

atlanta spine and wellness

Atlanta Spine and Wellness: Your Path to a Pain-Free Life

Are you searching for relief from nagging back pain, a debilitating pinched nerve, or persistent neck stiffness? Living with chronic spinal discomfort can significantly impact your quality of life, making everyday activities a struggle. If you're in the Atlanta area and seeking expert care that goes beyond just treating symptoms, this comprehensive guide to Atlanta Spine and Wellness is for you. We'll explore what sets this type of clinic apart, the services offered, and how finding the right approach can help you reclaim your health and well-being.

Understanding Atlanta Spine and Wellness: A Holistic Approach

The term "Atlanta Spine and Wellness" encompasses a philosophy of care that prioritizes a holistic approach to spinal health. Unlike traditional medical models that often focus solely on treating the immediate pain, a wellness-focused spine clinic takes a broader view. This means considering not just the physical structure of your spine but also the interconnectedness of your body systems. Factors like posture, diet, stress levels, and overall lifestyle are all recognized as contributing factors to spinal health and pain. This holistic approach often integrates various therapies to address the root cause of your discomfort, rather than merely masking symptoms.

Key Services Offered by Atlanta Spine and Wellness Centers

Clinics specializing in Atlanta Spine and Wellness typically offer a wide range of services designed to diagnose and treat various spinal conditions. These can include:

1. **Chiropractic Care:** This foundational element of many Atlanta Spine and Wellness centers involves the manipulation of the spine to improve alignment, reduce nerve pressure, and alleviate pain. Chiropractors utilize gentle adjustments to restore proper biomechanics and promote natural healing.

1. Physical Therapy: Physical therapists work alongside chiropractors to develop personalized exercise programs designed to strengthen core muscles, improve flexibility, and enhance overall spinal stability. This is crucial for long-term pain management and preventing future injuries.
1. Massage Therapy: Massage therapy plays a vital role in relieving muscle tension, improving circulation, and reducing inflammation in the surrounding tissues. Specific massage techniques can target areas of tightness and discomfort, promoting relaxation and pain relief.
1. Spinal Decompression Therapy: For individuals suffering from herniated discs or other spinal compression issues, spinal decompression therapy may be recommended. This non-surgical procedure gently stretches the spine, creating space between the vertebrae and reducing pressure on the nerves.
1. Acupuncture: Some Atlanta Spine and Wellness clinics incorporate acupuncture into their treatment plans. Acupuncture involves inserting thin needles into specific points on the body to stimulate energy flow and reduce pain. It's often used in conjunction with other therapies to enhance overall healing.
1. Nutritional Counseling: Recognizing the link between diet and overall health, some clinics offer nutritional counseling to help patients make dietary changes that support spinal health and reduce inflammation.
1. Lifestyle Modification Advice: A key aspect of Atlanta Spine and Wellness is the focus on preventative care. Clinics often provide guidance on posture correction, ergonomic adjustments at work, and stress management techniques to prevent future spinal issues.

Finding the Right Atlanta Spine and Wellness Clinic for You

With many options available in Atlanta, choosing the right clinic is crucial.

Consider these factors when conducting your search:

Experience and Credentials: Look for clinics with experienced and certified practitioners in chiropractic care, physical therapy, and other relevant specialties.

Patient Reviews and Testimonials: Online reviews can offer valuable insights into the quality of care and patient experiences.

Treatment Philosophy: Ensure the clinic's philosophy aligns with your own preferences, whether you prefer a more traditional approach or a more holistic and integrated model.

Insurance Coverage: Check with your insurance provider to confirm coverage for the services offered at the clinic you are considering.

Convenience and Location: Choose a clinic conveniently located and accessible to you.

The Long-Term Benefits of Atlanta Spine and Wellness

Investing in your spinal health through a comprehensive Atlanta Spine and Wellness program offers long-term benefits far beyond pain relief. These include:

Improved Mobility and Flexibility: Regaining proper spinal alignment and function can significantly improve your range of motion and ease of movement.

Increased Energy Levels: Chronic pain can drain your energy. Addressing the underlying cause can lead to increased vitality and a more active lifestyle.

Enhanced Quality of Life: Living without the constant burden of spinal pain allows you to participate more fully in life's activities and enjoy a higher quality of life.

Reduced Reliance on Medication: A holistic approach often reduces the need for long-term reliance on pain medication, minimizing potential side effects.

Prevention of Future Issues: Addressing underlying issues and adopting healthy habits can significantly reduce the risk of future spinal problems.

