

strive2livewell physical therapy wellness

Strive2LiveWell Physical Therapy & Wellness: Your Journey to a Healthier You

Are you ready to ditch the aches, pains, and limitations holding you back from living your best life? At Strive2LiveWell Physical Therapy & Wellness, we believe everyone deserves to move freely, feel fantastic, and thrive. This comprehensive guide dives deep into what makes Strive2LiveWell unique, exploring our services, philosophy, and how we can help you achieve your wellness goals. Whether you're recovering from an injury, managing a chronic condition, or simply seeking to improve your overall well-being, this post will show you why Strive2LiveWell is your ideal partner on the path to a healthier, happier you.

Understanding the Strive2LiveWell Approach: More Than Just Physical Therapy

Strive2LiveWell Physical Therapy & Wellness isn't just another physical therapy clinic; it's a holistic wellness center dedicated to your complete well-being. We understand that physical health is interconnected with mental and emotional well-being. Our approach goes beyond treating symptoms; we focus on identifying the root cause of your discomfort and developing a personalized plan to address it effectively. This means taking the time to listen to your concerns, understanding your lifestyle, and collaborating with you every step of the way.

Our Comprehensive Range of Services at Strive2LiveWell

We offer a diverse range of services designed to meet your individual needs. Our comprehensive offerings include:

1. **Physical Therapy:** Our experienced physical therapists use evidence-based techniques to address a wide range of musculoskeletal issues, including:

Sports Injuries: From sprains and strains to more complex injuries, we help athletes of all levels recover and return to their sport stronger than before.

Orthopedic Conditions: We treat conditions such as arthritis, back pain, neck pain, and post-surgical rehabilitation, helping you regain mobility and reduce pain.

Neurological Rehabilitation: We specialize in helping individuals recover from strokes, multiple sclerosis, Parkinson's disease, and other neurological conditions. Our focus is on improving function, balance, and coordination.

Geriatric Care: We provide specialized care for seniors, focusing on improving mobility, strength, balance, and preventing falls.

1. **Wellness Programs:** Beyond physical therapy, we offer preventative and wellness programs designed to empower you to take control of your health. These programs include:

Strength and Conditioning: Build strength, improve endurance, and enhance your overall fitness level with our customized programs.

Pilates: Improve core strength, flexibility, and posture with our Pilates classes, led by certified instructors.

Yoga: Experience the stress-relieving and flexibility-enhancing benefits of yoga in our tranquil studio.

Nutritional Guidance: Learn how to fuel your body for optimal health with guidance from our registered dietitian.

1. **Manual Therapy Techniques:** Our therapists are skilled in various manual therapy techniques, including:

Soft Tissue Mobilization: Release muscle tension and improve flexibility.

Joint Mobilization: Restore joint mobility and reduce pain.

Myofascial Release: Address restrictions in the connective tissue surrounding muscles.

The Strive2LiveWell Difference: A Personalized Approach to Wellness

What sets Strive2LiveWell apart is our commitment to a personalized approach. We believe in listening to our patients, understanding their unique needs, and developing tailored treatment plans that address their specific goals. We're not just treating injuries; we're empowering individuals to live healthier, more fulfilling lives. We believe in fostering a supportive and encouraging environment where patients feel comfortable, respected, and empowered to take an active role in their recovery.

Technology and Innovation at Strive2LiveWell

We are committed to utilizing the latest technology and evidence-based practices to provide the highest quality care. This includes incorporating advanced diagnostic tools and treatment modalities to ensure accurate assessments and effective outcomes. Our commitment to continuous learning ensures we stay at the forefront of physical therapy and wellness advancements.

Meet Our Team: Dedicated Professionals Committed to Your Success

Our team is comprised of highly skilled and compassionate professionals who are passionate about helping patients achieve their health and wellness goals. Our therapists are licensed and certified, with years of experience treating a wide range of conditions. Our supportive administrative staff ensures a smooth and efficient experience for every patient.

Testimonials: Real Results, Real Stories

[Insert several positive client testimonials here. These should be genuine and specific, focusing on the positive outcomes achieved through Strive2LiveWell's services.]

Taking the Next Step: Your Journey to Wellness Starts Here

Are you ready to embark on your journey to a healthier, happier you? Contact Strive2LiveWell Physical Therapy & Wellness today to schedule a consultation. We'll listen to your concerns, assess your needs, and develop a personalized plan to help you achieve your goals. Let us help you strive to live well!

Conclusion:

Strive2LiveWell Physical Therapy & Wellness offers a holistic and personalized approach to achieving optimal health and well-being. Our commitment to evidence-based practices, cutting-edge technology, and a dedicated team of professionals sets us apart. We encourage you to contact us today and take the first step towards a healthier, more fulfilling life.

FAQs:

1. What insurance plans do you accept? We accept a wide range of insurance plans. Please contact our office to verify your coverage.

1. Do you offer virtual consultations? Yes, we offer telehealth options for certain services. Please inquire during your initial contact.
1. What are your hours of operation? Our hours are [Insert hours of operation here]. Appointments are available throughout the week.
1. What is the process for scheduling an appointment? You can schedule an appointment by calling us at [Insert phone number here] or booking online through our website at [Insert website address here].
1. What should I bring to my first appointment? Please bring your insurance card, a list of current medications, and any relevant medical records.

strive2livewell physical therapy wellness: Chief Physical Therapist National Learning Corporation, 2016 The Chief Physical Therapist Passbook(R) prepares you for your test by allowing you to take practice exams in the subjects you need to study. It provides hundreds of questions and answers in the areas that will likely be covered on your upcoming exam, including but not limited to; Application of the principles and practices of physical therapy in the administration of a physical therapy program; Supervision; and more.

strive2livewell physical therapy wellness: Wellness and Physical Therapy Fair, Sharon Elayne Fair, 2010-10-22 The focus of Wellness and Physical Therapy will be the application of wellness, particularly fitness wellness, to the practice and profession of physical therapy. The book addresses all items related to wellness in the Normative Model of Physical Therapist Professional Education: Version 2004, the Guide to Physical Therapist Practice, and APTA's Education Strategic Plan. The text consists of foundational knowledge, theoretical models, empirical research and application of material to physical therapy practice. Evidence-based practice is emphasized through a mixed approach of formalist and reader-response. An important text for all physical therapy students! Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition.

