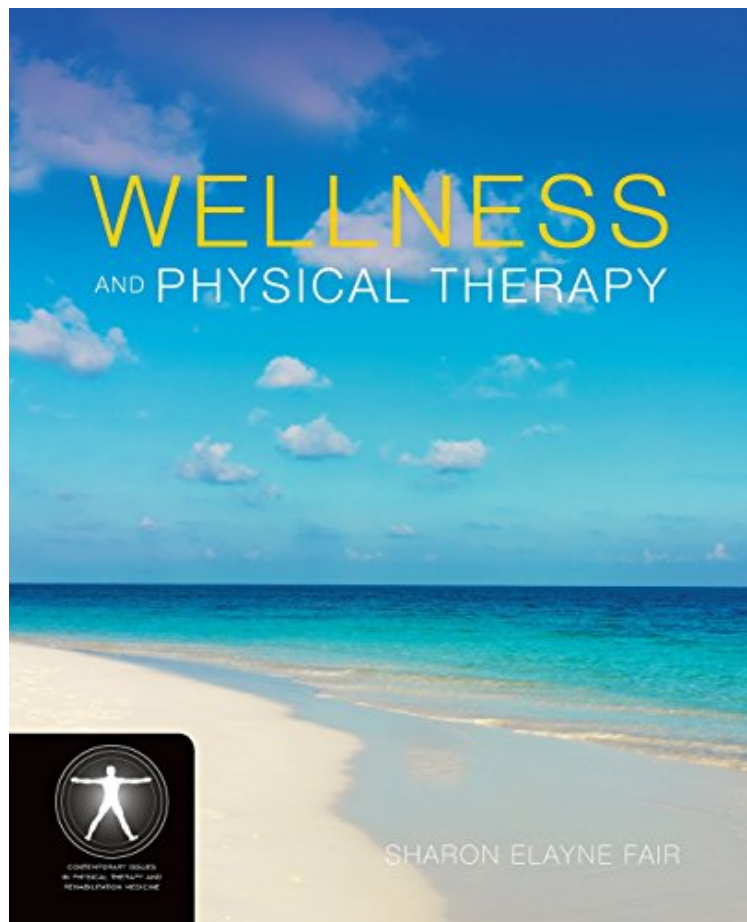


[Mobile library] Wellness And Physical Therapy (Jones and Barlett's Contemporary Issues in Physical Therapy and Rehabilitation Medicine)

Wellness And Physical Therapy (Jones and Barlett's Contemporary Issues in Physical Therapy and Rehabilitation Medicine)

Sharon Elayne Fair

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Sharon Elayne Fair : Wellness And Physical Therapy (Jones and Barlett's Contemporary Issues in Physical Therapy and Rehabilitation Medicine) before purchasing it in order to gage whether or not it would be worth my time, and all praised Wellness And Physical Therapy (Jones and Barlett's Contemporary Issues in Physical Therapy and Rehabilitation Medicine):

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ago, I attended an APTA conference at which Dr. Fair presented a wellness seminar. It was a great presentation but I wanted more. About a year ago, I was happy to learn that Dr. Fair had authored a book related to wellness and I immediately purchased it. As a PT (and owner/manager), I know first hand how important wellness is to EVERYONE - patients, employees, the public, myself.... Dr. Fair's discussion of the complexity of wellness is amazing. For example, her detailed discussion of lapse and relapse are invaluable because EVERYONE lapses. But if a PT doesn't have the ability to help the patient back on track then a lapse may degrade into a relapse which may degrade into abandoning the new healthy behavior / home exercise program altogether. I contend that not understanding the stages of wellness (including the gradations of lapse, relapse, etc) is a major factor as to why so many Americans are overweight (or "overfat" as Dr. Fair correctly names it) or obese and don't exercise. Great resource for any PT that integrates wellness into their practice - which should be all PTs!

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! Available resources include PowerPoints for instructors.