

jersey spine and wellness

Jersey Spine and Wellness: Your Guide to a Healthier, Happier You

Are you experiencing nagging back pain, stiffness, or limited mobility? Do you feel like your hectic life is taking its toll on your physical well-being? If so, you're not alone. Many people in Jersey struggle with musculoskeletal issues, impacting their daily lives and overall quality of life. This comprehensive guide dives deep into Jersey Spine and Wellness, exploring how this vital aspect of health care can help you regain your vitality and live a more fulfilling life. We'll cover everything from understanding the root causes of back pain to the various treatment options available, ensuring you have the knowledge to make informed decisions about your health journey.

Understanding the Importance of Spinal Health in Jersey

Spinal health is fundamental to overall well-being. Our spines support our entire bodies, allowing us to move, stand, and perform everyday tasks. In Jersey, with its diverse population and lifestyles, spinal problems are common. Stress, poor posture (often exacerbated by long hours at a desk), lack of exercise, and even the simple act of carrying heavy groceries can all contribute to spinal issues. These can manifest as acute pain, chronic discomfort, or even serious conditions that require immediate medical attention. Ignoring spinal problems can lead to decreased mobility, reduced quality of life, and even impact mental health.

Common Spinal Conditions Affecting Jersey Residents

Several spinal conditions are prevalent amongst Jersey residents. These include:

Lower Back Pain (Lumbago): This is arguably the most common spinal complaint, often stemming from muscle strains, ligament sprains, or disc problems. The demanding nature of some jobs in Jersey, coupled with the island's active lifestyle (sometimes leading to overexertion), can significantly contribute to lumbago.

Neck Pain (Cervicalgia): Prolonged periods spent looking at screens – whether for work or leisure – are a major culprit behind neck pain in Jersey. Poor posture while driving or using mobile devices also plays a significant role.

Sciatica: This condition involves pain radiating down the leg from the lower back, often caused by a compressed nerve. It can severely limit mobility and affect daily activities.

Spinal Stenosis: This condition involves the narrowing of the spaces within the spine, putting pressure on the spinal cord and nerves. It's more common in older adults but can affect younger individuals as well.

Scoliosis: This sideways curvature of the spine can be present from birth or develop during childhood or adolescence. While not always painful, scoliosis can lead to back pain and other complications if left untreated.

Jersey Spine and Wellness: Treatment Options and Approaches

Fortunately, Jersey offers a range of services to address spinal problems. Jersey Spine and Wellness clinics typically provide holistic, multidisciplinary approaches that may include:

Chiropractic Care: Chiropractors focus on manual adjustments to the spine to alleviate pain, improve joint mobility, and restore proper spinal alignment.

Physiotherapy: Physiotherapists utilize exercises, stretches, and other techniques to strengthen muscles, improve flexibility, and reduce pain. They can create personalized plans to address individual needs.

Osteopathy: Osteopathic treatment involves a hands-on approach focusing on musculoskeletal problems. Osteopaths aim to restore the body's natural healing mechanisms.

Massage Therapy: Massage can help relieve muscle tension, improve circulation, and reduce pain associated with spinal conditions.

Acupuncture: This traditional Chinese medicine technique may help manage pain and promote healing.

Medical Management: In some cases, medication, injections, or even surgery might be necessary to address more severe spinal conditions. Your doctor will determine the most appropriate course of action.

Finding the Right Jersey Spine and Wellness Professional

Choosing the right healthcare professional is crucial. When searching for Jersey Spine and Wellness services, consider the following:

Qualifications and Experience: Look for practitioners with appropriate credentials and experience in treating spinal conditions.

Patient Reviews and Testimonials: Online reviews can provide valuable insights into the experiences of other patients.

Treatment Approach: Consider whether the practitioner's approach aligns with your preferences and health goals.

Insurance Coverage: Check with your insurance provider to understand what services are covered.

Preventive Measures for Spinal Health in Jersey

Proactive steps can significantly reduce the risk of developing spinal problems. Incorporate these into your daily routine:

Maintain Good Posture: Be mindful of your posture while sitting, standing, and moving.