Conclusion

Choosing an Atlanta Spine and Wellness clinic represents a proactive step towards reclaiming your physical well-being. By embracing a holistic approach that addresses the root cause of spinal issues and incorporates various therapies, you can experience lasting relief from pain and enjoy a more fulfilling and active life. Remember to carefully research clinics in your area, consider their approach, and choose a provider that you trust to guide you on your journey to a pain-free life.

FAQs

1. Is Atlanta Spine and Wellness covered by insurance? Coverage varies depending on your specific insurance plan and the services received.

Contact your insurance provider and the clinic directly to verify coverage.

1. How long does it take to see results from Atlanta Spine and Wellness treatment? The timeframe for improvement varies depending on the individual, the severity of the condition, and the chosen treatment plan. Many patients experience noticeable relief within weeks, but ongoing treatment is often recommended for optimal results.
1. What are the potential risks associated with Atlanta Spine and Wellness treatments? The risks associated with these treatments are generally minimal. However, it's crucial to discuss any potential risks or concerns with your healthcare provider before starting treatment.
1. Is Atlanta Spine and Wellness suitable for everyone? While most people can benefit from Atlanta Spine and Wellness treatments, some conditions may require alternative approaches. Consult with a healthcare professional to determine suitability.
1. How do I find a reputable Atlanta Spine and Wellness clinic near me? Start by searching online for "Atlanta Spine and Wellness," checking online reviews, and verifying the credentials and experience of the practitioners. You can also ask for recommendations from your primary care physician or other healthcare professionals.

atlanta spine and wellness: *Atlanta*, 2003-05 Atlanta magazine's editorial mission is to engage our community through provocative writing, authoritative reporting, and superlative design that illuminate the people, the issues, the trends, and the events that define our city. The magazine informs, challenges, and entertains our readers each month while helping them make intelligent choices, not only about what they do and where they go, but what they think about matters of importance to the community and the region. Atlanta magazine's editorial mission is to engage our community through provocative writing, authoritative reporting, and superlative design that illuminate the people, the issues, the trends, and the events that define our city. The magazine informs, challenges, and entertains our readers each month while helping them make intelligent choices, not only about what they do and where they go, but what they think about matters of importance to the community and the region.

atlanta spine and wellness: Spine Surgery Edward C. Benzel, 2005 This best-selling resource

explores the full spectrum of surgical techniques used in spine surgery, and describes how to avoid and manage complex problems. It emphasizes how to achieve successful outcomes and minimize risks. The 2nd Edition delivers more than 25 brand-new chapters, as well as extensive revisions and updates throughout, to reflect all of the latest advances in the field. It also features contributions from an increased number of orthopaedic surgeons to round out the strong coverage provided by the many neurosurgeon contributors. Features contributions from well-known neurosurgeons and orthopaedic surgeons, for well-rounded, authoritative coverage from beginning to end. Offers more than 825 outstanding illustrations that demonstrate how to perform every procedure step by step. Provides more than 25 brand-new chapters, as well as extensive revisions or total rewrites to the majority of existing chapters-to present all of the most up-to-date information available on every aspect of spine surgery. Includes chapters on hot topics such as Nonspinal Pathology Masquerading as Spinal Disease · Bone Void Fillers: Bone and Bone Substitutes · Data Management · Posterior Lumbar Interbody Fusion · Ankylosing Spondylitis and Related Disorders · Craniocervical Junction Deformities · Pediatric Spinal Deformities · Subsidence and Dynamic Spinal Stabilization · and The Nonoperative Management of Neck and Back Pain. With 267 additional contributing experts.

atlanta spine and wellness: Health and Wellness Gordon Edlin, Eric Golanty, 2015-08-04 Health & Wellness, Twelfth Edition covers many facets of personal health, including physical, emotional, mental, social, environmental, and spritual perspectives. Written in a personal and engaging style, the Twelfth Edition encourages students to make the right health choices and gives them the tools and information they need to improve their health habits.

