

## Wellness And Physical Therapy Jones And Barletts Contemporary Issues In Physical Therapy And Rehabilitation Medicine

Documentation for Physical Therapist Practice: A Clinical Decision Making Approach provides the framework for successful documentation. It is synchronous with Medicare standards as well as the American Physical Therapy Association's recommendations for defensible documentation. It identifies documentation basics which can be readily applied to a broad spectrum of documentation formats including paper-based and electronic systems. This key resource skillfully explains how to document the interpretation of examination findings so that the medical record accurately reflects the evidence. In addition, the results of consultation with legal experts who specialize in physical therapy claims denials will be shared to provide current, meaningful documentation instruction.

Geriatric Physical Therapy offers a comprehensive presentation of geriatric physical therapy science and practice. Thoroughly revised and updated, editors Andrew Guccione, Rita Wong, and Dale Avers and their contributors provide current information on aging-related changes in function, the impact of these changes on patient examination and evaluation, and intervention approaches that maximize optimal aging. Chapters emphasize evidence-based content that clinicians can use throughout the patient management process. Six new chapters include: Exercise Prescription, Older Adults and Their Families, Impaired Joint Mobility, Impaired Motor Control, Home-based Service Delivery, and Hospice and End of Life. Clinically accurate and relevant while at the same time exploring theory and rationale for evidence-based practice, it's perfect for students and practicing clinicians. It's also an excellent study aid for the Geriatric Physical Therapy Specialization exam. Comprehensive coverage provides all the foundational knowledge needed for effective management of geriatric disorders. Content is written and reviewed by leading experts in the field to ensure information is authoritative, comprehensive, current, and clinically accurate. A highly readable writing style and consistent organization make it easy to understand difficult concepts. Tables and boxes organize and summarize important information and highlight key points for quick reference. A well-referenced and scientific approach provides the depth to understand processes and procedures. Theory mixed with real case examples show how concepts apply to practice and help you enhance clinical decision-making skills. Standard APTA terminology familiarizes you with terms used in practice. A new chapter, Exercise Prescription, highlights evidence-based exercise prescription and the role of physical activity and exercise on the aging process. A new chapter, Older Adults and Their Families, helps physical therapists understand the role spouses/partners and adult children can play in rehabilitation, from providing

emotional support to assisting with exercise programs and other daily living activities. New chapters on Impaired Joint Mobility, Impaired Motor Control, Home-based Service Delivery, and Hospice and End of Life expand coverage of established and emerging topics in physical therapy. Incorporates two conceptual models: the Guide to Physical Therapist Practice, 2nd Edition, and the International Classification of Function, Disability, and Health (ICF) of the World Health Organization (WHO) with an emphasis on enabling function and enhancing participation rather than concentrating on dysfunction and disability A companion Evolve website includes all references linked to MEDLINE as well as helpful links to other relevant websites.

Bringing together the best aspects of ambulatory care, complementary medicine, and fitness clubs under one roof, wellness centers are poised to become an essential vehicle of healthcare delivery for the 21st century. Although wellness-based programs have been instituted by nearly every hospital system in North America, very little has been published on this rapidly emerging building type. Wellness Centers enables design professionals and others to understand the fitness and healthcare requirements of these facilities, and to address them effectively in their work. Providing essential insights into balancing the healthcare and retail demands of wellness centers, Joan Whaley Gallup reviews every step of the planning and development process, addressing project assessment, financing, programming, and marketing. She draws on her extensive expertise in creating wellness centers to cover a full range of development and design considerations, including design guidelines for lobby/waiting areas, clinical space, administrative areas, pools, saunas, and indoor gardens. Finally, an inspiring project portfolio profiles an impressive roster of successful wellness centers from around the world. With useful information on code compliance, plus floor plans, schematic designs, and more, this book is a vital professional resource for anyone involved in wellness center design, planning, or management. "The wellness center is the most positive, nurturing, life-affirming building type ever to evolve in the history of healthcare facilities design. . . . By turning inside out the trends of past centuries, we can now focus on wellness. We can create buildings that will nurture and sustain us, healing environments that will serve to support happy, life-enhancing activities. Centers for wellness are centers for life."-from the Preface The first book of its kind, Wellness Centers offers design professionals and others complete cutting-edge coverage of these complex new facilities, from planning and development issues to design guidelines and case examples of successful wellness centers from around the world. Written by an architect with extensive experience in the field, this book provides a firm foundation in wellness center design, planning, and management-essential reading for anyone involved in this rapidly growing area of healthcare design. Mother Jones is an award-winning national magazine widely respected for its groundbreaking investigative reporting and coverage of sustainability and environmental issues.