strive2livewell physical therapy wellness: Prevention Practice Catherine Rush Thompson, 2007 The all-encompassing Prevention Practice: A Physical Therapist's Guide to Health, Fitness, and Wellness successfully details the impact health promotion, health protection, and the prevention of illness and disability have on increasing the quality and length of a healthy life for individuals across the lifespan. Dr. Catherine Thompson along with eight contributors, all with diverse backgrounds in physical therapy, rehabilitation, and healthcare, present the fundamental health, fitness, and wellness concepts that are critical for providing preventive care to healthy, impaired, and at-risk populations as outlined in the Guide to Physical Therapist Practice and Healthy

People 2010. Prevention Practice includes screening tools for determining risk factors associated with common medical problems as well as resources for implementing prevention practice in clinical and community-based settings, including planning and marketing a prevention practice. Additionally, this unique guide offers suggestions for providing appropriate interventions (consultation, referral, education, resources, and program development). Some topics covered include: **•** Overview of holistic versus traditional medicine **•** A comparison of isometric, isotonic, and isokinetic exercises **•** Comprehensive physical health screening **•** Musculoskeletal, neuromuscular, cardiopulmonary, and integumentary impairments and developmental disabilities **•** Tips, letters, and "dorsquo;s and donrsquo;tsrdquo; for providing advocacy to those in need of guidance Perfect for clinicians, students, allied health professionals, rehabilitation specialists, physical medicine specialists, and recreation therapists, Prevention Practice is a valuable resource for everyone in the areas of health, fitness, and wellness. Additional features: **•** Behavioral Risk Factor Surveillance table **•** Lifestyle Behaviors Screening questionnaire **•** Pathology-specific signs and symptoms **•** Women's health issues **•** Risk of injury based upon age, gender, and race **•** Nutrition screening for older adults

strive2livewell physical therapy wellness: Foundations: An Introduction to the Profession of Physical Therapy Stephen J. Carp, 2019-01-28 A unique blueprint to a successful physical therapy practice from renowned experts In the last 100 years, the profession of physical therapy has grown from a little-known band of reconstruction aides to a large and expanding worldwide group of dedicated professionals at the cutting edge of health care diagnostics, interventions, research, ethics, and altruistic community service. Foundations: An Introduction to the Profession of Physical Therapy by distinguished physical therapist and educator Stephen Carp reflects nearly 40 years of expertise in this evolving field. The book covers the the background music of physical therapy - important issues aspiring physical therapists and physical therapist assistants need to master prior to starting clinical practice. Sixteen chapters present a broad spectrum of content, covering core behavioral, clinical, and professional concerns encountered in practice. Experts provide firsthand guidance on reimbursement, working as a healthcare team, documentation, ethical issues and community service, clinical research and education, an overview of the APTA, career development, and more. Key Highlights From the history of the profession to cultural, spiritual and legal aspects of practice, this unique resource provides insights not found in traditional physical therapy foundation textbooks About 20 comprehensive vignettes with real-life experiences enhance the text Text boxes with insightful first-person narratives highlight chapter content A list of review questions and meticulous references at the end of every chapter enhance learning and encourage further research All PT and PTA students will benefit from the expert wisdom and pearls shared in this essential reference.

strive2livewell physical therapy wellness: Women's Health in Physical Therapy Jean M. Irion, Glenn Irion, 2010 This book provides a framework and practical guidelines for managing women's health issues within the practice of physical therapy. It enables students to develop and implement customized patient care plans to deal with a broad range of disorders and health issues that either primarily affect women or manifest themselves differently in women. The book features a team of expert authors whose advice is based not only on a thorough investigation of the evidence, but also on their own firsthand experience as physical therapists specializing in women's health issues.

strive2livewell physical therapy wellness: Introduction to Physical Therapy Michael A. Pagliarulo, 2020-12 Start your physical therapy career path on the right foot with Introduction to Physical Therapy, 6th Edition. This comprehensive text offers an insightful and thorough overview of both the profession and the practice of physical therapy, including the latest topics and trends surrounding the industry. The first section walks through the key aspects of a career in physical therapy -including the roles of the physical therapist and physical therapist assistant, practice settings, the APTA, laws, policies, and regulations. The second section then goes on to cover the

practice of physical therapy - detailing the functions, disorders, and therapies of the major organ systems. This sixth edition also features a new chapter on prevention, health promotion, and wellness in physical therapy practice; as well as updated content, references, and coverage of new trends in health care. Paired with an abundance of learning aides like learning objectives, chapter outlines, review questions, and more; this highly visual text offers the complete foundation needed to successfully grow professional knowledge and skills. Overview of the profession combined with clinical information?gives readers a solid foundation in the practice of physical therapy. Chapter on reimbursement covers the fiscal aspects of health care and how reimbursement affects the profession. Chapter on communication and cultural competence?describes how cultural differences influence patient interaction and helps the PTA and PT understand behavior due to cultural differences. Numerous learning aides?include chapter outlines, key terms, learning objectives, questions to ask, boxes, tables, summaries and up to date references, suggested readings and review questions. NEW! New chapter on prevention, health promotion, and wellness in physical therapist practice reflects the growing importance in the physical therapy profession. NEW! Revised content and updated references throughout the text ensures content is the most current and applicable for today's PT and PTA professionals. NEW! The latest information on current trends in health care and the profession of physical therapy?keeps readers current on the latest issues.

strive2livewell physical therapy wellness: Launch Into Home Health Physical Therapy