atlanta spine and wellness: Comparative Management of Spine Pathology - E-Book Kaisorn Chaichana, Alfredo Quinones-Hinojosa, 2022-05-17 Unique in the field, Comparative Management of Spine Pathology presents commonly encountered spinal cases with side-by-side, case-by-case comparisons that clearly show how various experts would handle the same case. This second volume in the Neurosurgery: Case Management Comparison Series offers multiple opinions from international experts in both neurosurgery and orthopaedics, each of whom explains their preferred approach and management style for the same case. This format allows for quick and helpful comparisons of different ways to approach a lesion, advantages and disadvantages of each approach, and what each expert is looking for in how they would manage a particular case. - Offers 4 expert opinions on each case in a templated format designed to help you quickly make side-by-side comparisons—an ideal learning tool for both trainee and practicing neurosurgeons and orthopaedic surgeons for board review and case preparation. - Helps you easily grasp different approaches to spine management with different expert approaches to the same case and summaries from the editors on the advantages and disadvantages to each approach. - Features a wide variety of management decisions, from preoperative studies to surgical approach, surgical adjuncts, and postoperative care, from experts in the field who specialize in different aspects of spine surgery. - Presents 70 cases in the areas of degenerative spine, traumatic spine, spinal deformity, spinal oncology, and miscellaneous topics such as epidural abscess, osteomyelitis, and post-instrumentation infection.

atlanta spine and wellness: Bloodless Spine Surgery Kenneth K. Hansraj, 2008-01-01 BLOODLESS SPINE SURGERY; PICTURES & EXPLANATIONS by KENNETH K. HANSRAJ, M.D. is an illustrated book to help the general public understand the basic concepts of herniated discs, degenerative disc disease, spinal stenosis, spondylolisthesis and scoliosis. Diagnosis, and treatment of these spinal problems are fully explained. This manuscript presents a comprehensive preparation of a patient for bloodless spine surgery, techniques for diminishing blood loss in the operating room, postoperative considerations, and includes case reports of patients who have undergone surgery using the blood management methods outlined. Special emphasis is placed on Jehovah's witnesses. Typically, patients of this religion do not accept transfusion s of whole blood, packed cells, white blood cells, platelets, or plasma or auto transfusion of predeposited blood. Some witnesses may permit infusion of albumin, clotting factor solutions, or dextran or other plasma expanders and intraoperative auto transfusion, done under closed loop technique. Even though a transfusion may

be necessary to save a patient's life, the administration of blood and/or blood products in the face of refusal after informed consent can be legally considered a violation of a patient's right to control what is done to his or her body. Digital images and illustrations are incorporated throughout the book to show important concepts, and a dictionary is provided to thoroughly explain the important factors in bloodless surgery. An effort was made to ensure that the information is provided for readers who come from a non-medical background, with adherence to the basics.

atlanta spine and wellness: *Kabbalah for Health & Wellness* Mark Stavish, 2007 Shrouded in secrecy and symbols, Kabbalah can be downright daunting for beginners. Mark Stavish bypasses the baroque ritual and cuts to the core of this esoteric tradition in *Kabbalah for Health & Wellness*. Blending Kabbalist teachings with energy healing, this accessible, user-friendly guide offers a clear and practical application of Kabbalah. Students can learn to use the Tree of Life, the Hebrew alphabet, the Middle Pillar, planetary powers, and alchemy to direct energy for physical and emotional healing. Guided imagery techniques, meditations, and other exercises anchor these concepts in daily life-transforming mere ideas into personal knowledge, power, and experience. Requiring only fifteen minutes daily, these practices are designed to enhance healing potential, inspire spiritual awakening, and introduce readers to the lifelong Path of Becoming.

atlanta spine and wellness: *Spine Surgery*, 2005 Explores the full spectrum of surgical techniques used in spine surgery, and describes how to avoid and manage complex problems. It emphasizes how to achieve successful outcomes and minimize risks. The 2nd Edition delivers more than 25 brand-new chapters, as well as extensive revisions and updates throughout, to reflect all of the latest advances in the field. It also features contributions from an increased number of orthopaedic surgeons to round out the strong coverage provided by the many neurosurgeon contributors.

atlanta spine and wellness: *Reclaiming Wellness* Jovanka Caires, 2022-04-19 If you've ever felt left out of "elite" healthcare regimes or thought that being healthy shouldn't be expensive, this book is for you. *Reclaiming Wellness* explores today's most effective wellness practices — and their multicultural sources — in a way that makes overall health accessible to all. The book provides: practical, affordable, delicious, and fun ways to incorporate plant-based whole foods into even the most time-crunched routine lazy-proof means of movement that feel more like self-love than dreaded exercise techniques of mindfulness, meditation, and visualization that make them meaningful everyday tools ways to experience nature, music, and community to heal and connect

atlanta spine and wellness: *The Complete Idiot's Guide to Back Pain* Jason Highsmith M.D., Jovanka Milivojevic, 2011-02-01 Leave back pain behind. For the millions of back pain sufferers, the causes can be numerous, making the search for relief frustrating and complex. The Complete Idiot's Guide® to Back Pain and its expert authors explain the many causes of back pain and provide the best methods and techniques for relief and prevention of back pain and maintaining a healthy back. • Do-it-yourself relief • Conventional and alternative options • Chronic pain management • Exercises, yoga, and Pilates to keep the back healthy

