

# **1st choice rehabilitation wellness**

## **1st Choice Rehabilitation & Wellness: Your Path to a Healthier, Happier You**

Are you searching for a rehabilitation and wellness center that truly understands your needs? Do you crave a personalized approach to healing and recovery, one that goes beyond the typical clinical setting? If so, you've come to the right place. This comprehensive guide dives deep into what makes 1st Choice Rehabilitation & Wellness the premier choice for individuals seeking exceptional care and lasting well-being. We'll explore our services, our philosophy, and why choosing us is the first step towards a healthier, happier you.

### **Understanding Your Needs: The 1st Choice Approach**

At 1st Choice Rehabilitation & Wellness, we believe that true healing extends far beyond physical recovery. We recognize that every individual's journey to wellness is unique, shaped by their personal history, current challenges, and aspirations for the future. Our holistic approach integrates physical therapy, occupational therapy, speech therapy, and wellness programs to address your needs on multiple levels. We don't just treat symptoms; we identify the root causes and work collaboratively with you to create a tailored plan for lasting improvement.

### **Our Comprehensive Services: Tailored to Your Journey**

Our comprehensive suite of services ensures that we can meet the diverse needs of our patients. Let's explore some key areas where we excel:

#### **1. Physical Therapy at 1st Choice Rehabilitation & Wellness:**

Our experienced physical therapists utilize evidence-based techniques to address musculoskeletal injuries, chronic pain, and limitations in mobility. From manual therapy and exercise prescription to advanced modalities like ultrasound and electrical stimulation, we employ a multifaceted approach to restore function and improve your quality of life. We focus not just on symptom reduction, but on building strength, flexibility, and endurance to prevent future injuries.

#### **2. Occupational Therapy: Reclaiming Independence:**

Occupational therapy at 1st Choice Rehabilitation & Wellness focuses on helping you regain independence in your daily activities. We work with individuals facing challenges related to injury, illness, or aging to improve their ability to perform tasks at home, at work, and in their community. Our therapists are skilled in adaptive techniques and assistive technology to promote maximum participation in life's activities.

### **3. Speech Therapy: Communication and Beyond:**

Our speech-language pathologists provide comprehensive services for individuals experiencing communication disorders, swallowing difficulties, and cognitive impairments. We work with children and adults to improve speech clarity, fluency, and comprehension, as well as addressing challenges related to feeding, swallowing, and cognitive rehabilitation.

### **4. Wellness Programs: Cultivating Lasting Well-being:**

We believe that proactive wellness is crucial for maintaining long-term health and preventing future problems. Our wellness programs encompass a range of services designed to enhance your overall well-being, including:

Ergonomic assessments: To optimize your workspace and prevent workplace injuries.

Nutritional counseling: To support healthy eating habits and optimal recovery.

Stress management techniques: To help you cope with the challenges of daily life.

Fitness and exercise programs: To improve strength, flexibility, and cardiovascular health.

### **The 1st Choice Difference: A Personalized Approach**

What sets 1st Choice Rehabilitation & Wellness apart is our unwavering commitment to personalized care. We believe in fostering a strong therapeutic relationship built on trust, open communication, and mutual respect. Our team takes the time to understand your individual needs, goals, and preferences, ensuring that your treatment plan is tailored to your specific circumstances. We regularly assess your progress and make adjustments as needed to optimize your outcomes.

### **Our Team: Experts in Their Fields**

Our team consists of highly skilled and compassionate professionals who are passionate about helping our patients achieve their full potential. Each member brings a wealth of experience and expertise to their respective roles, ensuring that you receive the highest quality care. We regularly participate in continuing education to stay abreast of the latest advancements in rehabilitation and wellness.

### **Beyond the Clinic: Supporting Your Journey at Home**

Recovery doesn't stop when you leave our clinic. We provide ongoing support and resources to help you continue your progress at home. This may include home exercise programs, follow-up appointments, and access to our team for any questions or concerns you may have. Our goal is to empower you to take control of your health and well-being, ensuring lasting positive changes.