Peter B. Sims, 2016-10-26 Are you interested in learning about home health? Are you looking to land a job in the growing and lucrative field of home health physical therapy? This concise, one-of-a-kind introductory guide cuts through all the nonsense and demystifies home health for the practicing physical therapist or physical therapy student. After reading, Launch into Home Health Physical Therapy: An Introduction to Home Health with Career Advice to Help You Land Your First Job! You will have all the tools you will need hit the ground running and earn a job in this growing and fulfilling work setting! Written by a successful home health physical therapist and entrepreneur, this book offers an insider perspective of the home health industry. By the end of this book, you will know as much about home health physical therapy as someone who has been working in the profession for over a year and all before you even see your first patient! After reading the book, you will: - Understand how home health works, the function of the home health agency, and characteristics of the home health patient. - Learn how to make your home health patients safer, stronger, and happier in their homes. - Understand the essence of the initial, routine, and discharge visits. - Be familiarized with the home health clinical team and other stakeholders. - Learn how to boost your day-to-day efficiency and productivity. - Recognize how to spot and avoid common pitfalls. - Understand basic clinical documentation and patient care expectations. - Be familiarized with the OASIS and other home health-specific concepts like homebound and face-to-face encounter. - Know how to find top-tier home health agencies that will serve as potential employers. - Understand how to prepare for and land a home health physical therapy job. - Increase your earning potential! Additionally, the author has created a free online companion course to complement each chapter, which will help you gain a deeper understanding of the concepts and lessons discussed. The companion course includes the book's references, video presentations, interviews from home health professionals as well as bonus content not included in the book.

strive2livewell physical therapy wellness: Introduction to Physical Therapy- E-BOOK

Michael A. Pagliarulo, 2011-05-01 Introduction to Physical Therapy, 4e by Michael Pagliarulo provides a comprehensive description of the profession and practice of physical therapy. - NEW! Evolve website with a test bank, PowerPoint presentations, and image collection. - The only introductory textbook that includes an overview of the profession and clinical information - Chapter on reimbursement introduces the fiscal aspect of health care and reimbursement for physical therapy services. - Chapter on communication and cultural competence helps the PT and PTA understand behavior due to cultural differences. - EXPANDED! Numerous learning aides, including chapter outlines, key terms, learning objectives, questions to ask, boxes, tables, summaries and up to date references, suggested readings, and review questions. - The latest information on current

trends in health care and the profession of physical therapy keeps the students current on latest issues.

strive2livewell physical therapy wellness: Primary Care for the Physical Therapist

William R. Vanwyke, William G. Boissonnault, 2020-01-01 - NEW! Updated content throughout the text reflects the current state of primary care and physical therapy practice. - NEW! New chapter on electrodiagnostic testing helps familiarize physical therapists with indications for electrodiagnostic testing and implications of test results to their clinical decision-making. - NEW! New chapter on patients with a history of trauma emphasizes the red flags that physical therapists need to recognize for timely patient referral for appropriate tests. - NEW! Updated information on how to screen and examine the healthy population enhances understanding of the foundations of practice and the role that physical therapists can fill in primary care models.

strive2livewell physical therapy wellness: Professionalism in Physical Therapy Laura Lee

(Dolly) Swisher, Catherine G. Page, 2005-02-15 As the role of the physical therapist widens to include more primary care and diagnostic responsibilities, there is a greater need for a single, up-to-date resource that explores professional roles and developments in this changing field. This new book is the definitive reference on this important topic. This concise book provides information on every vital area important to professionalism: documentation, law and ethics, and leadership - all in the context of the five roles of the physical therapist as defined by the APTA's Guide to Physical Therapist Practice, 2nd Edition. Readers will find information on the history of professionalism in physical therapy, the five roles of the physical therapist (Patient/Client Manager, Consultant, Critical Inquirer, Educator, and Administrator), the role of the physical therapist in today's health care system, and professional leadership and development. Case studies, how to lists and tips from the field encourage critical thinking and provide strategies for various issues. The book also offers tips on preparing a portfolio, determining leadership style, and preparing a professional development plan based on the APTA's five roles. Develops and defines principles and concepts of professionalism to guide physical therapists in times of change Follows the APTA's Guide and includes quotes and information from this document throughout Offers a comprehensive history of physical therapy, with unique information on origins of the profession Offers comprehensive coverage of legal and ethical issues, showing how these issues affect the entire practice of physical therapy Discusses billing and reimbursement practices, with specific information on how to document and bill as an aspect of practice Defines and explains the role of the consultant, both as an autonomous health care provider or as a member of a health care team Features real-life case studies and discussion questions at the end of each chapter to encourage practical application of concepts and test readers' knowledge Provides end-of-chapter tips to help readers develop best practices

strive2livewell physical therapy wellness: Quick Reference Dictionary for Physical

Therapy Jennifer Bottomley, 2024-06-01 Quick Reference Dictionary for Physical Therapy has been revised and updated into a Third Edition to include the latest information in the field of physical therapy. This reference book, designed specifically for the physical therapy and physical therapist assistant student and practitioner, provides a magnitude of terms, definitions, guidelines, and references essential to the field. This Third Edition provides quick access to over 3400 words and their definitions that are encountered on a day-to-day basis (400 more than the previous edition). There are also 41 appendices in this user-friendly, pocket-sized reference where you can find information such as lists of general acronyms and abbreviations for words commonly used in physical therapy/rehabilitation; commonly used acronyms for evaluative tests and measures; and definitions of impairment, disability, and handicap as established and accepted by the World Health Organization. What is new inside the Third Edition: • More than 100 new abbreviations and acronyms • Updated Code of Ethics for the Physical Therapist • A new Drug Prescribing and Elimination Abbreviations appendix • Updates to suggested readings Quick Reference Dictionary for Physical Therapy, Third Edition is the perfect, pocket size, affordable companion for school, clinical affiliations, and physical therapy practice.

strive2livewell physical therapy wellness: Foundations of Physical Therapy Ronald W.