atlanta spine and wellness: *Wellness Wisdom* Susan Tate, 2011-01-25 *Wellness Wisdom* lifted my energy immediately . . . This book contains a powerful blueprint for what wellness looks and feels like. CHRISTIANE NORTHRUP, M.D., author of *Womens Bodies*, *Womens Wisdom*, *Mother-Daughter Wisdom*, *The Wisdom of Menopause*, and *The Secret Pleasures of Menopause* Susan Tate is a joyful, enthusiastic, cosmic cheerleader for life, health, and consciousness. She has managed the almost impossible task of making transformational reading fun and inviting. *Wellness Wisdom* is a beautiful synthesis of timeless teachings for wellness on all levels-body, mind, heart, and soul. MARC DAVID, author of *Nourishing Wisdom* and *The Slow Down Diet: Eating for Pleasure, Energy, & Weight Loss* As a healer, dancer, and body worker who teaches people to fall in love with their bodies and stay connected to sensation, Susan's words, advice, and insights give us tools for having a passionate and sensual relationship with the body. DEBBIE ROSAS, author of *The Nia Technique: The High Powered Energizing Workout that Gives You a New Body and a New Life* Susan Tate weaves stories, humor, wisdom, and science in this easily accessible guide to wellness. I love

that it is organized into 31 delicious bites of wellness wisdom. This second edition takes the reader from inspiration to action-right into joyful wellness. DEBORAH KERN, Ph.D., author of *Everyday Wellness for Women* and co-author of *Create the Body Your Soul Desires* Susan opens the door for us to heal from the inside out. This book is a practical holistic wellness tool to help us create our own wellness philosophy that expands beyond body fat and blood pressure! It highlights important wellness dimensions we often neglect such as joy, forgiveness, love, and laughter. I love how practical the information is and how inspiration is delivered through many personal stories. Susan opens the door for us to heal from the inside out. KAREN WOLFE, M.B.B.S., M.A., co-author of *Create the Body Your Soul Desires* With elegant simplicity, *Wellness Wisdom* provides a step-by-step guide to sustainable, joyful wellness. This updated edition combines the latest science-based and mind/body healing strategies to lead you gently forward on your wellness journey. In her engaging style, Susan Tate offers nourishing stories, well-researched theory, practical exercises, and a powerful *Wellness Bill of Rights* all written with you in mind.

atlanta spine and wellness: Atlanta , 2004-07 Atlanta magazine's editorial mission is to engage our community through provocative writing, authoritative reporting, and superlative design that illuminate the people, the issues, the trends, and the events that define our city. The magazine informs, challenges, and entertains our readers each month while helping them make intelligent choices, not only about what they do and where they go, but what they think about matters of importance to the community and the region. Atlanta magazine's editorial mission is to engage our community through provocative writing, authoritative reporting, and superlative design that illuminate the people, the issues, the trends, and the events that define our city. The magazine informs, challenges, and entertains our readers each month while helping them make intelligent choices, not only about what they do and where they go, but what they think about matters of importance to the community and the region.

atlanta spine and wellness: Spine Surgery 2-Vol Set E-Book Edward C. Benzel, 2012-05-14 Build a solid foundation of knowledge based on the fundamentals and employ step-by-step instruction from *Spine Surgery*. Edited by Edward C. Benzel, this best-selling medical reference explores the full spectrum of surgical techniques used in spine surgery and delivers the comprehensive, cutting-edge guidance you need to achieve successful outcomes. Online access, thorough updates, contributions by leading international authorities, an abundance of detailed illustrations, and procedural video clips provide everything you need to avoid and manage complex problems. Glean essential, up-to-date, need-to-know information in one comprehensive reference that explores the full spectrum of surgical techniques used in spine surgery. Hone your surgical skills and technique with intraoperative videos and more than 800 outstanding illustrations demonstrating each technique step by step. Grasp and apply the latest knowledge from more than 25 brand-new chapters, as well as extensive revisions or total rewrites to the majority of existing chapters to present all of the most up-to-date information available on every aspect of spine surgery including motion preservation technologies, endovascular management, back pain and psychosocial interactions, biomechanics, and more. Consult with the best. Renowned neurosurgery authority Edward C. Benzel leads an international team of accomplished neurosurgeons and orthopedic surgeons - many new to this edition - who provide dependable guidance and share innovative approaches to surgical techniques and complications management. Equip yourself to address increasing occurrences of pain among aging and physically active patients. Access the information you need, where you need it on your laptop or mobile device via expertconsult.com, with fully searchable text, a wealth of procedural videos, online updates from the experts, downloadable image gallery and links to PubMed.

