

15 Minute



At-Home

**WALKING
WORKOUT**

Act Practice Walking Workout Ideas

British Columbia. Legislative Assembly

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Welsh exercises Thomas Rowland, 1870 *The Journal of Advanced Therapeutics*, 1902 *Elementary Education Acts* Great Britain. Royal Commission on Elementary Education Acts, 1888 **Training in Neurorehabilitation** Sabine Lamprecht, Hans Lamprecht, 2018-01-24 Training in Neurorehabilitation The importance of physical therapy for neurological disease cannot be underestimated Stroke for example is the second leading cause of death worldwide and its global effect is considerable based on disability adjusted life years With an aging population the risk of stroke increases exponentially with age and accordingly the number of patients increases as well It follows that specially tailored neurorehabilitation regimens are crucial in helping patients return to the workplace and maintain their independence This concise and practical work created by authors with decades of experience in the practice and teaching of physical therapy serves that purpose well with its emphasis on the targeted use of training equipment to match the patients exact needs Key Features Concise practical and goal oriented Provides expert guidance in creating individualized training regimens with the goal of training and enhancing endurance strength and balance An emphasis on types of equipment and instructions for their use tailored specifically the individual needs of patients All training exercises are well illustrated for optimal understanding Author team with more than 30 years experience in practice and teaching of physical therapy Lamprecht s Training in Neurorehabilitation is certain to be an essential reference for all students and practitioners in physical therapy involved in the treatment of patients with neurological disorders **Battle Creek Idea**, 1908 **The Boston Medical and Surgical Journal**, 1896 *Therapeutic Gazette*, 1901 **Vade-mecum of Treatment** Edward Constant Seufert, 1928 *Mind and Body*, 1910 **Rockport's Complete Book of Exercise Walking** Gary Yanker, 1983 **Workmen's Insurance and Compensation Series** United States. Bureau of Labor Statistics, 1920 Bulletin of the United States Bureau of Labor Statistics. no. 281, 1921, 1921 Proceedings of the ... Annual Meeting of the International Association of Industrial Accident Boards and Commissions, 1921 **Workmen's Compensation Problems** International Association of Industrial Accident Boards and Commissions, 1920 **The Rule and Exercises of Holy Living and Dying** Jeremy Taylor, 1894 **Sessional Papers** British Columbia, 1910 Sessional Papers British Columbia. Legislative Assembly, 1910 **The Daily Washington Law Reporter**, 1913 Vols for 1902 include decisions of the District of Columbia Court of Appeals and various other courts of the District of Columbia **The Medical Council**, 1914 The Modern Treatment of Nervous and Mental Diseases William Alanson White, 1913 This volume devoted to the treatment of nervous and mental diseases is designed to meet the needs which the rapid advances in knowledge of neurology and psychiatry have created The nervous system is here regarded as a whole and as inclusive of the mind and it is maintained that disturbances of any and all of its functions mental as well as physical are proper subjects for therapeutics The present work lays emphasis upon the psychical side of life as being worth quite as much consideration as the physical It sets forth doctrines of nervous and mental hygiene reconstructive factors in

social organization as applied to human ills and endeavors to present a broad front to the pessimistic nihilism in therapeutics that has been too long current in these fields because the doctor's eyes have been too closely focused on the individual examples and results of human accidents Neurology and psychiatry offer the widest possible opportunities for preventive medicine as well as for therapeutic optimism The program here presented is essentially therapeutic Planned as it has been on a broad scale the more practical issues confronting the clinician have nevertheless been fully met The editors have sacrificed philosophical views for more definite guideposts wherever in the present state of our knowledge such a course seemed wiser

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