

Walter Reed Physical Therapy



Walter Reed Physical Therapy: Recovering Strength and Mobility

Are you a veteran or military family member seeking exceptional physical therapy services? Are you searching for a rehabilitation program that understands the unique challenges faced by those who have served? This comprehensive guide explores the exceptional physical therapy services available at Walter Reed National Military Medical Center (WRNMMC) and provides insights into what you can expect from their renowned rehabilitation programs. We'll delve into the types of therapy offered, the experienced professionals involved, and the overall patient experience, ensuring you

have all the information you need to make informed decisions about your healthcare.

Understanding Walter Reed National Military Medical Center's Physical Therapy Program

Walter Reed National Military Medical Center boasts a state-of-the-art physical therapy department designed to provide comprehensive care for service members, veterans, and their families. The program goes beyond traditional physical therapy, incorporating cutting-edge techniques and personalized treatment plans tailored to individual needs and recovery goals.

A Multidisciplinary Approach:

The strength of Walter Reed's physical therapy lies in its multidisciplinary approach. Patients benefit from collaboration between physical therapists, occupational therapists, speech therapists, and other medical professionals. This holistic approach ensures that every aspect of recovery is addressed, maximizing the chances of a successful outcome.

Specialized Treatment Areas:

Walter Reed's physical therapy department specializes in a wide range of conditions, including:

Musculoskeletal Injuries: From sports injuries to chronic pain conditions, their therapists expertly diagnose and treat various musculoskeletal issues using evidence-based practices.

Neurological Rehabilitation: Patients recovering from strokes, traumatic brain injuries, or spinal cord injuries receive highly specialized neurorehabilitation programs focusing on regaining lost function and improving quality of life.

Amputation Rehabilitation: Walter Reed offers comprehensive prosthetics and rehabilitation services for individuals with amputations, assisting them in adapting to their new challenges and achieving optimal mobility.

Orthopedic Rehabilitation: Post-surgical rehabilitation for orthopedic procedures, such as joint replacements and spinal surgeries, is a significant focus, ensuring patients regain strength and mobility safely and effectively.

Geriatric Rehabilitation: The program caters to the specific needs of older adults, focusing on improving balance, strength, and functional independence to enhance their overall well-being.

Advanced Technologies and Techniques:

WRNMMC utilizes advanced technologies and evidence-based techniques to optimize treatment outcomes. This includes:

Robotic-Assisted Therapy: Cutting-edge robotic devices assist patients in regaining strength and range of motion, providing precise and targeted rehabilitation.

Biofeedback: This technique helps patients become more aware of their body's movements and improve control, particularly beneficial in neurological rehabilitation.

Virtual Reality Therapy: Immersive virtual reality environments can enhance engagement and motivation during therapy, making rehabilitation more enjoyable and effective.

The Walter Reed Physical Therapy Patient Experience

Beyond the advanced treatments and technology, the patient experience at Walter Reed is paramount. The therapists are highly skilled and compassionate professionals dedicated to providing individualized care. They work closely with patients to establish realistic goals and provide ongoing support throughout the recovery process. The facility itself is modern and well-equipped, fostering a comfortable and encouraging environment for healing.

Accessing Walter Reed Physical Therapy Services

Eligibility for Walter Reed's physical therapy services depends on various factors, including military affiliation and insurance coverage. It is crucial to contact WRNMMC directly to inquire about eligibility requirements and the necessary steps to access their services. They will guide you through the process and help you determine the best course of action for your specific needs.

Conclusion

Walter Reed National Military Medical Center's physical therapy program stands as a beacon of excellence in military healthcare. By combining cutting-edge technology with a highly skilled and compassionate team, they provide exceptional care for service members, veterans, and their families. If you're seeking high-quality rehabilitation services, researching Walter Reed's offerings should be a priority. Their commitment to personalized care and advanced treatment methodologies ensures patients receive the support they need to achieve optimal recovery and improve their overall quality of life.