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Written specifically for Physical Therapist Assistant (PTA) students, this text is an excellent introduction for physical therapist assistant s education. This new edition includes updated information regarding the relationship between the Physical Therapist (PT) and PTA and key concepts of the Guide to Physical Therapist Practice for better understanding of clinical guidelines. It also includes new information regarding clinical trends in physical therapy. Utilizing this text specifically for PTAs, instructors can introduce students to information regarding professionalism, professional roles, interpersonal communication, physical therapist s behavior and conduct, teaching and learning, and evidence based practice. This comprehensive text will provide a valuable resource throughout the physical therapist assistant s education and training throughout the entire duration of the PTA program. New to Second Edition: Distinctive description of physical therapy developments from its Formative Years (1914-1920) to the APTA s Vision and Application of Scientific Pursuit of today PTA s usage of the APTA's Guide to Physical Therapist Practice Differences between physical therapy and medical diagnosis Contemporary clinical trends regarding wellness, health promotion and disease prevention Instructor Resources: Transition Guide, PowerPoint slides and TestBank"

Preparing students for successful NCLEX results and strong futures as nurses in today's world. Now in its 12th edition, Brunner and Suddarth's Textbook of Medical-Surgical Nursing is designed to assist nurses in preparing for their roles and responsibilities in the medical-surgical setting and for success on the NCLEX. In the latest edition, the resource suite is complete with a robust set of premium and included ancillaries such as simulation support, adaptive testing, and a variety of digital resources helping prepare today's students for success. This leading textbook focuses on physiological, pathophysiological, and psychosocial concepts as they relate to nursing care. Brunner is known for its strong Nursing Process focus and its readability. This edition retains these strengths and incorporates enhanced visual appeal and better portability for students. Online Tutoring powered by Smarthinking--Free online tutoring, powered by Smarthinking, gives students access to expert nursing and allied health science educators whose mission, like yours, is to achieve success. Students can access live tutoring support, critiques of written work, and other valuable tools.

As medical professionals we encounter various types of people with varying personalities. In spite of that it is our responsibility to provide a service. We must not only be good at what we do, but we must also be good at encouraging our clients to allow us to help them. That is where this book comes in. This book is not designed to give you more skills as far as your specialty of treatment. This book is designed to increase your skills as it relates to dealing with people. Because every patient or client that we encounter is a part of the human race, there are certain basic similarities. This book highlights a few of the similarities that we can use to our advantage in order to position us to provide our service.

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We want you to do what you desire to do at the highest level possible. In order to do that you must gain tools that improve your ability to interact with people. As a medical professional you are not just treating the dysfunction, you are also treating the person. This book encourages medical professionals to prioritize the person first. By doing this we believe that all the results that you want in your practice or profession will be easily obtain. In this book you will learn the following: \* A new way of thinking about your interaction with your clients \* How to create the feeling of success by your to your inter-action \* The first step in client interaction \* How to prioritize the person behind the illness

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! Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition."

"This text provides readers with the information and tools needed to understand what constitutes evidence, search efficiently for applicable evidence in the literature, evaluate the findings in the literature, and integrate the evidence with clinical judgment and individual patient preferences and values. Students will learn how evaluate research designs, appraise evidence, and apply research in clinical practice"--Provided by publisher.