Scott, 2002 This essential core textbook for the early phase of a physical therapy program takes a global approach to the profession, focusing on both practice specialties, as well as practice settings, populations served, and essential issues such as specialization, relations with complementary health professionals, and education. FEATURES * Uses terminology based on APTA's new Guide to Physical Therapist Practice * Examines special audiences, including pediatric, geriatric, orthopedic, and neurologic * Written by a single author for a uniform and cohesive presentation * Includes the full text of the Model Practice Act for Physical Therapy

strive2livewell physical therapy wellness: Acute Care Physical Therapy Daniel J. Malone, Kathy Lee Bishop, 2024-06-01 Acutely ill patients are found in the hospital, in the skilled nursing facility, in inpatient rehabilitation facilities, in outpatient practices, and in the home. The role of the physical therapist and physical therapist assistant is to rehabilitate these vulnerable and frail patients to enhance their health and functioning. The goal of Acute Care Physical Therapy: A Clinician's Guide, Second Edition is to provide the acute care practitioner with the necessary knowledge to improve patients' structural impairments and activity limitations so they can more successfully participate in life. Nothing could be more challenging and rewarding. Inside, Drs. Daniel Malone and Kathy Lee Bishop, along with their contributors, provide a comprehensive review of acute care physical therapist best practice. This text builds upon fundamental knowledge by addressing important components of the patient examination ranging from the patient's medical history to laboratory testing to life supporting equipment. Following this introduction, each chapter highlights specific organ systems with a review of pertinent anatomy and physiology followed by common health conditions and medical management. Important physical therapy concerns, examination findings, and rehabilitation interventions are discussed in detail. This Second Edition includes numerous tables, figures, review questions, and case studies that highlight clinical reasoning and the physical therapy patient care model as outlined in the Guide to Physical Therapist Practice. New in the Second Edition: Increased focus on evidence-based examination, evaluation, and intervention The latest technology in physiologic monitoring and patient support equipment Introduces the "PT Examination" and "ICU" algorithms to promote safe and progressive rehabilitation Emphasis on clinical decision making through the application of a clinical reasoning model applied to the end of chapter cases Acute Care Physical Therapy: A Clinician's Guide, Second Edition will serve as a valuable education tool for students, newer professionals as well as post-professionals who provide therapy services to the acutely ill patient regardless of setting.

strive2livewell physical therapy wellness: Guide to Evidence-based Physical Therapy Practice Dianne V. Jewell, 2008 Finally, a text designed specifically for physical therapists to facilitate evidence-based practice in both the classroom and in the clinic. Guide to Evidence-Based Physical Therapy Practice provides readers with the information and tools needed to appreciate the philosophy, history, and value of evidence-based practice, understand what constitutes evidence, search efficiently for applicable evidence in the literature, evaluate the findings in the literature, and integrate the evidence with clinical judgement and individual patient preferences and values. This unique handbook combines the best elements of multiple texts into a single accessible guide. Divided into four sections that break down the research process, this user-friendly text also includes key terms, learning objectives, exercises, diagrams, worksheets, and useful appendices. This text is perfect for both physical therapists and students!

strive2livewell physical therapy wellness: Physical Therapy Management of Patients with Spinal Pain Deborah Stetts, Gray Carpenter, 2024-06-01 In this rapidly changing health care environment, a challenge today's physical therapist faces is finding, evaluating, and implementing current best evidence into practice, an integral part of health care professional educational programs. With that goal in mind, Physical Therapy Management of Patients With Spinal Pain: An Evidence-Based Approach provides a comprehensive research-based overview of the examination and physical therapy interventions of the spine. Inside Physical Therapy Management of Patients With Spinal Pain, Drs. Deborah M. Stetts and J. Gray Carpenter evaluate the current evidence related to spinal pain and present it in a format that allows for an easy transition to the clinical

environment. By providing effective clinical interventions, rather than relying on habits or tradition, patients benefit from an increased likelihood of improved quality of life with the least potential of personal and financial risk. Some features include: • Over 650 photographs, images, and tables • Access to a supplemental video Website with new book purchase • Best practice for evaluating and treating the lumbar spine, thoracic spine, and cervical spine • Comprehensive coverage of the clinical presentation of spine-related pathologies from evaluation to treatment Each chapter outlines the history, physical examination, physical therapy diagnosis, evidence-based management guidelines, and case studies for each topic. Case studies will challenge the reader's clinical reasoning skills with the use of current best evidence throughout the initial examination and subsequent treatment sessions. Bonus! Also included with *Physical Therapy Management of Patients With Spinal Pain* is access to a supplemental Website containing more than 375 video demonstrations corresponding to the tests and measures, examination, evaluation, and intervention procedures covered within the text. *Physical Therapy Management of Patients With Spinal Pain: An Evidence-Based Approach* is the go-to reference text and accompanying Web site for the physical therapy students, or clinicians who are reaching for best practice through providing the highest level of evidence-informed care in the evaluation and management of patients with spinal pain.

strive2livewell physical therapy wellness: Healing Power of You Dr. Keith Poorbaugh, 2020-06-24 When you hurt, you want answers. What caused the pain, and what can you do to recover? For people struggling with persistent or recurrent pain, however, those answers are difficult or impossible to obtain. Even so, it is possible to live a life with less pain—to heal and be well. In *Healing Power of You*, Dr. Keith Poorbaugh shares insights from his personal and clinical experience to help explain the cause of musculoskeletal pain. He then offers a rationale based upon recent scientific evidence demonstrating the danger of choosing a medical fix rather than the path toward wellness and healing. Every well human moves to heal, and you can rediscover the true nature of tissue healing to foster natural pain relief from musculoskeletal conditions. Take the opportunity to explore current knowledge on the mystery of healing from pain. Science is always changing, but one thing remains true and constant: the musculoskeletal system is designed to heal. Designed for those suffering from chronic pain, this guide presents a solution-based approach to pain relief that encourages healing and lifestyle changes for improved wellness.

strive2livewell physical therapy wellness: Physical Therapy Professional Foundations Kathleen A. Curtis, 2002 This book was written to help preprofessional students make healthy choices about entering the field of physical therapy, to assist physical therapy students to establish sound habits and realistic expectations, and to facilitate success for new graduates in the transition from the academic setting to clinical practice. Clinical and academic faculty may also find these ideas useful in advising students at various stages in the professional education process. (Preface).