FAQs

1. What types of insurance does Walter Reed Physical Therapy accept? Walter Reed accepts Tricare and other military health insurance plans. It's best to contact them directly to confirm specific insurance coverage.
2. Do I need a referral to see a physical therapist at Walter Reed? Referral requirements may vary depending on your situation and insurance. It is advisable to contact Walter Reed directly to understand the referral process.
3. What are the hours of operation for Walter Reed's physical therapy department? Operational hours can vary; it's essential to check the official WRNMMC website or contact them directly for the

most current information.

4. What should I bring to my first appointment at Walter Reed Physical Therapy? Bring your military ID, insurance card, and any relevant medical records or doctor's notes.

5. How long is the typical course of physical therapy at Walter Reed? The duration of physical therapy varies greatly depending on individual needs and the nature of the injury or condition. Your therapist will develop a personalized treatment plan and determine the appropriate length of treatment.

walter reed physical therapy: Run, Don't Walk Adele Levine, 2014-04-10 M*A*S*H meets Scrubs in a sharply observant, darkly funny, and totally unique debut memoir from physical therapist Adele Levine. In her six years at Walter Reed Army Medical Center, Adele Levine rehabilitated soldiers admitted in worse and worse shape. As body armor and advanced trauma care helped save the lives—if not the limbs—of American soldiers fighting in Afghanistan and Iraq, Walter Reed quickly became the world leader in amputee rehabilitation. But no matter the injury, physical therapy began the moment the soldiers emerged from surgery. Days at Walter Reed were intense, chaotic, consuming, and heartbreaking, but they were also filled with camaraderie and humor. Working in a glassed-in fishbowl gymnasium, Levine, her colleagues, and their combat-injured patients were on display at every moment to tour groups, politicians, and celebrities. Some would shudder openly at the sight—but inside the glass and out of earshot, the PTs and the patients cracked jokes, played pranks, and compared stumps. With dazzling storytelling, *Run, Don't Walk* introduces a motley array of oddball characters including: Jim, a retired lieutenant-colonel who stays up late at night baking cake after cake, and the militant dietitian who is always after him; a surgeon who only speaks in farm analogies; a therapy dog gone rogue; —and Levine's toughest patient, the wild, defiant Cosmo, who comes in with one leg amputated and his other leg shattered. Entertaining, engrossing, and ultimately inspiring, *Run, Don't Walk* is a fascinating look into a hidden world.

walter reed physical therapy: Run, Don't Walk Adele Levine, 2015-02-03 M*A*S*H meets Scrubs in a sharply observant, darkly funny, and totally unique debut memoir from physical therapist Adele Levine. In her six years at Walter Reed Army Medical Center, Adele Levine rehabilitated soldiers admitted in worse and worse shape. As body armor and advanced trauma care helped save the lives—if not the limbs—of American soldiers fighting in Afghanistan and Iraq, Walter Reed quickly became the world leader in amputee rehabilitation. But no matter the injury, physical therapy began the moment the soldiers emerged from surgery. Days at Walter Reed were intense, chaotic, consuming, and heartbreaking, but they were also filled with camaraderie and humor. Working in a glassed-in fishbowl gymnasium, Levine, her colleagues, and their combat-injured patients were on display at every moment to tour groups, politicians, and celebrities. Some would shudder openly at the sight—but inside the glass and out of earshot, the PTs and the patients cracked jokes, played pranks, and compared stumps. With dazzling storytelling, *Run, Don't Walk* introduces a motley array of oddball characters including: Jim, a retired lieutenant-colonel who stays up late at night baking cake after cake, and the militant dietitian who is always after him; a surgeon who only speaks in farm analogies; a therapy dog gone rogue; —and Levine's toughest patient, the wild, defiant Cosmo, who comes in with one leg amputated and his other leg shattered. Entertaining, engrossing, and ultimately inspiring, *Run, Don't Walk* is a fascinating look into a hidden world.