### **Investing in Your Future: Why Choose 1st Choice?**

Choosing 1st Choice Rehabilitation & Wellness is an investment in your future health and happiness. We offer a holistic, patient-centered approach that prioritizes your individual needs and goals. Our comprehensive services, experienced team, and commitment to personalized care set us apart. We're

not just a rehabilitation center; we're your partners in your journey towards a healthier, more fulfilling life. Contact us today to learn more about how we can help you achieve your wellness goals.

#### Conclusion:

At 1st Choice Rehabilitation & Wellness, we are dedicated to providing exceptional care and fostering a supportive environment where individuals can thrive. We believe that everyone deserves access to high-quality rehabilitation and wellness services, and we are committed to making a positive impact on the lives of our patients. Your journey to a healthier you starts here.

#### FAQs:

1. Do you accept all insurance plans? We work with a wide range of insurance providers. Please contact us to verify your coverage.
1. What are your hours of operation? Our hours are [Insert Hours Here], but we are flexible and can schedule appointments to accommodate your needs.
1. What is your cancellation policy? We require a [Number] hour notice for cancellations to avoid any charges.
1. Do you offer telehealth services? In certain situations, we do offer telehealth appointments. Please inquire about the availability of this service.
1. How do I schedule an appointment? You can schedule an appointment by calling us at [Phone Number] or by filling out the contact form on our website [Website Address].

#### **1st choice rehabilitation wellness: PT , 1998**

**1st choice rehabilitation wellness: International Handbook of Occupational Therapy Interventions** Ingrid Söderback, 2014-11-25 Advanced therapies and technologies, new service delivery methods, and care upgrades in underserved areas are translating into improved quality of life for millions with disabilities. Occupational therapy parallels this progress at the individual level, balancing short-term recovery and adaptation with long-term independence and well-being. This Second Edition of the International Handbook of Occupational Therapy Interventions builds on its ground-breaking predecessor by modelling current clinical standards rooted in scientific

evidence-based practice. Its interventions are applied to a diverse range of client disabilities, with many new or rewritten chapters on workplace and vehicle accommodations, smart home technologies, end-of-life planning, and other salient topics. New introductory chapters spotlight core competencies in the field, from assessing client needs and choosing appropriate interventions to evaluating programs and weighing priorities. And for increased educational value, interactive case studies allow readers an extra avenue for honing clinical reasoning and decision-making skills. Of particular note is a new chapter providing a taxonomy—the Occupational Therapy Intervention Framework—and a validation study of its categories and concepts, delineating the occupational therapist's roles and the expected outcomes. Intervention areas featured in the Handbook include: ● Adaptive interventions, OTs manage and facilitate clients' adaptations. ● Learning interventions, OTs teach and the clients learn or relearn. ● Enabling interventions, OTs enable clients to be meaningfully occupied. ● Preventing interventions, OTs prevent ill-health and promote clients' ability to sustain health in daily life. The Second Edition of the International Handbook of Occupational Therapy Interventions is career-affirming reading for all members of rehabilitation teams, including occupational and physical therapists and rehabilitation nurses. Students intending to enter this growing field and professionals working toward its continued improvement will find it useful and inspiring.

**1st choice rehabilitation wellness:** Mental Disability and Rehabilitation Sourcebook, 1st Ed. James Chambers, 2019-11-01 Provides an overview of the most common types of mental disability, behavioral-health therapies, co-occurring disorders, medications commonly used to treat mental disability, treatment options, culturally competent care, accessibility, rehabilitation, and the ways in which the Affordable Care Act provides parity protections for behavioral-health services, along with tips on finding a therapist, supporting a friend or family member through diagnosis and treatment, and information about the neurodiversity movement, along with information on how to find government and local disability programs and resources.

**1st choice rehabilitation wellness:** Encyclopedia of Sports Medicine Lyle J. Micheli, 2011 This encyclopedia presents state-of-the-art research and evidence-based applications on the topic of sports medicine.