Regular Exercise: Engage in activities that strengthen your core muscles and improve flexibility.

Swimming, yoga, and Pilates are particularly beneficial.

Ergonomic Workplace Setup: If you work at a desk, ensure your workspace is ergonomically sound to prevent strain.

Maintain a Healthy Weight: Excess weight puts added stress on the spine.

Stress Management: Stress can exacerbate back pain. Practice relaxation techniques such as meditation or deep breathing.

Conclusion

Jersey Spine and Wellness is not merely about treating pain; it's about fostering a holistic approach to health and well-being. By understanding the causes of spinal problems, accessing appropriate treatments, and prioritizing preventive measures, Jersey residents can significantly improve their quality of life and enjoy greater mobility and comfort. Taking proactive steps towards spinal health is an investment in a happier, healthier future.

FAQs

1. How can I find a reputable Jersey Spine and Wellness clinic? Start by searching online for "Jersey Spine and Wellness" or "Chiropractor Jersey" etc. Check practitioner websites for qualifications, read online reviews, and don't hesitate to contact several clinics to ask questions before making an appointment.
1. Is my back pain always a serious problem? While many cases of back pain resolve on their own, persistent or severe pain warrants medical attention. Consult a healthcare professional if you experience persistent pain, numbness, weakness, or bowel/bladder dysfunction.
1. What types of insurance cover Jersey Spine and Wellness services? Coverage varies depending on your specific insurance plan. Contact your insurance provider to determine what services are

covered under your policy.

1. How long will it take to see improvement after starting treatment? Recovery time varies greatly depending on the individual, the severity of the condition, and the type of treatment received. Some people experience relief quickly, while others require a longer period of treatment.
1. Are there any specific exercises I can do at home to improve my spinal health? Simple exercises like gentle stretches, core strengthening exercises (planks, bridges), and mindful movement can improve spinal health. However, it's crucial to consult a healthcare professional to ensure you're performing exercises correctly to avoid further injury.

jersey spine and wellness: *Spinal Cord Medicine, Third Edition* Steven Kirshblum, MD, Vernon W. Lin, MD, PhD, 2018-12-28 In this comprehensive, clinically directed, reference for the diagnosis and treatment of persons with spinal cord injury and related disorders, editors of the two leading texts on spinal cord injury (SCI) medicine have joined together to develop a singular premier resource for professionals in the field. *Spinal Cord Medicine, Third Edition* draws on the expertise of seasoned editors and experienced chapter authors to produce one collaborative volume with the most up-to-date medical, clinical, and rehabilitative knowledge in spinal cord injury management across the spectrum of care. This jointly configured third edition builds on the foundation of both prior texts to reflect the breadth and depth of the specialty. Containing 60 state-of-the-art chapters, the book is divided into sections covering introduction and assessment, acute injury management and surgical considerations, medical management, neurological and musculoskeletal care, rehabilitation, recent research advances, system-based practice, and special topics. New and expanded content focuses on the significant changes in the epidemiology of traumatic injury, the classification of SCI, and the latest medical treatments of multiple medical complications. In addition, chapters discuss new surgical considerations in acute and chronic SCI and the many advances in technology that impact rehabilitation and patients' overall quality of life. With chapters authored by respected leaders in spinal cord medicine, including those experienced in spinal cord injury medicine, physical medicine and rehabilitation, neurology, neurosurgery, therapists, and researchers, this third edition goes beyond either of the prior volumes to combine the best of both and create a new unified reference that defines the current standard of care for the field. Key Features: Covers all aspects of spinal cord injury and disease with updates on epidemiology of spinal cord injury, the classification of spinal cord injury, newer methods of surgical intervention post-injury, updates to medications, advances in rehabilitation, and changes in technology Brings together two leading references to create a singular evidence-based resource that defines the current standard of care for spinal cord medicine Presents the most current medical, clinical, and rehabilitation intelligence Chapters written by experts across the spectrum of specialists involved in the care of persons with spinal cord injury Includes access to the downloadable ebook

jersey spine and wellness: *The Wellness Approach* Jonathan B. Spages, 2011-01-01 Dr. Spages

has seen more than 9,000 patients, who with his help have reversed incurable conditions and avoided surgery. The Wellness Approach goes on to explain how this happens and shares with the audience a sensible way to get the same results.

