-03-23 Improving the measurement of symptoms of emotional disorders has been an important goal of mental health research. In direct response to this need, the Expanded Version of the Inventory of Depression and Anxiety Symptoms (IDAS-II) was developed to assess symptom dimensions underlying psychological disorders. Unlike other scales that serve as screening instruments used for diagnostic purposes, the IDAS-II is not closely tethered to the Diagnostic and Statistical Manual of Mental Disorders (DSM); rather, its scales cut across DSM boundaries to examine psychopathology in a dimensional rather than a categorical way. Developed by authors David Watson and Michael O'Hara, the IDAS-II has broad implications for our understanding of

psychopathology. Understanding the Emotional Disorders is the first manual for how to use the IDAS-II and examines important, replicable symptom dimensions contained within five adjacent diagnostic classes in the DSM-5: depressive disorders, bipolar and related disorders, anxiety disorders, obsessive-compulsive and related disorders, and trauma- and stressor-related disorders. It reviews problems and limitations associated with traditional, diagnosis-based approaches to studying psychopathology and establishes the theoretical and clinical value of analyzing specific types of symptoms within the emotional disorders. It demonstrates that several of these disorders contain multiple symptom dimensions that clearly can be differentiated from one another. Moreover, these symptom dimensions are highly robust and generalizable and can be identified in multiple types of data, including self-ratings, semi-structured interviews, and clinicians' ratings. Furthermore, individual symptom dimensions often have strikingly different correlates, such as varying levels of criterion validity, incremental predictive power, and diagnostic specificity. Consequently, it is more informative to examine these specific types of symptoms, rather than the broader disorders. The book concludes with the development of a more comprehensive, symptom-based model that subsumes various forms of psychopathology-including sleep disturbances, eating- and weight-related problems, personality pathology, psychosis/thought disorder, and hypochondriasis-beyond the emotional disorders.

spine and wellness freehold nj: Atlas of Ultrasound Guided Musculoskeletal Injections

David A. Spinner, Jonathan S. Kirschner, Joseph E. Herrera, 2013-11-19 The use of ultrasound guidance to perform diagnostic and therapeutic injections is growing at a rapid rate, as is the evidence to support its use. Even with the increased popularity of ultrasound, there remains a lack of formal training or a standard reference book. Atlas of Ultrasound Guided Musculoskeletal Injections fills this void in the literature and will be useful to physiatrists, orthopedists, rheumatologists, pain medicine and sports medicine specialists alike. Broken down by anatomic structure and heavily illustrated, this book is both comprehensive and instructive. The Editors and their contributors break down the basics (both the fundamentals of ultrasound to needle visibility and the role of injections) and explore ultrasound-guided injection for structures in the shoulder, elbow, wrist and hand, hip and groin, knee, ankle and foot, and spine. Using a clear, heavily illustrated format, this book describes the relevant clinical scenarios and indications for injection, the evidence to support ultrasound use, relevant local anatomy, injection methods, and pearls and safety considerations. It will be a valuable reference for trainees and experienced clinicians alike, for experienced sonographers or those just starting out.

spine and wellness freehold nj: Sports Neurology, 2018-12-19 Sports Neurology is designed to be a comprehensive overview of neurology within the context of sports medicine. This definitive text addresses the history of sports neurology, including its unique role within sports medicine, and provides a detailed assessment of central and peripheral nervous system injuries and illnesses in athletes. Sports Neurology is a critical companion for all sports medicine clinicians and for neurologists who manage athletes.

spine and wellness freehold nj: Deer's Treatment of Pain Timothy R. Deer, Jason E. Pope, Tim J. Lamer, David Provenzano, 2019-08-01 Designed and written by a team of clinically established academics, this is a unique book that is an excellent manual for physicians practicing pain medicine or treating pain in neurosurgery, orthopedic, neurology, or family practice clinics. As a practical resource, this book is written to be more accessible to the reader and is designed to be more clinically-focused and useful in day-to-day practice. This 102 chapter volume is divided into seven separate sections: Anatomy and Physiology of Pain, Psychology of Pain, Pharmacological Treatment of Pain, Interventional Treatment of Pain, Adjuvant Therapies for Pain and Suggested Reading. The calculated organization of this book is supplemented by key photos, drawings and a self-assessment of four key questions at the end of each chapter -- thus making it an indispensable, pragmatic resource that will benefit anyone working in the pain management field. Deer's Treatment of Pain: An Illustrated Guide for Practitioners contains pearls for improving knowledge and improving one's practice as a physician.

spine and wellness freehold nj: Therapeutic Programs for Musculoskeletal Disorders

James Wyss, Amrish Patel, 2012-12-17 This is a guide for musculoskeletal medicine trainees and physicians to the art and science of writing prescriptions and developing individualized treatment plans. It offers a comprehensive approach to the conservative treatment of musculoskeletal disorders.

spine and wellness freehold nj: Surgical Treatment of Orthopaedic Trauma James P.

Stannard, Andrew H. Schmidt, 2011-01-01 Winner of First Prize in Orthopaedics and Rheumatology at the 2008 British Medical Association Medical Book Competition Winner of Association of American Publishers Best Book in Clinical Medicine, 2007 This landmark multimedia reference presents the most current information on surgical treatments of a wide range of injuries, from complex pelvic and spinal trauma to periarticular fractures and knee dislocations. For each injury, the authors guide the reader from the clinical evaluation, through the decision-making process, and to the surgical procedure. Each chapter provides a thorough review of surgical anatomy, streamlined discussion of the classification of the injury, the non-operative treatments available, and the indications for surgical treatment. Concise, step-by-step descriptions of surgical techniques are supplemented by carefully edited videos of surgical procedures on four accompanying DVDs, containing over 18 hours of video footage. Highlights of the book: Tips and Tricks summarize key points of each procedure for rapid review in preparation for surgery Exam Pearls describe injuries, incidence, indications for surgery, and possible complications and are ideal for board preparation More than 1,400 photographs, radiographs, and drawings illustrate techniques New Techniques sections cover the latest innovations for surgical management A separate table of contents for the four DVDs and shaded text boxes throughout the book enable convenient book-to-video reference Highlights of the DVDs: Narrated videos of entire surgical procedures provide a window into the operating room--an invaluable resource for residents and general orthopedic surgeons who do not perform trauma procedures regularly Coverage of state-of-the-art techniques such as locked plating, minimally invasive fracture fixation, advanced intramedullary nailing strategies, staged reconstruction of periarticular fractures, new techniques for hip hemiarthroplasty, surgical management of knee dislocation, including double bundle ACL and PCL knee reconstruction, and the use of temporary postoperative hinged external fixation Each DVD has been professionally produced and features high-quality audio, special effects, and multiple camera angles for each procedure Authoritative and comprehensive in its scope, this landmark text will be an invaluable asset in libraries of all orthopedic surgeons, residents, or specialists seeking a comprehensive and didactic reference.

spine and wellness freehold nj: Lumbar Interbody Fusion Paul M. Lin, Kevin Gill, 1989

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clinical outcomes for the vast variety of interventional urologic procedures, this second edition includes many more medical images as well as helpful graphics and reference illustrations. The second edition of *Interventional Urology* serves as a valuable resource for clinicians, interventional urologists, interventional radiologists, interventional oncologists, urologic oncologists, as well as scientists, researchers, students, and residents with an interest in interventional urology.

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