**1st choice rehabilitation wellness:** Alcoholics Anonymous Bill W., 2014-09-04 A 75th anniversary e-book version of the most important and practical self-help book ever written, Alcoholics Anonymous. Here is a special deluxe edition of a book that has changed millions of lives and launched the modern recovery movement: Alcoholics Anonymous. This edition not only reproduces the original 1939 text of Alcoholics Anonymous, but as a special bonus features the complete 1941 Saturday Evening Post article "Alcoholics Anonymous" by journalist Jack Alexander, which, at the time, did as much as the book itself to introduce millions of seekers to AA's program. Alcoholics Anonymous has touched and transformed myriad lives, and finally appears in a volume that honors its posterity and impact.

**1st choice rehabilitation wellness:** Encyclopedia of Sports Medicine Lyle J. Micheli, M.D., 2010-11-17 With an ever-growing variety of sports and exercise opportunities open to people of all ages, classes, and races, participation in casual sports has blossomed in recent decades, while interest in collegiate and professional sports has continued to soar. The field of sports medicine is thriving in response to the demand for health care professionals to care for people involved in vigorous exercise. Now more than ever, it is imperative that doctors, physical therapists, surgeons, nurses, and alternative medicine practitioners understand and are able to treat effectively the types of conditions stemming from all types of physical activity, ranging from pleasure walking to professional football. Presenting state-of-the-art research and evidence-based applications, this four-volume resource provides the most comprehensive and accessible information available on sports medicine. The Encyclopedia of Sports Medicine describes all aspects of the field with perspectives, concepts, and methods from the medical, behavioral, and social sciences and physical education. Key Features · Includes contributions from preeminent healthcare professionals who are renowned experts · Presents a broad spectrum of entries covering a variety of key topics, a glossary,

and two appendices · Contains more than 550 tables and images, including anatomical drawings, X-rays, and MRI scans · Illustrates selected diagnostic and treatment techniques step-by-step with more than 200 photographs · Offers an in-depth examination of the various career opportunities in this area, including orthopedists, athletic trainers, sports psychologists, and nutritionists Key Themes · Conditioning and Training · Diagnosis and Treatment of Sports Injuries · Diet and Nutrition · Doping and Performance Enhancement · Exercise Physiology, Biomechanics, Kinesiology · Injuries and Disorders · Injury Prevention · Medical Conditions Affecting Sports Participation · Rehabilitation and Physical Therapy · Special Populations · Specialties and Occupations in Sports Medicine · Sports and Society · Sports and Sports Medicine · Sports Psychology · Sports-Specific Injuries · Women and Sports

**1st choice rehabilitation wellness:** Manual of Singing Voice Rehabilitation Leda Searce, 2016-04-18 Manual of Singing Voice Rehabilitation: A Practical Approach to Vocal Health and Wellness provides speech-language pathologists and singing teachers with the tools to lay the foundation for working with singers who have voice injuries. Singing voice rehabilitation is a hybrid profession that represents a very specific amalgam of voice pedagogy, voice pathology, and voice science. Becoming a singing voice rehabilitation specialist requires in-depth training and thorough preparation across these fields. This text presents a conceptual and practical basis for interacting with singers in an effective and supportive way, identifying factors to address, structuring singing voice rehabilitation sessions, and ensuring that singers are getting adequate exercise while allowing their injuries to heal, as well as resources and materials to provide to singers to optimize the outcome of their rehabilitation. Each chapter exposes readers to important concepts of singing voice rehabilitation and the elements that need to be addressed in the singing voice rehabilitation process, which include medical factors, emotional factors, vocal hygiene, vocal pacing, and vocal coordination and conditioning. This text contains information for developing exercises and interventions to target specific vocal problems and guidance in customizing vocal exercises based on injury, singing style, skill level, professional level, and the particular vocal demands of each singer. Key features include: \* Rehabilitation and therapy exercises \* Clinical case studies to illustrate real-life examples and practical application While the intended audience for this book is speech-language pathologists and teachers of singing who are accomplished performers, experienced pedagogues, and clinically and scientifically well-informed, there is information herein that will be of value to all singers, physicians interested in learning more about the behavioral side of singing voice rehabilitation, nonsinging speech-language pathologists, or anyone seeking knowledge about singing health, including music educators, music therapists, conductors, vocal coaches, worship leaders, or music directors. Disclaimer: Please note that ancillary content (such documents, audio, and video) may not be included as published in the original print version of this book.

