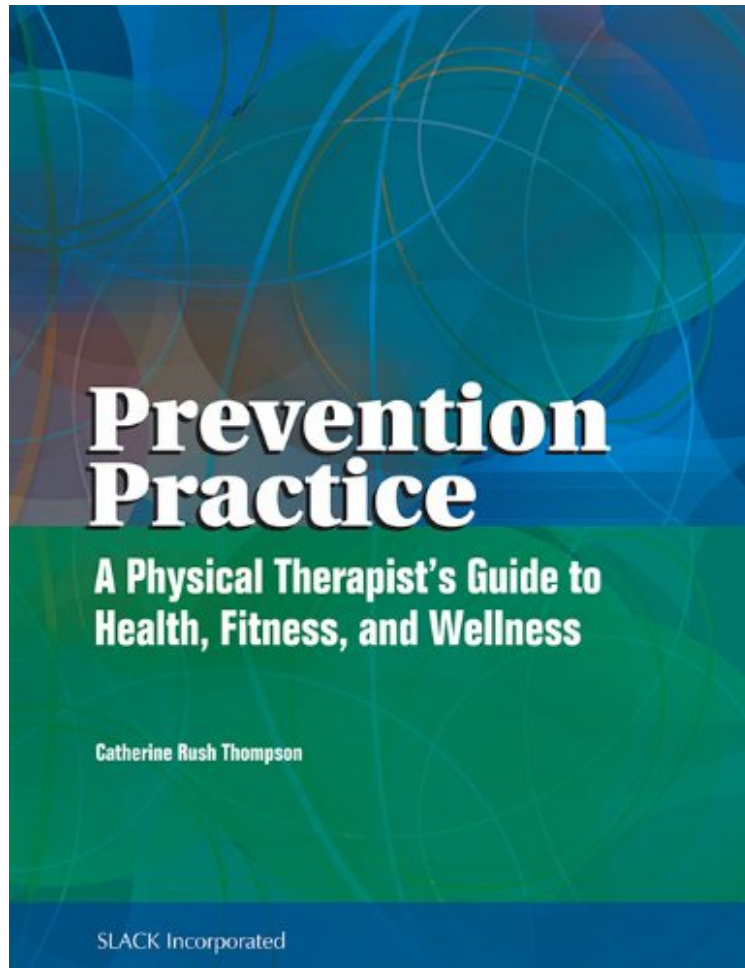


(Library ebook) Prevention Practice: A Physical Therapist's Guide to Health, Fitness, and Wellness

# Prevention Practice: A Physical Therapist's Guide to Health, Fitness, and Wellness

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**From Brand: Slack Incorporated : Prevention Practice: A Physical Therapist's Guide to Health, Fitness, and Wellness** before purchasing it in order to gage whether or not it would be worth my time, and all praised Prevention Practice: A Physical Therapist's Guide to Health, Fitness, and Wellness:

The all-encompassing Prevention Practice: A Physical Therapistsquo;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