jersey spine and wellness: Pediatric Chiropractic Claudia A. Anrig, Gregory Plaughter, 2022-02-12 The long-awaited third edition of Pediatric Chiropractic takes the valuable second edition to a whole new level, offering new chapters, full-color photos, illustrations, and tables to provide the family wellness chiropractor and the student of chiropractic a valuable reference manual covering all aspects of care for the pediatric and prenatal populations. Internationally recognized authorities Claudia Anrig, DC and Gregory Plaughter, DC have invited the leaders in their fields to contribute to this precedent-setting textbook and now offer even more valuable information for the practitioner.

jersey spine and wellness: Health and Wellness Gordon Edlin, Eric Golanty, 2009-09-29 Health and Wellness, Tenth Edition is written in a personal and engaging style with specific tips and aids to help students improve their health habits. This text encourages students to learn the skills they need to enhance the quality and longevity of life. Health and Wellness covers the many perspectives of personal health, including physical, emotional, mental, social, environmental, and spiritual perspectives, with a central theme of self-responsibility for one's behavior.

jersey 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.

jersey spine and wellness: Benzel's Spine Surgery E-Book Michael P. Steinmetz, Sigurd H. Berven, Edward C. Benzel, 2021-05-18 Written and edited by world-renowned experts in the field, Benzel's Spine Surgery: Techniques, Complication Avoidance and Management, 5th Edition, provides expert, step-by-step guidance on the evaluation and management of disorders of the spine. This definitive, two-volume work explores the full spectrum of techniques used in spine surgery, giving you the tools you need to hone your skills and increase your knowledge in this challenging area. Clearly organized and extensively revised throughout, it features contributions from both neurosurgeons and orthopaedic surgeons to present a truly comprehensive approach to spine disease. - Offers a thorough overview of the effective management of patients with spinal disorders, including fundamental principles, biomechanics, applied anatomy, instrumentation, pathophysiology of spinal disorders, surgical techniques, motion preservation strategies, non-surgical management, and complication avoidance and management, as well as controversies. - Focuses on both pathophysiology and surgical treatment of spine disease, with an increased emphasis on minimally invasive surgery. - Contains new features such as key points boxes at the beginning of chapters and algorithms to help streamline the decision making process. - Covers today's hot topics in spine surgery, such as health economics, artificial intelligence, predictive analytics, new less invasive techniques including endoscopic spine surgery, and the future of spine surgery. - Provides expert coverage of key topics including biomechanics of motion preservation techniques, spinal injuries in

sports, biologics in spine fusion surgery, anterior sub-axial cervical fixation and fusion techniques, complex lumbosacropelvic fixation techniques, and many more. - Features more than 1,500 high-quality illustrations, as well as new procedural videos on en bloc spondylectomy, minimally invasive endoscopic posterior cervical foraminotomy, cervical total disc replacement, minimally invasive lumbar decompression of stenosis, and more. - Enhanced eBook version included with purchase. Your enhanced eBook allows you to access all of the text, figures, and references from the book on a variety of devices.

jersey spine and wellness: Healing Back Pain John E. Sarno, 2001-03-15 Dr. John E. Sarno's groundbreaking research on TMS (Tension Myoneural Syndrome) reveals how stress and other psychological factors can cause back pain-and how you can be pain free without drugs, exercise, or surgery. Dr. Sarno's program has helped thousands of patients find relief from chronic back conditions. In this New York Times bestseller, Dr. Sarno teaches you how to identify stress and other psychological factors that cause back pain and demonstrates how to heal yourself-without drugs, surgery or exercise. Find out: Why self-motivated and successful people are prone to Tension Myoneural Syndrome (TMS) How anxiety and repressed anger trigger muscle spasms How people condition themselves to accept back pain as inevitable With case histories and the results of in-depth mind-body research, Dr. Sarno reveals how you can recognize the emotional roots of your TMS and sever the connections between mental and physical pain...and start recovering from back pain today.