**1st choice rehabilitation wellness:** Physical Activity and Rehabilitation in Life-threatening Illness Amy J. Litterini, Christopher M. Wilson, 2021-05-04 This book is a comprehensive summary of the recommendations for best practice, and current evidence, for physical activity and rehabilitation of functional deficits in individuals with end-stage diseases. While advances in technology have afforded us the opportunity to live longer lives, it has also demanded an expansion of focus of medical interventions towards palliative care to enhance the quality of life. Exercise and healthcare professionals must strive to broaden their perspectives to provide for the unique needs of these individuals, and to successfully engage with them, to achieve the most positive outcomes throughout the entire continuum of care. Healthcare providers play a critical role in advocating for care to allow individuals to remain physically active for as long as possible, even in the face of declining health. Finally, due to the increasing and progressively emergent healthcare utilization required by these individuals, a significant cost burden is experienced by healthcare systems, patients, families, and payers. There is evidence of substantial protective effects of physical activity, prevention, safety, and rehabilitative procedures to reduce hospital readmissions, reduce length of stay, and assist in avoiding unwarranted or unnecessary diagnostic tests or procedures. Physical activity has been proven to have a substantial impact and protective effects on virtually all medical conditions. During

curative management, but especially during transitional phases to palliative care, other strategies need enhanced consideration to complement the existing plan of care and help to improve patient's quality of life. Ideally, physical medicine would be at the forefront of allowing individuals to live their best life until the very end. *Physical Activity and Rehabilitation in Life-threatening Illness* is key reading for academics and policy makers in physical activity, international exercise, wellness and rehabilitation, and related disciplines, as well as research-focused clinicians in settings where patients with advanced illness are frequently encountered.

**1st choice rehabilitation wellness: *The Medicare Handbook* , 1988**

**1st choice rehabilitation wellness: *Biomechanical Biofeedback Systems and Applications***

Anton Kos, Anton Umek, 2018-09-24 This book deals with the topic of biomechanical biofeedback systems and applications that are primarily aimed at motor learning in sports and rehabilitation. It gives a comprehensive tutorial of the concepts, architectures, operation, and exemplary applications of biomechanical biofeedback systems. A special section is dedicated to various constraints in designing biomechanical biofeedback systems. The book also describes the technologies needed for the adequate operation of biofeedback systems, such as motion tracking, communication, processing, and sensor technologies. In regard to technologies, the emphasis is on the assurance of the requirements of the real-time system operation. The application focus is on the usage in sport and rehabilitation, particularly in the field of accelerated motor learning and injury prevention. We include several examples of operational (real-time) biofeedback applications in golf, skiing, and swimming. The book is in the first place intended for the professional audience, researchers, and scientists in the fields connected to the topics of this book.

**1st choice rehabilitation wellness: *Homelessness, Health, and Human Needs*** Institute of Medicine, Committee on Health Care for Homeless People, 1988-02-01 There have always been homeless people in the United States, but their plight has only recently stirred widespread public reaction and concern. Part of this new recognition stems from the problem's prevalence: the number of homeless individuals, while hard to pin down exactly, is rising. In light of this, Congress asked the Institute of Medicine to find out whether existing health care programs were ignoring the homeless or delivering care to them inefficiently. This book is the report prepared by a committee of experts who examined these problems through visits to city slums and impoverished rural areas, and through an analysis of papers written by leading scholars in the field.

**1st choice rehabilitation wellness: *Elder Care in Occupational Therapy*** Sandra Cutler Lewis, 2003 *Elder Care in Occupational Therapy* has been extensively revised into a new and completely updated second edition. This pragmatic text presents up-to-date information in a user-friendly format that seamlessly flows from one subject to the next. From wellness to hospice, *Elder Care in Occupational Therapy, Second Edition* offers a broad yet detailed discussion of occupational therapy practice that is devoted to older adults. A wide variety of topics are covered in a concise format, such as historical perspectives, theoretical insights, the aging process, and current interventional strategies, to name a few. Twenty informative appendices are also included that clarify issues such as Medicare coverage, community and clinical living arrangements, client-centered practice, exercise programs, evidence-based practice, and a summary of the newly adopted Occupational Therapy Practice Framework: Domain and Process. Additional features: Contains information about the most advanced scientific achievements that can ultimately affect occupational therapy. Lists new and updated resource materials. Presents case studies that provide theoretical considerations and Intervention methods. Clearly discusses exciting and new venues for occupational therapy programming. Explains fundamentals of documentation and current reimbursement issues. Perfect for the student or clinician, *Elder Care in Occupational Therapy, Second Edition* provides classic, professional information on theory, disease entities, and intervention in a comprehensive format.

