



# Complementary Therapies in Rehabilitation: Evidence for Efficacy in Therapy, Prevention, and Wellness

By Carol M. Davis DPT EdD MS FAPTA

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For over a decade, Dr. Carol Davis opened the minds of health care professionals worldwide to the idea of complementary therapies in rehabilitation. The pages of this renowned text covered evidence for efficacy in therapy, prevention, and wellness unlike any other text; it is the first of its kind published in the United States. As science continues to evolve and change, so does the expertise of Dr. Davis and the experienced therapists who join together in writing the various chapters in the *Third Edition* of *Complementary Therapies in Rehabilitation*. This evidence-based text includes an insightful review profiling the latest peer reviewed research of holistic approaches commonly used in rehabilitation. Students and practitioners are now able to evaluate the efficacy of these approaches from the evidence that is reported. **New to the Third Edition:** - The latest summary of findings in energy medicine and bio-energetics applied to rehabilitation therapies - Updates on randomized control trials - Reviews of evidence of efficiency - Energy techniques as a way of returning healing to health care Professionals will also be excited to have at their hands a new chapter describing the latest discoveries in the science that helps explain how these therapies may “work.” It appears that the future of health care will be based on this unfolding science of energy, medicine and vibration. Professor Davis reads the most updated reports of the latest quantum science and then translates this information into meaningful ideas that relate to what therapists observe every day with patients in their case. *Complementary Therapies in Rehabilitation, Third Edition*, is the perfect text for all rehabilitation professionals looking to deepen their understanding of various holistic modalities that are making a difference in rehabilitation, especially with patients who have “hit the wall” with the standard treatments that based on mechanistic science. This text provides the latest knowledge and description of rehabilitation professionals’ experience with these therapies, and reports the latest peer reviewed evidence for efficiency in therapy, prevention, and wellness.

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- Rank: #1015954 in Books
- Brand: Brand: Slack Incorporated
- Published on: 2008-10-20
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x 1.25" w x 7.00" l, 2.25 pounds
- Binding: Hardcover
- 432 pages

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### Editorial Review

#### Review

"(The book) is an excellent comprehensive resource for the most current research available regarding complementary therapies. What I appreciated most was the incorporation of case examples into some of the chapters. This book is an excellent resource manual for any therapists who want to increase their knowledge of a complementary therapeutic approach and show its efficacy through evidence-based research."

— Shannon Bushong, PT, CSTS, CPI, CEAS, *ADVANCE for Physical Therapists & PT Assistants*

"This is an interesting and well-written book for complementary therapists and therapists in general who look to improve the lot of the patients they see before them. It moves us clearly into the twenty-first century and invites us to think critically about what we do in terms of our interaction with our patients. Overall this is a useful reference book for complementary therapists and those other practitioners who use some form of complementary therapy as part of their practice."

— Daniel P. Kerr, Lecturer in Physiotherapy, Health and Rehabilitation Sciences Research Institute, *University of Ulster, Belfast, UK, Physical Therapy Reviews*

"Writing a compendium of complementary therapies when they are burgeoning and bifurcating daily is a difficult task. Dr. Carol Davis has done us all a double service. She not only presents a full spectrum of complementary therapies from the most direct to the most subtle, but also backs up each therapy explored with a thorough bibliography and references. Ms. Davis lays out a systemic framework placing complementary therapy in scientific and historical context. Each subsequent contributed chapter is formatted such that methods can be easily compared and understood. This book is of direct use not only to the medical professional whose mind is open to seeing alternatives to the current system of 'managing illness', but as well for the complementary therapist seeking a firm foundation from which to grow their art, science, and craft - as well as expand their referral base."

— Tom Myers, author of *Anatomy Trains*

"Professionals and students alike will appreciate the wealth of up-to-date evidence based practice information with highly knowledgeable contributing expert authors and leading lecturers in the country. I really appreciate the descriptions of how to better blend and balance my medical practice profession in the changing rehabilitative setting. The text explores the dual relationship between the mind and body with implications for our immune systems that in turn increase susceptibility and interactions for a broad range of illnesses and conditions. Therapists will appreciate the detailed case studies with specific handling techniques to optimize practice. Dr. Carol Davis has an extraordinary gift for personalizing technical writing and introducing immediate health care concerns and concepts in an unthreatening, user-friendly manner, as if she was right beside you, gently encouraging and prodding your own mastery of practice. *Complementary Therapies in Rehabilitation* is, in short, a must have for the rehabilitation therapist!"

— Terry Schultz, OTR/L, *Henrico Doctors Hospital, Richmond VA, ADVANCE for Occupational Therapy Practitioners*

"Overall, the book is well-written. The book is useful for the amount of information it presents and the number of topics it covers."

— Jeffrey B. Yaver, PT, *Kaiser Permanente, DOODY's Enterprises, Inc.*

#### About the Author

Carol M. Davis, DPT, EdD, MS, FAPTA received her undergraduate degree in biology from Lycoming College, an MS in physical therapy from Case Western Reserve University, and a Doctorate in Humanistic Studies (psychology and philosophy) in the School of Education at Boston University and a clinical doctorate in physical therapy from Mass General Institute of Health Professions. As a faculty member at the University of Miami Miller School of Medicine, Dr. Davis has served as Clinical Assistant Professor with Family and Internal Medicine from 1983 to 1985, where she coordinated the Fellowship in Clinical Geriatrics, and from 1987 to now serves as Professor and Assistant Chair of the Department of Physical Therapy. Additionally, she has held the positions of clinical staff and clinical instructor at Massachusetts General Hospital, Assistant Professor at the University of Alabama in Birmingham, and Assistant Professor and Co-Chair ad interim of physical therapy at Sargent College of Boston University. She is an internationally recognized speaker and consultant in teaching and developing curriculum in attitudes and values, ethics, geriatrics, and complementary therapies in rehabilitation. Dr. Davis authored the book, *Patient Practitioner Interaction: An Experiential Manual for Developing the Art of Health Care*, now in its fourth edition, and with Dr. Christine Williams, she coauthored the text *Therapeutic Interaction in Nursing*, all published by SLACK Incorporated. Today, Dr. Davis is an active researcher, teacher, and practicing physical therapist in Miami, Florida. She conducts research in complementary therapies, clinical geriatrics, and ethics; teaches entry-level doctoral students and PhD students in physical therapy; and treats patients. She has studied Myofascial Release (Barnes Method) since 1989 and uses it regularly as a complement to her physical therapy treatments. In 2003, she was awarded the Catherine Worthingham Fellow award for a lifetime of outstanding service to the profession by the American Physical Therapy Association.

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As people who live in the modest era should be up-date about what going on or info even knowledge to make all of them keep up with the era which can be always change and make progress. Some of you maybe will update themselves by examining books. It is a good choice for you personally but the problems coming to a person is you don't know what one you should start with. This *Complementary Therapies in Rehabilitation: Evidence for Efficacy in Therapy, Prevention, and Wellness* is our recommendation so you keep up with the world. Why, because this book serves what you want and wish in this era.

##### **Betty Sanchez:**

The book with title *Complementary Therapies in Rehabilitation: Evidence for Efficacy in Therapy, Prevention, and Wellness* has lot of information that you can study it. You can get a lot of gain after read this

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