strive2livewell physical therapy wellness: Aligned for Success Brenda Shaeffer, 2019-01-08 How to reach your fitness goals, prevent pain and injury, and achieve optimal performance in work, sports, and life. Pain is a byproduct of our busy, active lives, but it doesn't have to be a constant and hindering presence. Whether your daily activity consists of caring for children, or training for marathons, Dr. Brenda Shaeffer's program will help you find the balance you need to rethink, recognize, and reset your body. Her three-step method is easy to follow, with simple moves and exercises that will help you reach your optimal performance. In *Aligned for Success*, you will learn about some common myths in physical fitness training, and how changes in our nutrition and sports programs in the past few decades have at times created a higher risk of injury and long-term health issues. Dr. Shaeffer helps you navigate the confusing and conflicting chatter about health and fitness. You will learn to: • Identify your issues and your goals • Make a plan that will help you meet those goals • Reset your body to reach your optimal performance There's no need to discontinue the sports you love. No matter your age or stage in life, Dr. Shaeffer's program will help you reduce the risk of injury, and be in control of your body's movement.

strive2livewell physical therapy wellness: Guide to Evidence-Based Physical Therapist Practice Dianne V. Jewell, 2022-09-13 *Guide to Evidence-Based Physical Therapist Practice* teaches

the knowledge and skills to evaluate medical evidence and apply it to the practice of physical therapy. It explains the fundamentals of medical research and how to determine which studies are useful in practice. Topics including understanding what constitutes evidence, searching efficiently for applicable evidence in the literature, evaluating the findings in the literature, and integrating the evidence with clinical judgment and individual patient preferences and values--

strive2livewell physical therapy wellness: *Physical Therapy Documentation* Mia Erickson, Ralph Utzman, Rebecca McKnight, 2024-06-01 Newly updated and revised, *Physical Therapy Documentation: From Examination to Outcome, Third Edition* provides physical therapy students, educators, and clinicians with essential information on documentation for contemporary physical therapy practice. Complete and accurate documentation is one of the most essential skills for physical therapists. In this text, authors Mia L. Erickson, Rebecca McKnight, and Ralph Utzman teach the knowledge and skills necessary for correct documentation of physical therapy services, provide guidance for readers in their ethical responsibility to quality record-keeping, and deliver the mechanics of note writing in a friendly, approachable tone. Featuring the most up-to-date information on proper documentation and using the International Classification of Functioning, Disabilities, and Health (ICF) model as a foundation for terminology, the Third Edition includes expanded examples across a variety of practice settings as well as new chapters on: Health informatics Electronic medical records Rules governing paper and electronic records Billing, coding, and outcomes measures Included with the text are online supplemental materials for faculty use in the classroom. An invaluable reference in keeping with basic documentation structure, *Physical Therapy Documentation: From Examination to Outcome, Third Edition* is a necessity for both new and seasoned physical therapy practitioners.

strive2livewell physical therapy wellness: *Teaching and Learning in Physical Therapy* Margaret Plack, Maryanne Driscoll, 2024-06-01 *Teaching and Learning in Physical Therapy: From Classroom to Clinic, Second Edition* is based on the teaching, research, and professional experiences of Drs. Margaret Plack and Maryanne Driscoll, who together have over 60 years of experience. More importantly it contains practical information that allows students, educators, and clinicians to develop optimal instructional strategies in a variety of settings. Clinical scenarios and reflective questions are interspersed throughout, providing opportunities for active learning, critical thinking, and immediate direct application. Grounded in current literature, the Second Edition is geared for physical therapists, physical therapist assistants, students, educators, and other health care professionals. By extending the principles of systematic effective instruction to facilitate critical thinking in the classroom and the clinic, and providing strategies to enhance communication and collaboration, the Second Edition has a strong theoretical basis in reflective practice, active learning strategies, and evidence-based instruction. Features: A user-friendly approach integrating theory and practical application throughout Classroom/clinical vignettes along with integrative problem solving activities and reflective questions to reinforce concepts Key points to remember and chapter summaries throughout Updated references and suggested readings at the end of each chapter Included with the text are online supplemental materials for faculty use in the classroom. In physical therapy, teaching and learning are lifelong processes. Whether you are a student, clinician, first time presenter, or experienced faculty member, you will find *Teaching and Learning in Physical Therapy: From Classroom to Clinic, Second Edition* useful for enhancing your skills both as a learner and as an educator in physical therapy.

strive2livewell physical therapy wellness: *Expertise in Physical Therapy Practice* Gail M. Jensen, 2007 **Selected for Doody's Core Titles(R) 2024 in Physical Therapy** This comprehensive text examines what it takes to progress toward - and ultimately become - an expert in physical therapy. It explores multiple dimensions of expertise: how expert practitioners develop, what knowledge they use, where they acquire that knowledge, how they think and reason, how they make decisions, and how they perform in practice to demonstrate what it takes to progress and ultimately become an expert in physical therapy. Introduces the four core concepts that comprise the model of expertise: Knowledge, Clinical Reasoning, Movement, and Virtue A Data Collection Tools Appendix

provides a step-by-step description of the process that the authors used to select, interview, and collect data from the experts in each case study to demonstrate the use of critical thinking and research-based analysis. Contributed chapters on Expert Practice and Clinical Outcomes, Clinical Reasoning and Expert Practice, and Implications for Practice. Implications for Practice chapter covers the implementation and results of this model of expertise in a staff development program. A Postscript: The Voices of our Experts 10 Years Later where clinicians share the evolution of their expertise. Two chapters on Inquiry into Expertise and Implications for Doctoral Level Education in Physical Therapy provide insights into the practical application of the core concepts of the physical therapy model of expertise and facilitate the continued development of expertise in physical therapy.

strive2livewell physical therapy wellness: Clinical Physical Therapy Toshiaki Suzuki, 2017-05-31 Physical therapy services may be provided alongside or in conjunction with other medical services. They are performed by physical therapists (known as physiotherapists in many countries) with the help of other medical professionals. This book consists of 11 chapters written by several professionals from different parts of the world. It includes different kinds of chapters for clinical physical therapy with precious points for physical therapy, physical therapy for cancer, chronic venous disease, mental health, and other topics. We hope that the information provided in this book will instruct global physical therapists and related professionals.