Whether you are practicing in an in-patient or an out-patient facility, academic institution, or clinical residency program, this well-respected handbook gives you the background and guidance you need to effectively educate individuals across the continuum of physical therapy practice. Practical, real-life examples show you how to: incorporate health literacy and needs of the learner; assess and adapt to the various learning styles of patients; use simulations in education; facilitate the development of clinical reasoning skills; and assess learning outcomes and the effectiveness of your teaching. Plus, four all-new chapters and major revisions of all content throughout the book keep you on top of the latest research and best practices. Coverage of the theory and application of educational principles across the continuum of PT practice provides the information you need to improve your skills in the educational process both in academic and clinical settings. Two section format divides content into two parts: designing academic and clinical education programs and teaching students in academic and clinical settings; and teaching patients and families in clinical and community settings. Variety of teaching and teaching assessment methods expands your teaching, learning, and assessment repertoires. Case stories at the beginning of each chapter allow you to see the relevance of the information in the chapter. Threshold concepts

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highlight key ideas that are important to know. Annotated bibliography at end of each chapter provides resources for further study. NEW! Chapter on Authentic Assessment: Simulation-Based Education reflects the new ways to facilitate student learning through the use of human simulation models. NEW! Chapter on Strategies for Planning and Implementing Interprofessional Education covers the fundamental concepts of team-based care and interprofessional learning. NEW! Chapter on What Makes a Good Clinical Teacher? translates current research on clinical teaching into clinical education and practice. NEW! Chapter on Facilitating the Teaching and Learning of Clinical Reasoning helps you apply current research on clinical reasoning in rehabilitation to clinical education and teaching. NEW! Two combined chapters on Patient Education and Health Literacy (previously chapters 8 and 12) and Applied Behavioral Theory and Adherence: Models for Practice (previously chapters 9 and 10) provide focused presentations on current thinking and practical strategies for addressing health literacy issues in the clinical environment. NEW! Expanded chapter on Post-Professional Clinical Residency and Fellowship Education offers more information on models and trends in residency education and mentoring.

The latest version of this best-selling text includes updates and new information designed specifically for physical therapists to facilitate evidence-based practice in both the classroom and the clinical environment. *Guide to Evidence-Based Physical Therapist Practice, Second Edition* continues to provide students and professionals with comprehensive, accessible information to allow them to understand and critique studies as well as to apply evidence to actual patients in clinical settings. *Guide to Evidence-Based Physical Therapist Practice, Second Edition* includes user-friendly descriptions of research methods and statistical tests, clinically relevant examples specific to physical therapist practice, and worksheets for use during the evidence appraisal process. The Second Edition is formatted to be consistent with the American Physical Therapy Association's *Guide to Physical Therapist Practice, Second Edition* and includes terminology from the World Health Organization's *International Classification of Functioning, Disability and Health*. This is a comprehensive resource no physical therapist or student should be without.

*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.

*Health & Wellness, Twelfth Edition* covers many facets of personal health, including physical, emotional, mental, social, environmental, and spiritual 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.

## Wellness and Physical Therapy Jones & Bartlett Publishers

Dreeben-Irimia's Introduction to Physical Therapy Practice for Physical Therapist Assistants, Fourth Edition introduces students to the role of the physical therapist assistant in physical therapy care.

Patient Education in Rehabilitation is included in the 2015 edition of the essential collection of Doody's Core Titles. Patient Education in Rehabilitation applies patient education skills to the clinical rehabilitation process in a reader-friendly manner. It explores various teaching and learning theories and models of instruction as well as the ethical, legal, communicative, and cultural variables involved in patient education. This text will help readers understand that delivering information, education, and training in rehabilitation will promote and optimize clinical interventions, enhancing compliance, continuity of care, and patient satisfaction. Divided into five sections—basic concepts; adherence and behavioral modifications; teaching and learning theories; legal and cultural variables; and examples in rehabilitation—this is the ideal text for all rehabilitation professionals.