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walter reed physical therapy: Mary Mcmillan ~ the Mother of Physical Therapy Marta Mobley, Mary Farrell, 2020-03-04 Mary McMillan: The Mother of Physical ~ Mary McMillan was as instrumental in founding physical therapy, as Florence Nightingale influenced the profession of modern nursing. Mary knew from an early age that she was meant to help, heal, and assist those who were in pain. She was fearless and unafraid to help all who suffered, no matter the peril. Mary was the key figure in organizing the profession of physical therapy in the first half of the twentieth century. Born in America in 1880, she was uprooted to England to live with her aunt at an early age. In college, she trained in physical education and remedial exercises in order to work with patients recovering from orthopedic surgery. In 1910 she worked in Liverpool under the eminent Sir Robert Jones. She returned to the United States in 1915 and became the Director of the Clinic of the Children's Hospital in Portland, Maine. Two years later, thousands of World War I wounded soldiers needed rehabilitation after the end of the war. She quickly became known and admired by leading orthopedic doctors and was recruited by the United States Surgeon General to form courses in physical reconstruction and therapy. Mary was the first reconstruction aide sworn into the United States Army in February 1918 and shortly thereafter was promoted to Director of Reconstruction Aides, later to be called Physical Therapists. World War I launched a need and ignited the field of physical therapy in America. It allowed women to begin a career in a new profession, one that would make their talents shine by healing tens of thousands of suffering soldiers. Mary taught the United States Army's inaugural class of over 200 women reconstruction aides at Reed College, whose graduates were sent out all over the country to set up hospital wards to rehabilitate the war's wounded soldiers. She would become known by all in her profession as The Mother of Physical Therapy, and a leader of the rapidly growing vocation. Because of Mary's hard work, efforts, and teaching, physical therapy would later become an integral part of every medical and physical recovery program for patients in homes, hospitals, clinics, schools, and training facilities around the world. In 1921, Mary wrote the best-selling book, *Massage and Therapeutic Exercise*, published by W.B. Saunders. She became the principal founder and president of the American Women's Physical Therapeutics Association, known today as the American Physical Therapy Association. At the same time, she was the Director of Physiotherapy at Harvard Medical School Graduate Program for eight years. In 1932, the Rockefeller Foundation appointed her to be the Chief Physiotherapist at Peiping Union Medical College (PUMC) in China until she resigned in 1941. Upon the completion of her nine-year tenure in China, she booked passage back to America the week before the Pearl Harbor attack, but was too late. She was left stranded in Manila as the Japanese invaded the city, which left no chance for her repatriation home. Mary, and over 4,000 other Americans, British, and Dutch faced tragic circumstances, heroic hardships, starvation, and life-threatening health issues during their imprisonment by the Japanese in the Santo Tomas and Chapei Internment Camps from 1941-1944. This heroic story shares, in vivid detail, her triumphant life story in how she endured and survived through it all, never lost faith, and succeeded in her goal to serve the unfortunate as the Mother of Physical Therapy.

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walter reed physical therapy: Dreeben-Irimia's Introduction to Physical Therapy Practice with Navigate Advantage Access Mark Dutton, 2024-10-04 Dreeben-Irimia's Introduction to Physical Therapy Practice, Fifth Edition uncovers the "what," "why," and "how" of physical therapy. The text thoroughly describes who provides physical therapy, in what setting, and how physical therapists and physical therapist assistants interact with patients, each other, and other healthcare professionals. The Fifth Edition delves into the tools and competencies physical therapists and physical therapist assistants use to care for a diverse population of people in a variety of clinical settings. The book discusses what it means to practice legally, ethically, and professionally, including practical communication skills.

walter reed physical therapy: Dreeben-Irimia's Introduction to Physical Therapist Practice for Physical Therapist Assistants Christina M. Barrett, 2016-01-13 The Third Edition of this best-selling text, written specifically for PTAs, will help instructors 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.