strive2livewell physical therapy wellness: Psychosocial Elements of Physical Therapy Hannah Johnson, 2024-06-01 Physical therapists know that their patients are more than just a list of symptoms. They are people first, often with a complex mix of medical and psychiatric circumstances, who may receive a wide range of care from a team of professionals. Keeping this in mind, *Psychosocial Elements of Physical Therapy: The Connection of Body to Mind* is both a textbook and a clinical resource for physical therapist students and clinicians practicing in any patient population with psychological concerns or disorders. Inside, Dr. Hannah Johnson provides an essential introduction of psychosocial concepts, general treatment approaches for culturally sensitive care, and selected classes of mental illness as defined by the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5). A complete review of the current research and evidence base provides students a strong foundation to build their careers on, but can also act as a crash-course in the most recent literature for the busy clinician. Features: Clear, concise language and layout for efficient learning. Application-based review questions. Real world case studies to apply critical thinking skills. Evidence-based practical tests and measures. Vocabulary terms that facilitate interdisciplinary teamwork. *Psychosocial Elements of Physical Therapy: The Connection of Body to Mind* provides physical therapist students and clinicians with an efficient yet comprehensive guide to helping patients with psychological concerns or disorders.

strive2livewell physical therapy wellness: Jump-Starting a Career in Physical Therapy & Rehabilitation Marcia Amidon Lusted, 2013-12-15 Jobs in physical therapy and rehabilitation are an excellent choice for those who want a secure, in-demand career that makes a difference in people's lives. In many states, rewarding positions in the field can be accessed with an associate's degree. Working under the direction of physical therapists and occupational therapists, PT assistants and aides help patients recover from injuries, illnesses, and surgery, while OT assistants and aides help patients with disabilities learn skills to function successfully in everyday life. Enhanced with sidebars and vivid photos, the text describes typical working environments, tasks, equipment, and approaches in these fields, as well as the education needed to start a career.

strive2livewell physical therapy wellness: Documentation for Rehabilitation - E-Book Lori Quinn, James Gordon, 2015-11-18 - NEW Standardized Outcome Measures chapter leads to better care and patient management by helping you select the right outcome measures for use in evaluations, re-evaluations, and discharge summaries. - UPDATED content is based on data from current research, federal policies and APTA guidelines, including incorporation of new terminology from the Guide to Physical Therapist 3.0 and ICD-10 coding. - EXPANDED number of case examples covers an even broader range of clinical practice areas.

strive2livewell physical therapy wellness: Geriatric Physical Therapy - eBook Andrew A.

Guccione, Dale Avers, Rita Wong, 2011-03-07 Geriatric Physical Therapy offers a comprehensive presentation of geriatric physical therapy science and practice. Thoroughly revised and updated, editors Andrew Guccione, Rita Wong, and Dale Avers and their contributors provide current information on aging-related changes in function, the impact of these changes on patient examination and evaluation, and intervention approaches that maximize optimal aging. Chapters emphasize evidence-based content that clinicians can use throughout the patient management process. Six new chapters include: Exercise Prescription, Older Adults and Their Families, Impaired Joint Mobility, Impaired Motor Control, Home-based Service Delivery, and Hospice and End of Life. Clinically accurate and relevant while at the same time exploring theory and rationale for evidence-based practice, it's perfect for students and practicing clinicians. It's also an excellent study aid for the Geriatric Physical Therapy Specialization exam. Comprehensive coverage provides all the foundational knowledge needed for effective management of geriatric disorders. Content is written and reviewed by leading experts in the field to ensure information is authoritative, comprehensive, current, and clinically accurate. A highly readable writing style and consistent organization make it easy to understand difficult concepts. Tables and boxes organize and summarize important information and highlight key points for quick reference. A well-referenced and scientific approach provides the depth to understand processes and procedures. Theory mixed with real case examples show how concepts apply to practice and help you enhance clinical decision-making skills. Standard APTA terminology familiarizes you with terms used in practice. A new chapter, Exercise Prescription, highlights evidence-based exercise prescription and the role of physical activity and exercise on the aging process. A new chapter, Older Adults and Their Families, helps physical therapists understand the role spouses/partners and adult children can play in rehabilitation, from providing emotional support to assisting with exercise programs and other daily living activities. New chapters on Impaired Joint Mobility, Impaired Motor Control, Home-based Service Delivery, and Hospice and End of Life expand coverage of established and emerging topics in physical therapy. Incorporates two conceptual models: the Guide to Physical Therapist Practice, 2nd Edition, and the International Classification of Function, Disability, and Health (ICF) of the World Health Organization (WHO) with an emphasis on enabling function and enhancing participation rather than concentrating on dysfunction and disability. A companion Evolve website includes all references linked to MEDLINE as well as helpful links to other relevant websites.

strive2livewell physical therapy wellness: Essentials of Cardiopulmonary Physical Therapy Ellen Hillegass, 2010-12-10 This is a Pageburst digital textbook; Based on best practices prescribed in The Guide to Physical Therapist Practice, Essentials of Cardiopulmonary Physical Therapy, 3rd Edition provides comprehensive coverage of anatomy and physiology, assessment, and aspects of the cardiopulmonary systems, with a focus on their interaction. The disablement model is used in describing the eight cardiopulmonary practice patterns. Expert author Ellen Hillegass also discusses pathophysiology, pharmacology, and interventions in the outpatient setting. Incorporating Guide language, her practical approach progresses logically from basic sciences through intervention, and emphasizes lifespan considerations. Material follows The Guide to Physical Therapist Practice 2nd Edition, reflecting best practices as defined by the American Physical Therapy Association. Evidence-based content is based on the latest research in the field. Case studies show the application of concepts with real-world examples. Pharmacology chapters reflect both the rehabilitation background of physical therapists and the pharmaceutical expertise of a pharmacist. A focus on wellness follows the disablement model. Information on geriatric and pediatric cardiopulmonary physical therapy is easy to apply to patient situations. Testing for both cardiac and pulmonary dysfunction is conveniently located in a single chapter. Cardiovascular medication information covers the latest drugs used in cardiopulmonary physical therapy. Information on thoracic organ transplantation simplifies and explains these complex procedures. NEW chapters cover the lymphatic system and pediatrics. Revised chapters on cardiopulmonary anatomy and physiology differentiate between information that is need to know and that is nice to know. An Evolve companion website includes medical animations to illustrate concepts, along with a

glossary, glossary exercises, and reference lists from the book linked to MEDLINE abstracts.