atlanta spine and wellness: Targeted Muscle Testing Camden Clay, Shawne Murray, 2013-01-01

atlanta spine and wellness: Welcome to Your Mind Body Rudy Kachmann, Kim Kachmann-Geltz, 2007-04 Polls consistently show that addressing problems in our health care system remains a top concern for most Americans. Yet despite these findings, health care spending

is out of control, and little relief is in sight. Even more alarming is the fact that 60 percent of people who go to a doctor have stress-related symptoms--ailments that are preventable with less expensive and less invasive alternative therapies that reconnect the mind to the body for whole body wellness. This book will help you: - Understand why the majority of our medical problems do not need heroic medical intervention. - Gain an appreciation of the mind-body connection. - Reconnect the brain to the body for better overall health. - Avoid unnecessary medical procedures. - Become healthier, happier, and stress-free.

atlanta spine and wellness: A Man in Full Tom Wolfe, 2010-04-01 The Bonfire of the Vanities defined an era--and established Tom Wolfe as our prime fictional chronicler of America at its most outrageous and alive. With A Man in Full, the time the setting is Atlanta, Georgia--a racially mixed late-century boomtown full of fresh wealth, avid speculators, and worldly-wise politicians. Big men. Big money. Big games. Big libidos. Big trouble. The protagonist is Charles Croker, once a college football star, now a late-middle-aged Atlanta real-estate entrepreneur turned conglomerate king, whose expansionist ambitions and outsize ego have at last hit up against reality. Charlie has a 28,000-acre quail-shooting plantation, a young and demanding second wife--and a half-empty office tower with a staggering load of debt. When star running back Fareek Fanon--the pride of one of Atlanta's grimmest slums--is accused of raping an Atlanta blueblood's daughter, the city's delicate racial balance is shattered overnight. Networks of illegal Asian immigrants crisscrossing the continent, daily life behind bars, shady real-estate syndicates, cast-off first wives of the corporate elite, the racially charged politics of college sports--Wolfe shows us the disparate worlds of contemporary America with all the verve, wit, and insight that have made him our most phenomenal, most admired contemporary novelist. A Man in Full is a 1998 National Book Award Finalist for Fiction.

atlanta spine and wellness: The Truth about Back Pain Todd Sinett, Sheldon Sinett, 2008
SINETT/TRUTH ABOUT BACK PAIN

atlanta spine and wellness: Orthospinology Procedures Kirk Eriksen, Roderic P. Rochester, 2007 This text presents the current and updated teaching of the Orthospinology procedure. Written by the author of the landmark text Upper Cervical Subluxation Complex, this new book is a step-by-step, thoroughly illustrated guide to the Orthospinology procedure for correcting subluxations. The book details the X-ray analysis methods used to quantify the subluxation and determine an effective correction vector. Subsequent chapters present steps for ensuring the precision of the X-ray analysis, performing specific adjustments, assessing the effectiveness of the adjustment, and fine-tuning the correction to the individual patient. More than 300 photographs and drawings clarify complex points.

atlanta spine and wellness: *Macmillan/McGraw-Hill Health & Wellness, Grade 6, Pupil Edition* McGraw-Hill Education, 2004-04-01

atlanta spine and wellness: Surgical Anatomy and Technique John E. Skandalakis, Panajiotis N. Skandalakis, Lee J. Skandalakis, 2012-12-06 A good knowledge of anatomy helps surgeons avoid anatomical complications, while masterful technique allows them to proceed rapidly and securely in the operating room. Unlike other pocket-sized surgical texts on the market, Surgical Anatomy and Technique manual provides step-by-step techniques of a wide range of general surgery procedures and reviews the anatomical entities involved in each operation. The book's scope spans the entire body: skin and scalp, neck, breast, abdominal wall and herniae, diaphragm, esophagus, stomach, duodenum, pancreas, small intestines, appendix, colon and anorectum, liver, extrahepatic biliary tract, spleen, adrenal glands, carpal tunnel, and varicosities of the lower extremity. A chapter on laparoscopic surgery is also included. Clear, concise, and generously illustrated, this is a superb quick reference to refresh the memory of the surgical resident before entering the operating room.