This text summarises current scientific methods for the assessment of human physiological fitness. The authors provide a rationale for methods of assessment, examine the limitations of some methods and provide details of alternative techniques. The all-encompassing Prevention Practice: A Physical Therapist'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 “do's and don'ts” for providing advocacy to those in need of guidance

Perfect for clinicians, students, allied health professionals, rehabilitation specialists, physical medicine specialists, and recreation therapists, Prevention Practice is a valuable resource for everyone in the areas of health, fitness, and wellness. Additional features:

- Behavioral Risk Factor Surveillance table
- Lifestyle Behaviors Screening questionnaire
- Pathology-specific signs and symptoms
- Women's health issues
- Risk of injury based upon age, gender, and race
- Nutrition screening for older adults

An expert who has helped thousands of people get out of pain and back to the lives they desire, Paul Jones delivers this easy to read reference aimed at demystifying the world of Physical Therapy and Wellness. In the pages of this book, Paul talks about the importance of daily habits and behaviors and how they influence our health over time.

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He also offers practical advice that he uses to help people suffering from back pain, knee pain, shoulder problems and other conditions commonly treated in Physical Therapy. Readers of this book will learn how identify the things that contribute to everyday aches and pains that may be holding them back from the lives they want to lead. They will also learn how to make and then follow a plan that will start them on the journey to less pain, better health and greater enjoyment of life. This book is written for people in their 40's 50's and 60's who are looking ways to improve their quality of life without having to take more medication or avoid activities that they used to enjoy. The first of its kind, Neck and Arm Pain Syndromes is a comprehensive evidence- and clinical-based book, covering research-based diagnosis, prognosis and management of neuromusculoskeletal pathologies and dysfunctions of the upper quadrant, including joint, muscle, myofascial and neural tissue approaches. It uniquely addresses the expanding role of the various health care professions which require increased knowledge and skills in screening for contra-indications and recognizing the need for medical-surgical referral. Neck and Arm Pain Syndromes also stresses the integration of experiential knowledge and a pathophysiologic rationale with current best evidence. the only one-stop guide for examination and treatment of the upper quadrant supported by accurate scientific and clinical-based data acknowledges the expanding direct access role of the various health professions both at the entry-level and postgraduate level addresses concerns among clinicians that research is overemphasized at the expense of experiential knowledge and pathophysiologic rationale multiple-contributed by expert clinicians and researchers with an international outlook covers diagnosis, prognosis and conservative treatment of the most commonly seen pain syndromes in clinical practice over 800 illustrations demonstrating examination procedures and techniques

The neuro rehab text that mirrors how you learn and how you practice! Take an evidence-based approach to the neurorehabilitation of adult and pediatric patients across the lifespan that reflects the APTA's patient management model and the WHO's International Classification of Function (ICF). You'll study examination and interventions from the body structure/function impairments and functional activity limitations commonly encountered in patients with neurologic disorders. Then, understanding the disablement process, you'll be able to organize the clinical data that leads to therapeutic interventions for specific impairments that can then be applied as appropriate anytime that impairment is detected, regardless of the medical diagnosis. Specifically designed to address the expanding role of physical therapists in primary care, the second edition of Primary Care for the Physical Therapist: Examination and Triage provides the information you need to become an effective primary care provider. Acquire the communication and differential diagnosis skills, technical expertise, and clinical decision-making ability to meet the challenges of a changing profession with this unparalleled resource. Emphasizes communication skills vital for establishing rapport and gathering data. Patient interview guides identify what data to collect and how to use it. Overview of the physical examination lays the foundation for different diagnosis and recognition of conditions. A section on Special Populations equips the PT to handle common problems encountered in primary care. Unique approach details pharmacology and diagnostic procedures from a PT perspective for clinically relevant guidance. New information enhances your understanding of the foundations of practice and how to screen and examine the healthy population. Content is reorganized and updated to reflect the current state of PT practice. Companion Evolve

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resources website enables you to independently review techniques from the text. Top 10 Medical Conditions to Screen For chapter details conditions that have major significance in incidence, mortality, and morbidity all in one place. Separate chapters on upper and lower quarter screening and a new chapter on symptom investigation by symptom help you screen medical conditions more effectively.

