

Inner Harvest Daily Meditations For Recovery From Eating Disorders MI Answers The 101 Most Asked Questions

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this book introduces an innovative efficient and patient friendly neural net constructive therapy for patients with mild to severe hemiplegia not only in the recovery phase but also in acute and chronic phases the explanations are supported by extensive photographs of each position and a set of 72 video clips to help readers follow and reproduce the techniques this book explains the theory of repetitive facilitative exercise rfe which is a combination of repetitive volitional flexion and extension movements from neurofacilitation approaches this exercise is aimed at achieving the intended movements and lessening synergistic movement patterns by reconstructing and strengthening the neuropathways of the injured nerve tract instead of interpreting disorders based on reflex theory and constructing treatment methods the new approach considers scientific treatment methods that emphasize the formation of neural pathways by improving synapse formation and transmission efficiency based on functional localization central programs and neural nets chapters provide a basic theory of rfe offering the underlying mechanisms of nerve tract formation strengthening such as functional localization voluntary movement plasticity and neural lateral sprouting giving readers a comprehensive understanding of the prompt and repetitive therapy this is followed by an exposition of practice and techniques planning of treatment programs and facilitation techniques for voluntary movements of the upper limb individual fingers and lower limb finally the book introduces rfe to facilitate and enhance motor skills in walking and other functions exercise therapy for recovery from hemiplegia theory and practice of repetitive facilitative exercise will provide rehabilitation therapists physiotherapists occupational therapists and medical doctors a refreshing alternative theory and practice to current approaches neuroscience researchers stroke patients and their families would find this book informative

do you have parkinson s disease are you looking for ways to feel better road to recovery from parkinson s disease gives a comprehensive overview of the factors that cause the symptoms of parkinson s and covers all the natural treatments that are helping thousands of people with parkinsons become healthy and well there is no doubt about it many medical specialties provide relief from the symptoms of parkinson s disease road to recovery from parkinson s disease reveals the natural therapies and safe treatments that persons with parkinson s have discovered help them steer a steady course on the road to recovery

this book harnesses research to illustrate dynamic processes of recovery from alcohol use disorder abstinence is not the only way

coaches managers and athletes frequently ask about how they can recover as fast as possible from fatigue and improve subsequent performance recovery from strenuous exercise informs students athletes and practicing strength and conditioning coaches and performance therapists on how to use the latest scientific evidence to inform their recovery practice particularly during high

training volumes and competitive cycles this book empowers the athlete the coach and the therapist by giving them greater confidence improving their critical thinking helping them to avoid poor practice and enhancing their understanding of what causes fatigue and how its effects can be minimised recovery from strenuous exercise covers many of the aspects required to make a highly skilled confident knowledgeable personal trainer sports therapist or strength and conditioning coach it also acts as a recovery go to guide for competitive recreational athletes who lack the knowledge and guidance on optimal recovery protocols used by their professional peers this text serves as a learning and research aid for athletes and those studying vocational personal training and sports therapy courses and those studying other courses where recovery modalities form part of their undergraduate and postgraduate study such as strength and conditioning sports science sports therapy sports rehabilitation osteopathy and physiotherapy

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