atlanta spine and wellness: Health Promotion and Wellness Cheryl Hawk, Will Evans, 2013-03-20 Health Promotion and Wellness, is designed to provide chiropractors with both the theoretical knowledge and practical skills they need to provide high-quality clinical preventive services. _ This resource is separated into two parts: one section covering theory, the other section

covering practical applications. The book is strongly evidence-based and is designed to ensure that chiropractors use consistent terminology and documentation methods, therefore promoting their credibility and ability to integrate into the healthcare system.--Publisher's website.

atlanta spine and wellness: *Neurosurgery* Anne J. Moore, David W. Newell, 2007-04-22 This book provides coverage of a broad range of topics in the field of neurosurgery, for residents and registrars in training and for recent graduates of training programs. As neurosurgical training incorporates expertise from centers worldwide, there is a need to have input from specialists in neurosurgery from various countries. This text is a compilation by expert authors in the USA and the UK to provide information on the basic knowledge and clinical management required for optimal care of neurosurgical patients. The text is an up-to-date synopsis of the field of neurosurgery from American and British perspectives, which covers the most common clinical conditions encountered by neurosurgeons. The chapters are organized under broad topics, including investigative studies, perioperative care, the role of newer techniques and the management of tumors, vascular and traumatic lesions. Additional topics are then covered, including pediatrics, spine and peripheral nerve lesions, as well as functional neurosurgery and infections. We anticipate that trainees will find this information useful for certification examinations and recent graduates of neurosurgical training programs can utilize this text as an update of the most important neurosurgical topics.

atlanta spine and wellness: *Tennis Medicine* Giovanni Di Giacomo, Todd S. Ellenbecker, W. Ben Kibler, 2019-01-08 This book will serve as a key resource for all clinicians working in orthopedics, sports medicine, and rehabilitation for the sport of tennis. It provides clinically useful information on evaluation and treatment of the tennis player, covering the entire body and both general medical and orthopedic musculoskeletal topics. Individual sections focus on tennis-related injuries to the shoulder, the elbow, wrist, and hand, the lower extremities, and the core/spine, explaining treatment and rehabilitation approaches in detail. Furthermore, sufficient sport science information is presented to provide the clinical reader with extensive knowledge of tennis biomechanics and the physiological aspects of training and rehabilitation. Medical issues in tennis players, such as nutrition and hydration, are also discussed, and a closing section focuses on other key topics, including movement dysfunction, periodization, core training, and strength and conditioning specifics. The expansive list of worldwide contributors and experts coupled with the comprehensive and far-reaching chapter provision make this the highest-level tennis medicine book ever published.

atlanta spine and wellness: *How Neighborhoods Make Us Sick* Veronica Squires, Breanna Lathrop, 2019-01-15 Our neighborhoods are literally making us sick. If we truly want to love our neighbors, we must work to create social environments in which people can be healthy. While working in community redevelopment and treating uninsured families, Veronica Squires and Breanna Lathrop discovered that we can promote the health of our communities by addressing social determinants that facilitate healing in under-resourced neighborhoods.

atlanta spine and wellness: *Laser Spine Surgery* Junseok Bae, Sang-Ho Lee, 2021-07-06 This book describes and illustrates state-of-the-art techniques in laser spine surgery. Laser technology has revolutionized surgeries in many specialties to perform minimally invasive and cutting-edge procedures. Recent advances in spinal surgery have led to the increasingly widespread use of minimally invasive techniques based on endoscopy and microscopy. Nevertheless, the application of laser in the context of spinal surgery remains less well known, and the aim of this book is to present practical usage of laser in spine surgery to our readers. A wide variety of minimally invasive approaches to spine surgery using CO₂, Ho: YAG, and Nd: YAG lasers are presented in detail, with a discussion of equipment and specific recommendations on laser settings. Care has been taken to ensure that the content is faithful to the fundamental principles of spine surgery and evidence-based medicine. The book will be an essential resource for all who use or are intending to use lasers in spine surgery.

atlanta spine and wellness: *Eliteness* Austin C. Cohen, 2016-04-01

atlanta spine and wellness: Why Animals Don't Get Heart Attacks-- But People Do!