**1st choice rehabilitation wellness: *Improving Healthcare Quality in Europe***

**Characteristics, Effectiveness and Implementation of Different Strategies** OECD, World Health Organization, 2019-10-17 This volume, developed by the Observatory together with OECD, provides an overall conceptual framework for understanding and applying strategies aimed at

improving quality of care. Crucially, it summarizes available evidence on different quality strategies and provides recommendations for their implementation. This book is intended to help policy-makers to understand concepts of quality and to support them to evaluate single strategies and combinations of strategies.

**1st choice rehabilitation wellness: Improving Diagnosis in Health Care** National Academies of Sciences, Engineering, and Medicine, Institute of Medicine, Board on Health Care Services, Committee on Diagnostic Error in Health Care, 2015-12-29 Getting the right diagnosis is a key aspect of health care - it provides an explanation of a patient's health problem and informs subsequent health care decisions. The diagnostic process is a complex, collaborative activity that involves clinical reasoning and information gathering to determine a patient's health problem. According to *Improving Diagnosis in Health Care*, diagnostic errors-inaccurate or delayed diagnoses-persist throughout all settings of care and continue to harm an unacceptable number of patients. It is likely that most people will experience at least one diagnostic error in their lifetime, sometimes with devastating consequences. Diagnostic errors may cause harm to patients by preventing or delaying appropriate treatment, providing unnecessary or harmful treatment, or resulting in psychological or financial repercussions. The committee concluded that improving the diagnostic process is not only possible, but also represents a moral, professional, and public health imperative. *Improving Diagnosis in Health Care*, a continuation of the landmark Institute of Medicine reports *To Err Is Human* (2000) and *Crossing the Quality Chasm* (2001), finds that diagnosis-and, in particular, the occurrence of diagnostic errorsâ€has been largely unappreciated in efforts to improve the quality and safety of health care. Without a dedicated focus on improving diagnosis, diagnostic errors will likely worsen as the delivery of health care and the diagnostic process continue to increase in complexity. Just as the diagnostic process is a collaborative activity, improving diagnosis will require collaboration and a widespread commitment to change among health care professionals, health care organizations, patients and their families, researchers, and policy makers. The recommendations of *Improving Diagnosis in Health Care* contribute to the growing momentum for change in this crucial area of health care quality and safety.

**1st choice rehabilitation wellness: Multicultural Issues in Counseling** Courtland C. Lee, 2018-08-24 With an emphasis on direct application to practice, this graduate-level text offers strategies for working with diverse client groups in a variety of settings. Introductory chapters build a foundation for cross-cultural counseling with discussions on current theory, the ongoing pursuit of multicultural competence, and the complexities of intersecting identities. Next, 15 chapters designed to help counselors develop their knowledge about and skills with the following populations are presented: African Americans American Indians Arab Americans Asian and Pacific Islanders Economically disadvantaged clients Immigrants Latinx LGBTQ clients Men Military personnel Multiracial individuals Older adults People with disabilities White people of European descent Women Detailed case studies in this section illustrate real-world perspectives on assessment and treatment for an increased understanding of culturally responsive counseling. The final section of the book focuses on ethics and social justice issues. \*Requests for digital versions from ACA can be found on [www.wiley.com](http://www.wiley.com). \*To purchase print copies, please visit the ACA website. \*Reproduction requests for material from books published by ACA should be directed to [publications@counseling.org](mailto:publications@counseling.org)

**1st choice rehabilitation wellness: Community-based Rehabilitation** World Health Organization, 2010 Volume numbers determined from Scope of the guidelines, p. 12-13.