walter reed physical therapy: Physical Therapy Technician United States. Department of the Air Force, 1977 To be used as a reference and training tool along with standard reference texts for technicians in the physical therapy career field.--Prelim. p. [i]

walter reed physical therapy: Modern Hydrotherapy for the Massage Therapist Marybetts Sinclair, 2007-11-01 This text offers a modern approach to hydrotherapy—the use of water, ice, steam, and hot and cold temperatures to improve or maintain health—as performed by massage therapists. Authored by an experienced massage therapist, this book presents clear, uncomplicated explanations of how hydrotherapy affects the body, and then demonstrates a wide variety of hydrotherapy treatments. The book suggests how massage therapists may use hydrotherapy treatments before and during massage sessions, or give these treatments to clients to do between sessions for faster and better results. The author presents real-life examples and case studies obtained through interviews with massage therapists, athletic trainers, physical therapists, naturopathic doctors, aquatic therapists, and medical doctors treating patients in a medical hydrotherapy setting.

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A high-yield board review and quick reference for Rehabilitation Medicine Rehabilitation Medicine Rapid Review is written primarily for Physical Medicine and Rehabilitation residents preparing for their board exams, and is also an excellent reference for practicing physicians who need a primer on this rapidly growing specialty. With content organized around the American board of Physical Medicine and Rehabilitation core curriculum, this powerful review is enhanced by more than 500 review questions and answers, and concise, bulleted, high-yield text. Readers will find quick answers to common and infrequent issues encountered in rehabilitation medicine

walter reed physical therapy: Lymphedema Byung-Boong Lee, Stanley G. Rockson, John Bergan, 2018-01-10 The second edition of this book serves as a central source of theoretical and practical knowledge to optimize the evaluation and treatment of patients with lymphedema. The book covers all aspects of the disease from anatomical and histological features to diagnosis as well as physical/medical and surgical management of the disease. Updated from the first edition to reflect the substantial progress in diagnostics, medical care and surgical intervention for this patient population, this volume has been reorganized to meet today's practice requirements. It addresses the challenges faced by clinicians in the management of chronic lymphedema enabling them to meet the medical needs of this large patient community. Edited by world leaders in Vascular Medicine and Surgery, this comprehensive volume provides clear, concise background and recommendations in an easy-to-use format. It is a valuable reference tool for clinical practitioners (physicians/nurse practitioners/technicians) who wish to deliver state-of-the-art health care to their patients with lymphatic and venous disorders.

walter reed physical therapy: Gait Analysis Jacquelin Perry, Judith Burnfield, 2024-06-01 The extensive and ground-breaking work of Dr. Jacquelin Perry is encompassed and detailed in the world renowned text, Gait Analysis: Normal and Pathological Function. The medical, healthcare, and rehabilitation professions key text for over 18 years on gait.... Now available in a much anticipated New Second Edition Dr. Jacquelin Perry is joined by Dr. Judith Burnfield to present today's latest research findings on human gait. Gait Analysis, Second Edition has been updated and expanded to focus on current research, more sophisticated methods, and the latest equipment available to analyze gait. What is New: • A new chapter covering running • Synergy of motion between the two limbs • A new chapter covering pediatrics • A new chapter covering stair negotiation • New and updated clinical examples • A section on power inside each chapter covering normal gait • New methods and equipment to analyze gait This Second Edition to Gait Analysis offers a re-organization of the chapters and presentation of material in a more user-friendly, yet comprehensive format. Essential information is provided describing gait functions, and clinical examples to identify and interpret gait deviations. Learning is further reinforced with images and photographs. Features: • Six sections cover the fundamentals, normal gait, pathological gait, clinical considerations, advanced locomotor functions, and gait analysis systems • Clinical significance of the most common pathological gait patterns • Over 470 illustrations and photographs, as well as 40 tables • Patient examples to illustrate elements of normal and pathological gait Tens of thousands of orthopedic, orthotic and prosthetic, physical therapy, and other rehabilitation professionals have kept a copy of Gait Analysis by their side for over 18 years...join the thousands more who will bring the Second Edition into their clinics, classrooms, and personal collections.