jersey spine and wellness: Osteoporosis Of The Spine: Asian Perspectives Po-quang Chen, Ruey-mo Lin, Keh-sung Tsai, 2021-01-19 This edited volume comprises chapters written by experts in Asia, where osteoporosis and the related fractures have created an enormous burden on the healthcare system due to increase in aging population. The topics covered include the epidemiology, diagnosis and both medical as well as surgical treatment of osteoporosis, particularly of the spine. This book provides practical diagnostic methods and useful treatments for this important medical issue. The multi-faceted and evidence-based approaches make it a very helpful reference for doctors to decide the best methods of treatment for patients with osteoporosis of the spine.

jersey spine and wellness: The Blueprint for Back Pain Relief Bradford T. Butler, 2018-11-05 Practical And Permanent Solutions To Get You Back On Your Feet Are you one of the many who suffer from chronic, debilitating back pain? Are you dying to go back to your daily activities again without the fear of making it worse? No matter what you do, the first steps to relieving your pain and preventing any future complications starts by separating facts from fiction. Dr. Brad Butler wrote THE BLUEPRINT FOR BACK PAIN RELIEF so you can not only learn about the different means of treating your pain without dangerous drugs and surgery, but also so you can start your journey toward a healthier, happier, pain free life. In this book, you'll learn: -where back pain originates from and how it affects you, -how to prevent neck and back pain before they occur, -what makes the current treatment system ineffective, and -how to build a practical plan for proven relief. Forget everything you know about relieving back pain. Dr. Butler seeks to combine his twenty years of experience with his undying resolve to reveal the truth behind bad practices and treatments and give you assurance with facts and knowledge. Don't let the pain win. Learn from one of the best in the business on how to get started.

jersey spine and wellness: Dr. Rob's Guide to Raising Fit Kids Robert S. Gotlin, 2008-07-15 Written for parents concerned about their children's overall fitness, Dr. Rob's Fitness Guide for Kids addresses the importance of both food and physical activity in keeping children healthy. Gotlin sees sports, with its emphasis on playing by the rules, being a good teammate, winning and losing with grace, and working toward a common goal, as an essential route to physical, psychological, and social health. This book helps parents choose a sport or activity in which their child can find comfort and confidence. In addition to outlining the benefits of various team and individual sports, Gotlin provides detailed information about the equipment needed, safety issues, and how to create a supportive environment for young athletes. Also included are exercises developed specifically for children, age-appropriate fitness and calorie guidelines, and delicious, dietician-developed meal plans and sport-specific menus that instill a lifetime of good eating habits.

jersey spine and wellness: Five-Finger Discount Helene Stapinski, 2002-03-12 Now a PBS documentary, this astonishing memoir of growing up in rough-and-tumble Jersey City “will steal your heart” (People) With deadpan humor and obvious affection, Five-Finger Discount recounts the story of an unforgettable New Jersey family of swindlers, bookies, embezzlers, and mobster-wannabes. In the memoir Mary Karr calls “a page-turner,” Helene Stapinski ingeniously weaves the checkered history of her hometown of Jersey City—a place known for its political corruption and industrial blight—with the tales that have swirled around her relatives for decades. Navigating a childhood of toxic waste and tough love, Stapinski tells an extraordinary tale at once heartbreaking and hysterically funny. Praise for Five-Finger Discount “By turns hilarious and alarming, [Helene Stapinski’s] book reads on the surface like something by Damon Runyon and Elmore Leonard, with a dark undertow of real-life pain and disillusion.”—Michiko Kakutani, The New York Times “It’s a brilliant book, a darling book. It is the blessedly modest chronicle of a magical consciousness that seems to have been born pulling diamonds out of the muck, hearing angels’ voices in the fiercest thunder. . . . I adored every word of this wondrous book. Get it. Read it.”—Michael Pakenham, The Baltimore Sun “In the tradition of . . . Rita Mae Brown and Amy Tan, Ms. Stapinski is an exciting writer, unabashedly candid, and at the same time unashamedly self-contained. Five-Finger Discount is a must-read.”—Victoria Gotti, The New York Observer “What [Frank] McCourt did for Limerick, Ireland, Helene Stapinski does for Jersey City.”—The Star-Ledger “Hugely entertaining.”—The Sunday Times (London)