**1st choice rehabilitation wellness: The Routledge Handbook of International Development, Mental Health and Wellbeing** Laura Davidson, 2019-06-19 Mental health has always been a low priority worldwide. Yet more than 650 million people are estimated to meet diagnostic criteria for common mental disorders such as depression and anxiety, with almost three-quarters of that burden in low- and middle-income countries. Nowhere in the world does mental health enjoy parity with physical health. Notwithstanding astonishing medical advancements in treatments for physical illnesses, mental disorder continues to have a startlingly high mortality rate. However, despite its

widespread neglect, there is now an emerging international imperative to improve global mental health and wellbeing. The UN's current international development agenda finalised at the end of 2015 contains 17 Sustainable Development Goals (SDGs), including SDG3, which seeks to ensure healthy lives and promote wellbeing for all at all ages. Although much broader in focus than the previous eight Millennium Development Goals (MDGs), the need for worldwide improvement in mental health has finally been recognised. This Handbook addresses the new UN agenda in the context of mental health and sustainable development, examining its implications for national and international policy-makers, decision-makers, researchers and funding agencies. Conceptual, evidence-based and practical discussions crossing a range of disciplines are presented from the world's leading mental health experts. Together, they explore why a commitment to investing in mental health for the fulfilment of SDG3 ought to be an absolute global priority.

**1st choice rehabilitation wellness: *Developing and Supporting Athlete Wellbeing*** Natalie Campbell, Abbe Brady, Alison Tincknell-Smith, 2021-09-28 This pioneering book in elite athlete wellbeing brings together the narratives of athletes and wellbeing practitioners in high-performance sport with cutting-edge theorizing from world-leading academics to explore pertinent mental wellbeing matters that present for elite athletes both during and after their careers. The journey of the elite athlete is considered from entering the high-performance system as a youth performer through to retirement, with contributions illuminating the ways in which mental wellbeing can be impacted – both negatively and positively – through common place experiences. Methods of creating holistic high-performance sports cultures along with common mental wellbeing influencers, such as parents, education, faith, injury and (de)selection are explored, as well as the ramifications of uncommon events on mental wellbeing, such as whistleblowing, legal disputes, psychological disorders and COVID-19. Drawing on this analysis, the book then proffers thought-provoking strategies for how the mental wellbeing of both athletes and staff can be understood, developed and supported, ultimately driving elite sport cultural transformation to put the person first and the athlete second. Each chapter presents the wellbeing experience from the vantage of the athlete or the wellbeing practitioner, followed by an academic unpacking of the situation. This makes the book a must read for students and researchers working in sport coaching, sport psychology, applied sport science or sport management, as well as practitioners interested in facilitating a duty of care for high performing athletes, and working in coaching, sport science support, athlete development programs, NGB policy and administration or welfare services.

**1st choice rehabilitation 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.

**1st choice rehabilitation wellness: Hearing Health Care for Adults** National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Committee on Accessible and Affordable Hearing Health Care for Adults, 2016-10-06 The loss of hearing - be it gradual or acute, mild or severe, present since birth or acquired in older age - can have significant effects on one's communication abilities, quality of life, social participation, and health. Despite this, many people with hearing loss do not seek or receive hearing health care. The reasons are numerous, complex, and often interconnected. For some, hearing health care is not affordable. For others, the appropriate services are difficult to access, or individuals do not know how or where to access them. Others may not want to deal with the stigma that they and society may associate with needing hearing health care and obtaining that care. Still others do not recognize they need hearing health care, as hearing loss is an invisible health condition that often worsens gradually over time. In the United States, an estimated 30 million individuals (12.7 percent of Americans ages 12 years or older) have hearing loss. Globally, hearing loss has been identified as the fifth leading cause of years lived with disability. Successful hearing health care enables individuals with hearing loss to have the freedom to communicate in their environments in ways that are culturally appropriate and that preserve their dignity and function. Hearing Health Care for Adults focuses on improving the accessibility and affordability of hearing health care for adults of all ages. This study examines the hearing health care system, with a focus on non-surgical technologies and services, and offers recommendations for improving access to, the affordability of, and the quality of hearing health care for adults of all ages.