Having a bad hair day? Deborah Blumenthal, former beauty editor at the New York Times Magazine, has written the ultimate Baedeker to beauty, *The New York Book of Beauty*, revealing the city's best sources for haircuts and color, fragrances, facials and manicures, spas and workouts, massages, beauty supplies, and even beauty on a budget. Feeling out of shape? Kathy Myers Jones conducted over 150 interviews and researched over 100 fitness options -- aerobics, yoga, medication, t'ai chi, swimming, tennis, rock climbing and more -- in and around the city for two years before penning *The Jones Guide to Fitness and Health in New York*.

This comprehensive text aims to provide students with the information, strategies & motivation they need to help themselves improve the way they look, feel & perform.

This wide-ranging encyclopedia addresses our rapidly changing understanding of health and wellness, providing a collection of essays that are up-to-date and comprehensive in both scope and breadth. \* Over 230 clear and concise A–Z entries by notable scholars and researchers \* A short, introductory essay that gives readers a historical overview of health issues in the United States \* Sidebars that provide personal anecdotes about specific health situations \* A comprehensive glossary of health and wellness terms \* A comprehensive list of Internet resources for further information and research

"Health & Wellness courses are typically elective in nature, with no standard curriculum in 4YR and 2YR institutions. The courses most often pertain to a major or minor in a Health Care area of interest. The healthcare field encompasses numerous professions, including but not limited to nursing, dentistry, physical therapy, optometry, and podiatry. Degrees in healthcare include courses in biology, psychology, anatomy, and other physical and social sciences. Health education is a social science that draws from the biological, environmental, psychological, physical and medical sciences to promote health and prevent disease, disability and premature death through education-driven voluntary behavior change activities. Health education is the development of individual, group, institutional, community and systemic strategies to improve health knowledge, attitudes, skills and behavior"--

*Myofascial Trigger Points: Pathophysiology and Evidence-Informed Diagnosis and Management's* emphasis is on the etiology of trigger points with a critical overview of current concepts. The contributing authors are the most respected myofascial pain research and practice experts. The authors address the etiology of trigger points, the epidemiology of myofascial pain, clinical management of patients, specific treatment issues, and the role of trigger points in various pain syndromes. This book is an accessible introduction to myofascial trigger points for physicians, therapists, chiropractors, osteopaths, acupuncturists, and massage therapists.

With all the most relevant therapies you need to know discussed in detail, *Complementary Therapies for Physical Therapy: A Clinical Decision-Making Approach* includes the information you need to incorporate evidence-based complementary therapies into your PT practice. Organized and based on the National Center for Complimentary and Alternative Medicine's classification system, this book begins with a basic overview of CAM therapies and progresses to clinical decision-making and integration of CAM therapies into physical therapy. Helpful boxes and tables throughout the book summarize literature searches, examination findings, and goals for treatment. Plus, case scenarios written by expert CAM practitioners help illustrate the practical uses of alternative therapies within the physical therapy setting to help you incorporate CAM therapies into your everyday practice. PICO (Population, Intervention,

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Comparison, Outcome) boxes summarize key information and save you time by providing a method for performing quick and accurate literature searches. Realistic case scenarios show you how various CAM modalities can be incorporated into treatment for therapeutic benefit. The use of the clinical decision-making model prepares you to implement critical-thinking skills across other CAM treatments. Well-referenced content with a focus on literature ensures that content is up-to-date and evidence-based to provide you with the tools you need to search additional areas and keep current with new literature in this constantly changing field. An emphasis on therapies most relevant to rehabilitation ensures you get the information you need to incorporate CAM into your practice. Winner of a 2008 PROSE Award for Professional and Scholarly Excellence. Received top honors in the nursing and allied health book category from the Professional and Scholarly Publishing Division of the Association of American Publishers.