jersey spine and wellness: Muscle Medicine Rob DeStefano, Joseph Hooper, 2009-09-15 A leading orthopedic surgeon and a top sports chiropractor team up to offer a groundbreaking new approach to remaining injury-free and recovering from injury faster. Muscle injuries are not just for sports superstars anymore. Back, shoulder, hip, and knee problems bedevil more and more people than ever before. Muscle Medicine provides a way to prevent such injuries from happening and to treat them when they do without drugs or surgery. The product of a collaborative effort between two widely recognized authorities on sports injuries, Muscle Medicine relies on cutting-edge medical and therapeutic expertise to deliver what many doctors cannot: explanations of how to maintain good muscle health, how to treat common muscle injuries, such as “Tennis Elbow” and “Cell Phone Neck,” and how to determine when joint surgery is and is not necessary for some common orthopedic problems. By focusing on the health of our muscles, we can prevent many sports injuries from occurring and recover faster from the ones that do, say the coauthors, whose A-list clients have included John McEnroe and Elisabeth Hasselbeck. Featuring more than 100 illustrations that show the basics of muscle mechanics, along with various stretching, strengthening, and self-treatment exercises, Muscle Medicine will help readers enjoy pain-free, active lives no matter what their age or activity level.

jersey 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.

jersey spine and wellness: Your Spine, Your Yoga Bernie Clark, 2018-11 Your Spine, Your Yoga is the long-awaited second book of the Your Body, Your Yoga series. Focusing on the axial body, from the tip of the tailbone to the top of the skull, Your Spine, Your Yoga will explain how your body is unique and how this uniqueness affects your yoga practice. The latest anatomical understanding of the spine and its biomechanical abilities is described in varying levels of detail, for the novice to the experienced reader. Applying these principles to a safe and effective yoga practice holds a few surprises: you may discover that not every pose in yoga is a good idea for you, given the nature of your spine and the way we have previously been taught to stress it. Stability is more important than mobility for the vast majority of people, although many yoga classes promote the opposite view. Your Spine, Your Yoga offers alternative perspectives and prescriptions for a yoga practice that is spine sparing and strength building, based upon your unique biology and biography and your unique intentions

jersey spine and wellness: Ask the Chiropractor ,

jersey spine and wellness: Essential Wellness Nancy J. Hajeski, 2019-07-16 Enhance your physical and mental well-being through practical solutions that are easy to incorporate into your daily routine. Whatever your goals, Essential Wellness walks you through the many ways you can maximize health and minimize stress. Whether you're recovering from illness, controlling your weight, managing an addiction, minimizing the effects of aging, or simply boosting your overall well-being, this book provides you with recipes, routines, tips, and tricks for living your healthiest life. It introduces powerful tools that are easy to incorporate into your daily routine, including yoga, meditation, massage, and herbal remedies. Essential Wellness covers the simple but effective tools you can use to care for body and mind.

jersey spine and wellness: Breakthrough James O'Keefe, 2013-06-18 In this hard-hitting look at the way media and government conspire to protect the status quo, a controversial ambush journalist shows readers what happens when a young citizen journalist challenges some of America's most powerful and protected organizations.

jersey spine and wellness: *Ancient Encounters* James C. Chatters, 2002-08-13 Examines evidence about early visitors to North America predating the Native Americans, and describes the 1996 discovery of a skeleton near Kennewick, Washington, whose physical characteristics were unlike those of American Indians.