**1st choice rehabilitation wellness:** *Medical and Health Information Directory* , 2010

**1st choice rehabilitation wellness: Well-Being Therapy** G.A. Fava, 2016-03-07 Well-Being Therapy (WBT) is the psychotherapeutic approach developed by Giovanni Fava, a world-renowned psychiatrist and psychotherapist, and the editor-in-chief of *Psychotherapy and Psychosomatics*. WBT is an innovative strategy that is based on monitoring psychological well-being, whereby the patient progressively learns how to make it grow. This type of therapy has enjoyed much success and is increasing in popularity around the world. The first part of this long-awaited book describes how the idea for WBT was formed, the first patient treated, and the current evidence that supports this approach. In Part II, Giovanni Fava provides the treatment manual of WBT, describing what each session entails, and includes many examples from his own cases. The last part covers some of the specific conditions for which WBT can be used and how sessions can be conducted. It includes sections on depression, mood swings, generalized anxiety disorder, panic and agoraphobia, and posttraumatic stress disorder. There is also information on the application of WBT in interventions in school settings. Throughout the book, Dr. Fava keeps things interesting by peppering his narrative with anecdotes from his medical career. The primary audience for this book is professionals within psychology, psychiatry, and other fields of medicine (e.g., family practice, pediatrics, and rehabilitation). However, the book is written in a relaxed, clear, and accessible style that also makes it of interest to counselors, educators, and family and friends of patients, not to mention patients themselves.

**1st choice rehabilitation wellness: The Cleveland Clinic Intensive Review of Internal Medicine** James K. Stoller, Franklin A. Michota, Brian F. Mandell, 2012-03-28 Now in its revised, updated Fifth Edition, *The Cleveland Clinic Intensive Review of Internal Medicine* offers thorough preparation for board certification and recertification exams in internal medicine. It is written by distinguished Cleveland Clinic faculty and serves as the syllabus for the Cleveland Clinic's esteemed internal medicine board review course. Clinical vignettes and bulleted lists throughout the book

highlight key clinical points. This edition also includes boxed Points to Remember. Board simulations appear at the end of each section. An updated mock board exam containing over 200 multiple-choice questions appears at the end of the book. A companion Website will offer an interactive question bank with 200 additional questions.

**1st choice rehabilitation wellness: A Comprehensive Guide to Rehabilitation of the Older Patient E-Book** Shane O'Hanlon, Marie Smith, 2020-11-17 This book will help all health professionals involved in the rehabilitation of older people to provide their patients with the highest possible quality of life and autonomy. Expanded and rewritten by a diverse team of authors, the text is suitable for doctors in all specialties that see older patients, as well as nurses, physiotherapists, occupational therapists, psychologists, dietitians, speech and language therapists/pathologists, physician associates/assistants, healthcare assistants, and many others including patients, family members and students. The book is written in an accessible, no-jargon style and provides a patient-centred perspective on recent advances in the field of rehabilitation – an increasingly important aspect of care for older people. Clear explanations of relevant concepts: ageing, frailty, comprehensive assessment, rehabilitation Broad coverage of all aspects of rehabilitation including different settings Explanations of input from multiple health professionals Problem-based section that highlights solutions to common issues during rehabilitation Specialty-specific areas of rehabilitation such as stroke rehabilitation, cancer rehabilitation, post-operative rehabilitation, trauma, rehabilitation in the community Practical section explaining how to plan discharge safely, run a care planning meeting, organize home supports, continue rehabilitation at home Evidence-based but accessible writing, complemented by practical clinical wisdom Aimed at a broader audience – applicable to all health professionals who see older patients Resources for patients and their caregivers Multiple-choice questions to test knowledge