walter reed physical therapy: Combat and operational behavioral health , 2011

walter reed physical therapy: Sports Medicine, Physiotherapy and Rehabilitation Parmod Kumar, 2020-09-03 Sports injuries and sports medicine are both very important topics of discuss in the field of sports and physical education. These two topics are well explained briefly with important facts and essentials. Sports injury requires substantially more than 'treatment' of an injured area. Patients need advice on a number of other aspects, including maintenance of overall fitness during recovery, and require a suitable prognosis. If physical treatment is desirable it is necessary to have some knowledge of therapeutic modalities, and preferably a sound professional working relationship with the therapist of choice. The book covers: Sports Medicine, Physiotherapy, Hydrotherapy and Therapeutic Exercise.

walter reed physical therapy: Where Is the Mango Princess? Cathy Crimmins, 2012-02-22
Humorist Cathy Crimmins has written a deeply personal, wrenching, and often hilarious account of the effects of traumatic brain injury, not only on the victim, in this case her husband, but on the family. When her husband Alan is injured in a speedboat accident, Cathy Crimmins reluctantly assumes the role of caregiver and learns to cope with the person he has become. No longer the man who loved obscure Japanese cinema and wry humor, Crimmins' husband has emerged from the accident a childlike and unpredictable replica of his former self with a short attention span and a penchant for inane cartoons. *Where Is the Mango Princess?* is a breathtaking account that explores the very nature of personality and the complexities of the heart. Outstanding Book Award Winner from the American Society of Journalists and Authors

walter reed physical therapy: The Clinical Practice of Pediatric Physical Therapy Mark Drnach, 2008 This comprehensive text explains the physical therapist's role across the full range of practice settings, including neonatal intensive care units, rehabilitation programs, early intervention programs, the educational system, pediatric hospices, and intermediate care facilities. This text and reference prepares readers for the demands and challenges faced as the practitioner of choice for children with disabilities. Features include Case Studies and Parent Perspectives. Chapter appendices offer examples of data collection tools and methods, evaluations, and documents used in patient/client management. Sample evaluations show how this information is used in clinical settings.

walter reed physical therapy: After War Zoë H. Wool, 2015-11-05 In *After War* Zoë H. Wool explores how the American soldiers most severely injured in the Iraq and Afghanistan wars struggle to build some kind of ordinary life while recovering at Walter Reed Army Medical Center from grievous injuries like lost limbs and traumatic brain injury. Between 2007 and 2008, Wool spent time with many of these mostly male soldiers and their families and loved ones in an effort to understand what it's like to be blown up and then pulled toward an ideal and ordinary civilian life in a place where the possibilities of such a life are called into question. Contextualizing these soldiers within a broader political and moral framework, Wool considers the soldier body as a historically, politically, and morally laden national icon of normative masculinity. She shows how injury, disability, and the reality of soldiers' experiences and lives unsettle this icon and disrupt the all-too-common narrative of the heroic wounded veteran as the embodiment of patriotic self-sacrifice. For these soldiers, the uncanny ordinariness of seemingly extraordinary everyday circumstances and practices at Walter Reed create a reality that will never be normal.

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walter reed physical therapy: Professionalism in Physical Therapy Laura Lee (Dolly) Swisher, Catherine G. Page, 2005-02-15 As the role of the physical therapist widens to include more primary care and diagnostic responsibilities, there is a greater need for a single, up-to-date resource that explores professional roles and developments in this changing field. This new book is the definitive reference on this important topic. This concise book provides information on every vital area important to professionalism: documentation, law and ethics, and leadership - all in the context of the five roles of the physical therapist as defined by the APTA's Guide to Physical Therapist Practice, 2nd Edition. Readers will find information on the history of professionalism in physical therapy, the five roles of the physical therapist (Patient/Client Manager, Consultant, Critical Inquirer, Educator, and Administrator), the role of the physical therapist in today's health care system, and professional leadership and development. Case studies, how to lists and tips from the field encourage critical