jersey spine and wellness: *Exercises for Fibromyalgia* William Smith, 2016-06-07 Designed specifically for fibromyalgia patients, this gentle exercise program will help you minimize pain, maximize results, and take back your life Fibromyalgia is a debilitating condition, yet medical opinions are divided as to its cause and how it should be treated. Is it a neurological or a physical ailment? Should you treat the muscles or the mind? The correct answer is to treat both. Improving overall fitness while reducing anxiety and stress is the key to reducing your fibromyalgia symptoms and improving your daily functioning. Exercises for Fibromyalgia is tailored to improve your fitness and energy levels without strain or stiffness. With a focus on exercises designed to relieve pain and improve sleep for fibromyalgia sufferers, you will find yourself feeling better each day, as your strength increases and your soreness decreases. Combined with effective techniques proven to relieve stress and improve your sleep habits, Exercises for Fibromyalgia makes sure your mind and body both benefit from a healthy lifestyle. It also includes: • An overview of living with fibromyalgia and the benefits of exercise • Clear, informative pictures of safe, effective exercises • Detailed instructions on how to perform each exercise • A complete exercise approach to reduce stress and improve fitness • A training log to track progress Having fibromyalgia doesn't mean having to give up doing the things you love, or having to live with aches and pains for the rest of your life.

jersey spine and wellness: *The Creative Habit* Twyla Tharp, 2009-03-24 One of the world's leading creative artists, choreographers, and creator of the smash-hit Broadway show, Movin' Out,

shares her secrets for developing and honing your creative talents—at once prescriptive and inspirational, a book to stand alongside *The Artist's Way* and *Bird by Bird*. All it takes to make creativity a part of your life is the willingness to make it a habit. It is the product of preparation and effort, and is within reach of everyone. Whether you are a painter, musician, businessperson, or simply an individual yearning to put your creativity to use, *The Creative Habit* provides you with thirty-two practical exercises based on the lessons Twyla Tharp has learned in her remarkable thirty-five-year career. In *Where's Your Pencil?* Tharp reminds you to observe the world -- and get it down on paper. In *Coins and Chaos*, she gives you an easy way to restore order and peace. In *Do a Verb*, she turns your mind and body into coworkers. In *Build a Bridge to the Next Day*, she shows you how to clean the clutter from your mind overnight. Tharp leads you through the painful first steps of scratching for ideas, finding the spine of your work, and getting out of ruts and into productive grooves. The wide-open realm of possibilities can be energizing, and Twyla Tharp explains how to take a deep breath and begin...

jersey spine and wellness: *The Medicare Handbook* , 1988

jersey spine and wellness: *Care Without Coverage* Institute of Medicine, Board on Health Care Services, Committee on the Consequences of Uninsurance, 2002-06-20 Many Americans believe that people who lack health insurance somehow get the care they really need. *Care Without Coverage* examines the real consequences for adults who lack health insurance. The study presents findings in the areas of prevention and screening, cancer, chronic illness, hospital-based care, and general health status. The committee looked at the consequences of being uninsured for people suffering from cancer, diabetes, HIV infection and AIDS, heart and kidney disease, mental illness, traumatic injuries, and heart attacks. It focused on the roughly 30 million-one in seven-working-age Americans without health insurance. This group does not include the population over 65 that is covered by Medicare or the nearly 10 million children who are uninsured in this country. The main findings of the report are that working-age Americans without health insurance are more likely to receive too little medical care and receive it too late; be sicker and die sooner; and receive poorer care when they are in the hospital, even for acute situations like a motor vehicle crash.

jersey spine and wellness: *There I Am* Ruthie Lindsey, 2021-04-20 *Brain on Fire* meets *Carry On, Warrior* in this inspirational memoir and “testament to the things that break us, heal us, and make us who we are” (Glennon Doyle, #1 New York Times bestselling author) that explores one woman’s journey from chronic pain and hopelessness to finding joy, redemption, and healing. At seventeen years old, Ruthie Lindsey is hit by an ambulance near her home in rural Louisiana. She’s given a five percent chance of survival and one percent chance of walking again. One month later after a spinal fusion surgery, Ruthie defies the odds, leaving the hospital on her own two feet. Just a few years later, newly married and living in Nashville, Ruthie begins to experience debilitating pain. Her case confounds doctors and after numerous rounds of testing, imaging, and treatment, they prescribe narcotic painkillers—lots of them. Ruthie has become bedridden, dependent on painkillers, and hopeless, when an X-ray reveals that the wire used to fuse her spine is piercing her brain stem. Without another staggeringly expensive experimental surgery, she could well become paralyzed, but in many ways, she already is. Ruthie goes into the hospital in chronic pain, dependent on prescription painkillers, and leaves the same way. She can still walk but has no idea where she’s going. As her life unravels, Ruthie returns home to Louisiana and sets out on a journey to learn joy again. She trades fentanyl for sunsets and morphine for wildflowers, weaning herself off of the drugs and beginning the process of healing—of coming home to her body. Raw and redemptive, *There I Am* is not just about the magic of optimism, but the work of it. Ruthie’s extraordinary memoir “like going on a walk with a best friend and listening to a life-changing speech at the same time: it’s equal parts familiar and profound, warm and insightful, comforting and challenging, relatable and unlike anything you’ve read before” (Mari Andrew, New York Times bestselling author).