Matthias Rath (M.D.), 2003

atlanta spine and wellness: 8 Steps to a Pain-Free Back Esther Gokhale, 2013-03-01 With a fresh approach to a common problem, this self-help guide to overcoming back pain advocates adopting the natural, healthy posture of athletes, young children, and people from traditional societies the world over. Arguing that most of what our culture has taught us about posture is misguided—even unhealthy—and exploring the current epidemic of back pain, many of the commonly cited reasons for the degeneration of spinal discs and the stress on muscles that leads to back pain are examined and debunked. The historical and anthropological roots of poor posture in Western cultures are studied as is the absence of back pain complaints in the cultures of Africa, Asia, South America, and rural Europe. Eight detailed chapters provide illustrated step-by-step instructions for making simple, powerful changes to seated, standing, and sleeping positions. No special equipment or exercise is required, and effects are often immediate.

atlanta spine and wellness: Choices in Wellness for Life Sally A. Althoff, 1996

atlanta spine and wellness: Educating the Student Body Committee on Physical Activity and Physical Education in the School Environment, Food and Nutrition Board, Institute of Medicine, 2013-11-13 Physical inactivity is a key determinant of health across the lifespan. A lack of activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension, osteoporosis, anxiety and depression and others diseases. Emerging literature has suggested that in terms of mortality, the global population health burden of physical inactivity approaches that of cigarette smoking. The prevalence and substantial disease risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan. In response to the need to find ways to make physical activity a health priority for youth, the Institute of Medicine's Committee on Physical Activity and Physical Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development of children and adolescents. Educating the Student Body makes recommendations about approaches for strengthening and improving programs and policies for physical activity and physical education in the school environment. This report lays out a set of guiding principles to guide its work on these tasks. These included: recognizing the benefits of instilling life-long physical activity habits in children; the value of using systems thinking in improving physical activity and physical education in the school environment; the recognition of current disparities in opportunities and the need to achieve equity in physical activity and physical education; the importance of considering all types of school environments; the need to take into consideration the diversity of students as recommendations are developed. This report will be of interest to local and national policymakers, school officials, teachers, and the education community, researchers, professional organizations, and parents interested in physical activity, physical education, and health for school-aged children and adolescents.

atlanta spine and wellness: Baby Designed by God Amanda Hess, Jeremy Hess, 2013-11-22

Baby Designed by God pulls the blinders off and informs any parent who dares to know the truth about natural, God-given methods of pregnancy, birthing and raising healthy children. *Baby Designed by God* is a book that will empower and enlighten mothers and fathers from all backgrounds and belief systems that our bodies were wonderfully and magnificently made and have the ability to heal and be whole from the inside-out. Through revealing and dramatic birth stories that are intertwined throughout the book, including both of Dr. Amanda's homebirths, it will increase the reader's knowledge, perspective and faith on the subject of hospital and home birthing options, raising drug-free children and natural pregnancy.

atlanta spine and wellness: *Essentials for Health and Wellness* Gordon Edlin, Eric Golanty, Kelli McCormack Brown, 2000 Health & Wellness

atlanta spine and wellness: 101 Sports Nutrition Tips Susan Mara Kundrat, 2005 101 Sports Nutrition Tips is an excellent resource that helps athletes determine what, when, and how much to eat to optimize performance. With years of experience as a three-sport athlete and instructor, author Susan Kundrat combines knowledge and practical experience into this valuable collections of tips. Twelve chapters cover topics such as high-energy eating, fluids and hydration, healthy weight gain and loss, nutrition on the move, and sample meal plans.

atlanta spine and wellness: Cooking for Healthy Healing: Healing Diets Linda Page, 2002 You will discover the healing secrets of different kinds of foods, for example: fruits, vegetables and chlorophyll -- how they cleanse your body and heal health problems; green superfoods and medicinal mushrooms -- how they work for faster healing; herbs and sea greens -- how they help the body remain in balance; spices and herbs -- how they boost thermogenesis to burn calories for hours. Also includes complete nutrient value reference sections for food, herbs and nutrients, and a complete section dedicated to the importance of organic foods. There are over 80 complete healing diets and programs -- from allergies, to childhood disease control, to recovery after radiation and surgery -- each detailed programme shows how to develop the healing diet and then refers to the easy-to-use recipes in 'Cooking For Healthy Healing: Book Two -- The Healing Recipes'.

atlanta spine and wellness: One Minute Wellness Ben Lerner, 2006-12-31 No more dependence on cold medicines, prescription pills, and anti-depressants. With One-Minute Wellness, you will revitalize every area of your well-being. And the bonus fiction story uniquely illustrates the authors' strategies at work in ordinary lives-a terrific motivator as you optimize your own life.