thinking and provide strategies for various issues. The book also offers tips on preparing a portfolio, determining leadership style, and preparing a professional development plan based on the APTA's five roles. Develops and defines principles and concepts of professionalism to guide physical therapists in times of change Follows the APTA's Guide and includes quotes and information from this document throughout Offers a comprehensive history of physical therapy, with unique information on origins of the profession Offers comprehensive coverage of legal and ethical issues, showing how these issues affect the entire practice of physical therapy Discusses billing and reimbursement practices, with specific information on how to document and bill as an aspect of practice Defines and explains the role of the consultant, both as an autonomous health care provider or as a member of a health care team Features real-life case studies and discussion questions at the end of each chapter to encourage practical application of concepts and test readers' knowledge Provides end-of-chapter tips to help readers develop best practices

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walter reed physical therapy: *Foundations: An Introduction to the Profession of Physical Therapy* Stephen J. Carp, 2019-01-28 A unique blueprint to a successful physical therapy practice from renowned experts In the last 100 years, the profession of physical therapy has grown from a little-known band of reconstruction aides to a large and expanding worldwide group of dedicated professionals at the cutting edge of health care diagnostics, interventions, research, ethics, and altruistic community service. *Foundations: An Introduction to the Profession of Physical Therapy* by distinguished physical therapist and educator Stephen Carp reflects nearly 40 years of expertise in this evolving field. The book covers the the background music of physical therapy - important issues aspiring physical therapists and physical therapist assistants need to master prior to starting clinical practice. Sixteen chapters present a broad spectrum of content, covering core behavioral, clinical, and professional concerns encountered in practice. Experts provide firsthand guidance on reimbursement, working as a healthcare team, documentation, ethical issues and community service, clinical research and education, an overview of the APTA, career development, and more. Key Highlights From the history of the profession to cultural, spiritual and legal aspects of practice, this unique resource provides insights not found in traditional physical therapy foundation textbooks About 20 comprehensive vignettes with real-life experiences enhance the text Text boxes with insightful first-person narratives highlight chapter content A list of review questions and meticulous references at the end of every chapter enhance learning and encourage further research All PT and PTA students will benefit from the expert wisdom and pearls shared in this essential reference.

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walter reed physical therapy: *Life Care Planning and Case Management Across the Lifespan* Tanya Rutherford-Owen, Mary Barros-Bailey, Roger O. Weed, 2023-11-23 Celebrating 25 years since its first publication, the fifth edition of this best-selling text is the most up-to-date and complete resource available on what a life care planner does, how the life care planner does it, and issues that affect the day-to-day role of a life care planner. Now featuring new material on pediatric life care planning and case management, including brachial plexus injuries and neurodevelopmental disorders, this new edition provides guidance and planning for cases across the lifespan. It begins with a series of chapters examining ten different professional specializations that often contribute to a life care plan, before providing critical information for developing life care plans for individuals with different physical, mental, and cognitive conditions including spinal cord injury, brain injury, and chronic pain. Uniquely comprehensive, the book also includes chapters on the forensic and legal context of life care planning, as well as equipment/technology, evidence-based literature/resources, and special education/special needs planning relevant to pediatric life care planning. Also including chapters dedicated to life care planning methodology and life care planning research, this is an essential resource for anyone practicing or studying life care planning or managing the needs of

those requiring chronic medical care over the lifespan.