strive2livewell physical therapy wellness: Guide to Physical Therapist Practice American Physical Therapy Association (1921-), 2001-01-01 This text guides patterns of practice; improves quality of care; promotes appropriate use of health care services; and explains physical therapist practice to insurers, policymakers, and other health care professionals. This edition continues to be a resource for both daily practice and professional education.

strive2livewell physical therapy wellness: Pathology Pageburst Access Code Catherine C. Goodman, Kenda Fuller, 2009-01-15 This is a Pageburst digital textbook; Understand how a patient's conditions might affect physical therapy and outcomes so that you can design safe and effective interventions. The only pathology textbook written specifically for physical therapists, *Pathology: Implications for the Physical Therapist*, Third Edition, offers guidelines, precautions, and contraindications for interventions with patients who have musculoskeletal or neuromuscular problems as well as other conditions such as diabetes, heart disease, or pancreatitis. Learn about the cause of these conditions, the pathogenesis, medical diagnosis and treatment, and most importantly, the special implications for the therapist. In addition to addressing specific diseases and conditions, this text emphasizes health promotion and disease prevention strategies and covers issues with implications for physical therapy management, such as injury, inflammation, and healing; the lymphatic system; and biopsychosocial-spiritual impacts on health care. With this practical and evidence-based text, now enhanced with full-color illustrations and the latest research, you'll know what to factor into your clinical decisions to achieve the best outcomes for your patients. Incorporates the Medical Model, the Disablement Model, and the ICF Model Incorporates Preferred Practice Patterns from the *Guide to Physical Therapist Practice*, Second Edition throughout the text Presents key information in at-a-glance format that is organized by body system for easy reference Provides the basic science information and the clinical implications of disease within the rehabilitation process, covering common illnesses and diseases, adverse effects of drugs, organ transplantation, laboratory values, and much more Focuses on health promotion and disease prevention throughout Special Implications for the Therapist sections present the most likely practice patterns associated with each disease or disorder and address precautions, contraindications, and considerations specific to PTs. Current information on conditions, medical testing and treatment, and practice models keeps you up-to-date on the latest research findings and recent changes in the field. Companion Evolve site provides easy access to articles referenced in the text with links to Medline. Tables and text boxes throughout the text summarize important information and highlight key points. Full color interior design, photos, and illustrations Chapter on Behavioral, Social, and Environmental Factors Contributing to Disease and Dysfunction includes clinical models of health, variations in client populations, and lifestyle factors that are important to consider when treating a patient. A Therapist's Thoughts offers personal and clinical insights from experienced therapists specializing in cystic fibrosis, lymphedema, and psychological problems. Now covers the World Health Organization's International Classification of Functioning, Disability, and Health (ICF), a model that includes the level of participation in desired activities as a criterion for establishing status and goals UPDATED! Evidence-based content with over 6,000 references EXPANDED chapter on the lymphatic system features additional sections on lymphatic diseases plus exercise guidelines, education, and a home program for patients with a compromised lymphatic system. UPDATED chapter on lab values features new information on potassium levels and exercise, albumin levels related to nutrition and wound healing, and coagulation studies in relation to exercise. EXPANDED chapter on Psychosocial-Spiritual Impact on Health Care offers new information on fear avoidance behaviors, substance abuse, malingering, personality disorders, abuse, eating disorders, and the impact of nonphysical trauma to health and disease as well as combat trauma, torture, and the effects of war. Appendix B: Guidelines for Activity and Exercise includes updated information on aquatic physical therapy from leaders in the field, emphasizing precautions and contraindications for this modality.

strive2livewell physical therapy wellness: Guide to Evidence-Based Physical Therapist

Practice Dianne V. Jewell, 2017-08-15 ISBN on p. 4 of cover differs from ISBN on tp. verso.

strive2livewell physical therapy wellness: Geriatric Physical Therapy Andrew A. Guccione, 2000 This valued resource for physical therapists provides a comprehensive overview of geriatric physical therapy for physical therapy students as well as practitioners. Thoroughly revised and updated, it provides the latest information on geriatric health care, such as managed care/Medicare/Medicaid, reimbursement issues, conservative pain management techniques, pharmacology, and new material on home care, osteoarthritis, nutrition, and family issues. It includes five new chapters: Ventilation and Respiratory Dysfunction in the Older Adult, Strength Training in the Elderly, Functional Training in the Community, Incontinence, and Prosthetics. * Shows application of concepts and encourage critical thinking by blending theory with real case examples. * Ensures compatibility of the text with the typical educational experience of the physical therapist and prepares the physical therapist for practice by using standard APTA terminology as expressed in the APTA document, A Description of Physical Therapist Patient Management, Parts I and II. * Gives student and clinician enough depth to understand processes and procedures, with its scientific approach and extensive referencing.

strive2livewell physical therapy wellness: Physical Therapies in Sport and Exercise Gregory Kolt, Lynn Snyder-Mackler, 2007-08-22 Physical Therapies in Sport and Exercise provides a truly comprehensive source of the latest evidence-based approaches to the assessment, management, rehabilitation and prevention of injuries related to sport and exercise. Written by an international, multidisciplinary team of contributors, all of whom are leaders in their fields, it has been expertly compiled and edited by two experienced and well-respected practitioners from Australia/New Zealand and the USA. Fully referenced and research based International team of experts are contributors Applied/practical approach New chapters on Cartilage, Prevention of Injury, and Rehabilitation of lower limb muscle and tendon injuries Authors are world leading experts in their fields representing 10 countries

strive2livewell physical therapy wellness: Physical Therapy James P. Bennett, 2010

strive2livewell physical therapy wellness: Exercise Prescription for Medical Conditions Catherine Goodman, Kevin Helgeson, 2010-10-05 What is the best exercise for a client with...cancer... diabetes... heart disease... or a hip replacement along with hypertension? Catherine Goodman, PT, MBA, and Kevin Helgeson, PT, DHSc, built on physical therapists' extensive knowledge of pathology, physiology, and exercise to develop this evidence-based guide to enhancing their role in prevention and wellness, even for the medically compromised patient.