atlanta spine and wellness: Management and Rehabilitation of Spinal Cord Injuries Hyun-Yoon Ko, 2019-07-30 This comprehensive, up-to-date guide to the rehabilitation care of persons with spinal cord injuries and disorders draws on the ever-expanding scientific and clinical evidence base to provide clinicians with all the knowledge needed in order to make optimal management decisions during the acute, subacute, and chronic phases. A wealth of information is presented on the diverse medical consequences and complications encountered in these patients and on the appropriate rehabilitative measures in each circumstance. The coverage encompasses all forms of spinal cord injury and all affected organ systems. Readers will also find chapters on the basics of functional anatomy, neurological classification and evaluation, injuries specifically in children and the elderly, and psychological issues. The book will be an invaluable aid to assessment and medical care for physicians and other professional personnel in multiple specialties, including physiatrists, neurosurgeons, orthopedic surgeons, internists, critical care physicians, urologists, neurologists, psychologists, and social workers.

atlanta spine and wellness: Blood Trinity Sherrilyn Kenyon, Dianna Love, 2010-10-19 Supernatural warriors bound by an extraordinary code of honor face an ultimate test of loyalty in the exciting new paranormal thriller from New York Times bestselling authors Sherrilyn Kenyon and Dianna Love. Atlanta has become the battlefield between human and demon. All her life, Evalle Kincaid has walked the line between the two. Her origins unknown, she's on a quest to learn more about her past...and her future. When a demon claims a young woman in a terrifying attack and there's no one else to blame, Evalle comes under suspicion. Now she's on a deadly quest for her own survival. Through the sordid underground of an alternate Atlanta where nothing is as it seems to the front lines of the city, where her former allies have joined forces to hunt her, Evalle must prove her innocence or pay the ultimate price. But saving herself is the least of her problems if she doesn't stop the coming apocalypse. The clock is ticking and Atlanta is about to catch fire...

atlanta spine and wellness: The Girls of Atomic City Denise Kiernan, 2014-03-11 This is the story of the young women of Oak Ridge, Tennessee, who unwittingly played a crucial role in one of the most significant moments in U.S. history. The Tennessee town of Oak Ridge was created from scratch in 1942. One of the Manhattan Project's secret cities. All knew something big was happening at Oak Ridge, but few could piece together the true nature of their work until the bomb Little Boy was dropped over Hiroshima, Japan, and the secret was out. The reverberations from their work there, work they did not fully understand at the time, are still being felt today.

atlanta spine and wellness: Physical Fitness and Wellness Jerrold S. Greenberg, George B. Dintiman, Barbee Myers Oakes, 2004 This comprehensive text aims to provide students with the information, strategies & motivation they need to help themselves improve the way they look, feel & perform.

atlanta spine and wellness: Trigger Point Dry Needling Jan Dommerholt, PT, DPT, MPS, Cesar Fernandez de las Penas, 2013-01-15 This exciting new publication is the first authoritative resource on the market with an exclusive focus on Trigger Point ((TrP) dry needling. It provides a detailed and up-to-date scientific perspective against which TrP dry needling can be best understood. The first section of the book covers important topics such as the current understanding and neurophysiology of the TrP phenomena, safety and hygiene, the effect of needling on fascia and connective tissue, and an account on professional issues surrounding TrP dry needling. The second section includes a detailed and well-illustrated review of deep dry needling techniques of the most common muscles throughout the body. The third section of the book describes several other needling approaches, such as superficial dry needling, dry needling from a Western Acupuncture perspective, intramuscular stimulation, and Fu's subcutaneous needling. Trigger Point Dry Needling brings together authors who are internationally recognized specialists in the field of myofascial pain and dry needling. First book of its kind to include different needling approaches (in the context of evidence) for the management of neuromuscular pain conditions Highlights both current scientific evidence and clinicians' expertise and experience Multi-contributed by a team of top international experts Over 200 illustrations supporting the detailed description of needling techniques

atlanta spine and wellness: Strengthen Your Back DK, 2013-10-21 Strengthen Your Back covers all practical aspects of back care from diagnosis and treatment to exercises and pain relief. Illustrated step-by-step exercises help you address your back and neck pain, alongside carefully planned strategies to stop injuries recurring. Simple, clear diagrams show the anatomy of your back and neck and specialized sections deal with back pain in specific scenarios such as home, work, driving and gardening. Includes advice on where to seek help and how to get the best results from rehabilitation. Play an active role in your healthcare with Strengthen Your Back!

Additional Resources

atlanta spine and wellness

[Atlanta Spine And Wellness](#)

Atlanta Spine And Wellness

Related Articles

- [asian answers](#)
- [big ideas math algebra 2 textbook](#)
- [besame wellness smithville mo](#)

[Back to Home](#)