From a hospital admittance to discharge to outpatient rehabilitation, *Spinal Cord Injuries* addresses the wide spectrum of rehabilitation interventions and administrative and clinical issues specific to patients with spinal cord injuries. Comprehensive coverage includes costs, life expectancies, acute care, respiratory care, documentation, goal setting, clinical treatment, complications, and activities of daily living associated with spinal cord patients. In addition to physical therapy interventions and family education components, this resource includes content on incidence, etiology, diagnosis, and clinical features of spinal cord injury. Case Studies with clinical application thinking exercises help you apply knowledge from the book to real life situations. Thoroughly referenced, evidence-based content provides the best evidence for treatment based on the most current research. Tables and boxes throughout each chapter organize and summarize important information for quick reference. Clinical Note boxes provide at-a-glance access to helpful tips. Over 500 clinical photos, line drawings, radiographs, and more bring important concepts to life. Highly respected experts in spinal cord injury rehabilitation, editors Sue Ann Sisto, Erica Druin, and Martha Sliwinski, provide authoritative guidance on the foundations and principles of practice for spinal cord injury. Companion DVD includes video clips of the techniques described throughout the book that demonstrate how to apply key concepts to practice.

*Clinical Prediction Rules: A Physical Therapy Reference Manual*, is intended to be used for multiple musculoskeletal courses. It includes musculoskeletal clinical prediction rules organized by region, thus allowing for its repeated use during the upper and lower quarter as well as in the students spine coursework. Additionally this manual includes multiple medical screening prediction rules, making it appropriate for differential diagnosis and diagnostic imaging coursework. Perfect for entry-level physical therapy programs, this text is also suitable for post-professional physical therapy programs, especially those that include an orthopaedic residency or manual therapy fellowship program, and as a reference manual for students going out on their clinical rotations.

Offering a comprehensive look at physical therapy science and practice, *Guccione's Geriatric Physical Therapy, 4th Edition* is a perfect resource for both students and practitioners alike. Year after year, this text is recommended as the primary preparatory resource for the Geriatric Physical Therapy Specialization exam. And this new fourth edition only gets better. Content is thoroughly revised to keep you up to date on the latest geriatric physical therapy protocols and conditions. Five new chapters are added to this edition to help you learn how to better manage common orthopedic, cardiopulmonary, and neurologic conditions; become familiar with functional outcomes and assessments; and better understand the psychosocial aspects of aging. In all, you can rely on *Guccione's Geriatric Physical Therapy* to help you effectively care for today's aging patient population. Comprehensive coverage of geriatric physical therapy prepares students and clinicians to provide thoughtful, evidence-based care for aging patients. Combination of foundational knowledge and clinically relevant information provides a

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meaningful background in how to effectively manage geriatric disorders Updated information reflects the most recent and relevant information on the Geriatric Clinical Specialty Exam. Standard APTA terminology prepares students for terms they will hear in practice. Expert authorship ensures all information is authoritative, current, and clinically accurate. NEW! Thoroughly revised and updated content across all chapters keeps students up to date with the latest geriatric physical therapy protocols and conditions. NEW! References located at the end of each chapter point students toward credible external sources for further information. NEW! Treatment chapters guide students in managing common conditions in orthopedics, cardiopulmonary, and neurology. NEW! Chapter on functional outcomes and assessment lists relevant scores for the most frequently used tests. NEW! Chapter on psychosocial aspects of aging provides a well-rounded view of the social and mental conditions commonly affecting geriatric patients. NEW! Chapter on frailty covers a wide variety of interventions to optimize treatment. NEW! Enhanced eBook version is included with print purchase, allowing students to access all of the text, figures, and references from the book on a variety of devices.

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