



Wellness and Physical Therapy

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The focus of Wellness and Physical Therapy will be the application of wellness, particularly fitness wellness, to the practice and profession of physical therapy. The book addresses all items related to wellness in the Normative Model of Physical Therapist Professional Education: Version 2004, the Guide to Physical Therapist Practice, and APTA's Education Strategic Plan. The text consists of foundational knowledge, theoretical models, empirical research and application of material to physical therapy practice. Evidence-based practice is emphasized through a mixed approach of formalist and reader-response. An important text for all physical therapy students!

Available resources include PowerPoints for instructors.

Wellness and Physical Therapy Details

Date : Published October 10th 2009 by Jones & Bartlett Publishers (first published August 24th 2009)

ISBN : 9780763758219

Author : Sharon Elayne Fair , Sharon Elayne Fair

Format : Paperback 370 pages

Genre :

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