walter reed physical therapy: 211 Medical Therapies In The World PART-1 Brij Pal Singh Chouhan, 2020-02-23 This ebook is written for knowledge and educational purpose. First of all thanks to you that you are interested about to know awesome Cultures like Medical Therapies by this ebook. So we are providing to you all about therapies were existed or now exist all over world. Although we have tried our best that all information and content of this ebook is true and correct. But if some information is not correct then we would not responsible for that and we are very sorry for that information. This is first Part of 211 Medical Therapies in The World (Part-1) Ebook Series, because there have more and much therapies in the world. We can say that you would not listened name of maximus therapies. For your ease we are divided some therapies in every some parts. So we are providing this Ebook Series in three parts. Therapy is the attempted remediation of a health problem, usually following a diagnosis. In the medical field, it is usually synonymous with treatment. Among psychologists and other mental health professionals, including psychiatrists, psychiatric nurse practitioners and clinical social workers, the term may refer specifically to psychotherapy (sometimes dubbed 'talking therapy'). The English word therapy comes via Latin *therapia* from and literally means curing or healing. As a rule, each therapy has indications and contraindications. The words care, therapy, treatment and intervention overlap in a semantic field, and thus they can be synonymous depending on context. Moving rightward through that order, the connotative level of holism decreases and the level of specificity (to concrete instances) increases. Thus, in health care contexts (where its senses are always non-count), the word care tends to imply a broad idea of everything done to protect or improve someone's health (for example, as in the terms preventive care and primary care, which connote ongoing action), although it sometimes implies a narrower idea (for example, in the simplest cases of wound care or post anesthesia care, a few particular steps are sufficient, and the patient's interaction with that provider is soon finished).

walter reed physical therapy: The American Journal of Physical Therapy Charles Raymond Wiley, 1926

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walter reed physical therapy: Reducing Stress Fracture in Physically Active Military Women Institute of Medicine, Committee on Military Nutrition Research, Subcommittee on Body Composition, Nutrition, and Health of Military Women, 1998-09-22 The incidence of stress fractures of the lower extremities during U.S. military basic training is significantly higher among female military recruits than among male recruits. The prevalence of this injury has a marked impact on the health of service personnel and imposes a significant financial burden on the military by delaying completion of the training of new recruits. In addition to lengthening training time, increasing program costs, and delaying military readiness, stress fractures may share their etiology with the longer-term risk of osteoporosis. As part of the Defense Women's Health Research Program, this book evaluates the impact of diet, genetic predisposition, and physical activity on bone mineral and calcium status in young servicewomen. It makes recommendations for reducing stress fractures and improving overall bone health through nutrition education and monitored physical training programs. The book also makes recommendations for future research to evaluate more fully the effects of fitness levels, physical activities, and other factors on stress fracture risk and bone health.

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walter reed physical therapy: Every Day Is a Gift Tammy Duckworth, 2021-03-30 AN INSTANT NEW YORK TIMES BESTSELLER! Learn the incredible story of Illinois senator and Iraq War veteran Tammy Duckworth and see what inspired her to follow the path that made her who she is today. In *Every Day Is a Gift*, Tammy Duckworth takes readers through the amazing—and amazingly true—stories from her incomparable life. In November of 2004, an Iraqi RPG blew

through the cockpit of Tammy Duckworth's U.S. Army Black Hawk helicopter. The explosion, which destroyed her legs and mangled her right arm, was a turning point in her life. But as Duckworth shows in *Every Day Is a Gift*, that moment was just one in a lifetime of extraordinary turns. The biracial daughter of an American father and a Thai-Chinese mother, Duckworth faced discrimination, poverty, and the horrors of war—all before the age of 16. As a child, she dodged bullets as her family fled war-torn Phnom Penh. As a teenager, she sold roses by the side of the road to save her family from hunger and homelessness in Hawaii. Through these experiences, she developed a fierce resilience that would prove invaluable in the years to come. Duckworth joined the Army, becoming one of a handful of female helicopter pilots at the start of Operation Iraqi Freedom. She served eight months in Iraq before an insurgent's RPG shot down her helicopter, an attack that took her legs—and nearly took her life. She then spent thirteen months recovering at Walter Reed, learning to walk again on prosthetic legs and planning her return to the cockpit. But Duckworth found a new mission after meeting her state's senators, Barack Obama and Dick Durbin. After winning two terms as a U.S. Representative, she won election to the U.S. Senate in 2016. And she and her husband Bryan fulfilled another dream when she gave birth to two daughters, becoming the first sitting senator to give birth. From childhood to motherhood and beyond, *Every Day Is a Gift* is the remarkable story of one of America's most dedicated public servants.

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Once Walter Reed General Hospital opened in 1909, the Surgeon General of the Army decided physical therapy should be included in patient care. He asked Mary McMillan to start the first ...

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