strive2livewell physical therapy wellness: Primary Care for the Physical Therapist - E-Book William G. Boissonnault, 2010-08-31 - New information enhances your understanding of the foundations of practice and how to screen and examine the healthy population. - Content is reorganized and updated to reflect the current state of PT practice. - Companion Evolve resources website enables you to independently review techniques from the text. - Top 10 Medical Conditions to Screen For chapter details conditions that have major significance in incidence, mortality, and morbidity all in one place. - Separate chapters on upper and lower quarter screening and a new chapter on symptom investigation by symptom help you screen medical conditions more effectively.

strive2livewell physical therapy wellness: National Physical Therapy Exam and Review Annie Burke-Doe, Mark Dutton, 2018-11-22 Publisher's Note: Products purchased from Third Party sellers are not guaranteed by the publisher for quality, authenticity, or access to any online entitlements included with the product. The Key To Success on the National Physical Therapy Exam! Earn Your Licensure with the Help of this Student-Friendly Board ReviewIncludes 100-question practice examBrimming with color illustrations, numerous tables, valuable chapter Summaries, checklists, plus 100+ Q&A, this visually appealing and highly engaging review is the perfect way to prepare for the National Physical Therapy Examination (NPTETM) for physical therapy licensure. This user-friendly review is written to parallel the exam and offers concise information on a broad range of topics found on the actual exam. Within its pages you will find insights from expert professional physical therapists on each component of the exam, encompassing a complete review of essential

NPTE content. Here's why this is the ultimate National Physical Therapy Examination review: •Valuable introductory chapter details what to expect on exam day and reveals test-taking strategies designed to maximize your score •Chapter-ending multiple-choice questions test your knowledge of specific topics •Each chapter opens with "High-Yield Terms to Learn" and concludes with a checklist of what you should know or be able to do upon completing the chapter •Color highlighted summary tables encapsulate important information, making it easy to study and remember •A practice exam with 100+ questions •Logical systems-based chapter coverage, plus special topics such as geriatrics and pediatrics

strive2livewell physical therapy wellness: *Campbell's Physical Therapy for Children Expert Consult - E-Book* Robert Palisano, Margo Orlin, Joseph Schreiber, 2022-08-20 **Selected for Doody's Core Titles® 2024 with Essential Purchase designation in Physical Therapy** Gain a solid foundation in physical therapy for infants, children, and adolescents! Campbell's Physical Therapy for Children, 6th Edition provides essential information on pediatric physical therapy practice, management of children with musculoskeletal, neurological, and cardiopulmonary conditions, and special practice settings. Following the APTA's Guide to Physical Therapist Practice, this text describes how to examine and evaluate children, select evidence-based interventions, and measure outcomes to help children improve their body functions, activities, and participation. What also sets this book apart is its emphasis on clinical reasoning, decision making, and family-centered care. Written by a team of PT experts led by Robert J. Palisano, this book is ideal for use by students and by clinicians in daily practice. - Comprehensive coverage provides a thorough understanding of foundational knowledge for pediatric physical therapy, including social determinants of health, development, motor control, and motor learning, as well as physical therapy management of pediatric disorders, including examination, evaluation, goal setting, the plan of care, and outcomes evaluation. - Focus on the elements of patient/client management in the APTA's Guide to Physical Therapist Practice provides a framework for clinical decision making. - Focus on the International Classification of Functioning, Disability, and Health (ICF) of the World Health Organization (WHO) provides a standard language and framework for the description of health and health-related states, including levels of a person's capacity and performance. - Experienced, expert contributors help you prepare to become a Board-Certified Pediatric Clinical Specialist and to succeed on the job. - NEW! New chapter on social determinants of health and pediatric healthcare is added to this edition. - NEW! New chapter on Down syndrome is added. - NEW! 45 case scenarios in the ebook offer practice with clinical reasoning and decision making, and 123 video clips depict children's movements, examination procedures, and physical therapy interventions. - NEW! An ebook version is included with print purchase, providing access to all the text, figures, and references, plus the ability to search, customize content, make notes and highlights, and have content read aloud.

strive2livewell physical therapy wellness: *Integrative Healing* Ziya Altug, 2018 Tired of gyms, shakes, and the same old workouts? It's time for something that actually works! Connect your mind and body for maximum wellness with this beginner's guide to total fitness. With years of personal training and coaching experience, Z Altug shows you exactly how to achieve your goals by combining common sense and the Eastern philosophies of body movement, such as yoga, tai chi, qigong, and more.

strive2livewell physical therapy wellness: *Handbook of Pediatric Physical Therapy* Toby Long, 2018-05-17 This updated reference provides a contemporary perspective on pediatric Physical Therapy in a convenient outline format ideal for daily consultation. Consistent with APTA's Guide to Physical Therapist Practice, 3.0, Handbook of Pediatric Physical Therapy, 3rd Edition helps both students and professionals quickly locate essential information necessary to effectively assess, diagnose, and plan interventions. This edition reflects the latest advances in the field as it presents each condition's etiology, assessment considerations, treatment, and all other information related to contemporary pediatric physical therapy practice.

Additional Resources

strive2livewell physical therapy wellness

[Strive2livewell Physical Therapy Wellness](#)

Strive2livewell Physical Therapy Wellness

Related Articles

- [stem changing verbs crossword puzzle answer key](#)
- [stein real analysis](#)
- [stringray direct business intelligence analyst](#)

[Back to Home](#)