jersey spine and wellness: *Back from the Dead* Bill Walton, 2016-03-22 An NBA sports star and cultural icon discusses his catastrophic spinal collapse in 2007, the excruciating pain he suffered and his slow recovery, as well as his childhood, sports career, and the political and cultural

upheaval of the 1960s.

jersey spine and wellness: Psoas Strength and Flexibility Pamela Ellgen, 2015-02-24 A COMPLETE GUIDE TO PREVENTING BACK AND HIP INJURIES BY STRENGTHENING THE MUSCLE GROUP CONNECTING YOUR UPPER AND LOWER BODY Connecting the lower spine to the hips and legs, a strong and flexible psoas muscle is vital for everyday movements like walking, bending and reaching, as well as athletic endeavors like jumping for a ball, holding a yoga pose and swinging a golf club. With targeted information and exercises, this book's step-by-step program guarantees you'll transform this vulnerable muscle, including: •Develop a powerful core •End back pain •Increase range of motion •Improve posture •Prevent strains and injuries Packed with 100s of step-by-step photos and clear, concise instructions, Psoas Strength and Flexibility features workouts for toning the muscle as well as rehabbing from injury. And each program is based on simple matwork exercises that require minimal or no equipment.

jersey spine and wellness: Atlas of Image-Guided Spinal Procedures E-Book Michael B. Furman, Leland Berkwits, Isaac Cohen, Brad Goodman, Jonathan Kirschner, Thomas S. Lee, Paul Sean Lin, 2017-10-25 Give your patients the non-surgical spine pain relief they need with help from the Atlas of Image-Guided Spinal Procedures by Dr. Michael Bruce Furman. This medical reference book features a highly visual atlas format that shows you exactly how to safely and efficiently perform each technique step-by-step. A unique, systematic, safe, and efficient approach makes Atlas of Image-Guided Spinal Procedures your go-to resource for spine pain relief for your patients. The highly visual format shows you exactly how to perform each technique, highlighting imaging pearls and emphasizing optimal and suboptimal imaging. Updated content includes ultrasound techniques and procedures for spine mimickers, including hip and shoulder image-guided procedures, keeping you on the cutting edge of contemporary spine pain-relief methods. - Safely and efficiently relieve your patients' pain with consistent, easy-to-follow chapters that guide you through each technique. - Highly visual atlas presentation of an algorithmic, image-guided approach for each technique: trajectory view (demonstrates fluoroscopic set up); multi-planar confirmation views (AP, lateral, oblique); and safety view (what should be avoided during injection), along with optimal and suboptimal contrast patterns. - Special chapters on Needle Techniques, Procedural Safety, Fluoroscopic and Ultrasound Imaging Pearls, Radiation Safety, and L5-S1 Disc Access provide additional visual instruction. - View drawings of radiopaque landmarks and key radiolucent anatomy that cannot be viewed fluoroscopically. - Includes new unique and diagrams demonstrating cervical, thoracic and lumbar radiofrequency probe placement and treatment zones on multiplanar views, as well as new unique tables and examples differentiating between optimal and suboptimal epidural contrast flow - Features new coverage of ultrasound techniques, as well as new presentation of procedures for spine masqueraders such as the hip and shoulder. - Expert Consult eBook version included with purchase. This enhanced eBook experience allows you to access and search all of the text, figures, images, videos, and references from the book on a variety of devices

jersey 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.

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jersey spine and wellness: Wellness Counseling Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, *Wellness Counseling* offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

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