**1st choice rehabilitation wellness: Being Sober** Harry Haroutunian, 2013-08-27 The disease of addiction affects 1 out of 10 people in the United States, and is a devastating—often, fatal—illness. Now, from the physician director of the renowned Betty Ford Center, comes a step-by-step plan with a realistic “one-day-at-a-time” approach to a disease that so often seems insurmountable. With a focus on reclaiming the power that comes from a life free of dependency, *Being Sober* walks readers through the many phases of addiction and recovery without judgment or the overly cultish language of traditional 12-step plans. It also addresses the latest face of this disease: the highly functioning addict, or someone who is still able to achieve personal and professional success even as they battle a drug or alcohol problem. Dr. Haroutunian tackles this provocative issue head-on, offering new insight into why you don't have to “bottom out” to get help. Dr. Haroutunian is himself a recovering alcoholic and knows firsthand the challenges of sobriety. His background and expertise in the field of alcohol and drug treatment give him a powerful edge and perspective that is unparalleled in his field. Using clear, straightforward language, *Being Sober* offers a proven path toward an emotional sobriety and a rewarding new life based on gratitude, dignity, and self-respect. Including a Foreword written by Steven Tyler.

**1st choice rehabilitation wellness: Nursing Times** , 2008

**1st choice rehabilitation wellness: Neurovision Rehabilitation Guide** Amy Chang, Xiao Xi Yu, Steven E. Ritter, 2017-12-19 *Neurovision Rehabilitation Guide* is a valuable resource for the health care professional working with patients with visual dysfunction as a consequence of traumatic brain injury and neurological disorders. It covers the concepts of visual dysfunction as well as assessment and step-by-step treatment plans. The guide covers the neurology of visual processing before and after a brain injury. It explains the concepts behind neurovision rehabilitation and how to go about examining and treating the patient's visual deficits. It also covers the evaluation of visual perceptual deficits and treatment of the traumatic brain injury patient. The guide contains more than 80 vision therapy procedures, with step-by-step instructions as well as sequencing guides for each category of therapy (oculomotor, accommodation, binocular, perceptual).

**1st choice rehabilitation wellness: Anatomy of Sports Injuries for Fitness and Rehabilitation** Leigh Brandon, 2011 *Anatomy of Sports Injuries: How to be your own physical*

therapist offers a fascinating view inside the human body to help you understand the causes of the most common injuries that athletes and sports men and women will encounter, and the best ways to remedy them. With a comprehensive and up-to-date approach to injury rehabilitation, this book shows you how to find the cause of injuries, and not just treat the bit that hurts, aiding in the prevention of future injuries also. As with previous books in our anatomy series, this book will help you to achieve better health through a better understanding of how your body works. Around 80 full color anatomical illustrations introduce a variety of strength training exercises designed with common sports injuries in mind, showing the impact on the body of the exercises, including the muscles used and how they function together. The accompanying text helps the reader to replicate the exercises, describing the anatomical impact and explaining the benefits in the context of fitness in general, and in rehabilitating common injuries in particular.

**1st choice rehabilitation wellness: Animal Physiotherapy** Catherine McGowan, Lesley Goff, 2016-05-02 A thoroughly updated edition of this essential reference guide for physiotherapists and physical therapists, looking to apply the proven benefits of physiotherapy to the treatment of companion and performance animals. Seven new chapters provide greatly expanded coverage of practical treatment and rehabilitation Includes reviews of different physiotherapy techniques, drawing on both human and animal literature Discusses approaches in small animal medicine as well as for elite equine athletes Provides applied evidence-based clinical reasoning model, with case examples Now in full colour with many more illustrations

**1st choice rehabilitation wellness: Twelve Steps and Twelve Traditions Trade Edition** Bill W., 1953 Twelve Steps to recovery.

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informative, comprehensive guide.

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Dean T. Jamison, Joel G. Breman, Anthony R. Measham, George Alleyne, Mariam Claeson, David B. Evans, Prabhat Jha, Anne Mills, Philip Musgrove, 2006-04-02 Based on careful analysis of burden of disease and the costs of interventions, this second edition of 'Disease Control Priorities in Developing Countries, 2nd edition' highlights achievable priorities; measures progress toward providing efficient, equitable care; promotes cost-effective interventions to targeted populations; and encourages integrated efforts to optimize health. Nearly 500 experts - scientists, epidemiologists, health economists, academicians, and public health practitioners - from around the world contributed to the data sources and methodologies, and identified challenges and priorities, resulting in this integrated, comprehensive reference volume on the state of health in developing countries.

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