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We are accredited by the Cystic Fibrosis Foundation ...
techniques include forcing out a couple of short breaths or
deeper breaths and then doing relaxed breathing. This may
help loosen the mucus in ...

Cystic Fibrosis Center

Social anxiety is a serious mental health condition, where
everyday social interactions cause anxiety, fear, or
embarrassment.

Get over social anxiety in 5 steps

Driving after less than five hours of sleep is as risky as driving
when you're drunk, according to the AAA Foundation for ...
three hours before bedtime. Exercise early in the day.

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Smart Strategies to Get More Sleep

manual techniques (thrust and non-thrust joint mobilization, soft tissue mobilization, muscle energy technique, dry needling, etc.) ambulation and functional activity progression, and therapeutic ...

Post Professional Doctor of Physical Therapy Curriculum

and function using exercises, stretches, or other physical activities. OT assists people to perform daily tasks more easily. In adults, occupational therapists treat injured, ill, or disabled patients ...

Updates from Sierra Nevada Memorial Hospital and Hospital

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Purpose: This low-impact cardiovascular exercise is preferable to running or jogging for people with knee pain or weak knees. The Arthritis Foundation ... involve breathing techniques and ...

Arthritis of the knee: 10 exercises and exercise types
The randomized controlled study compared a Mindfulness-Based Therapy for Insomnia (MBTI) with an active Sleep Hygiene, Education, and Exercise ... and mindfulness techniques to equip people ...

Mindfulness-based therapy could be a viable treatment for insomnia

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but there are a lot of techniques, treatments and practices which may be better for you than others. In addition to therapy, there are books, online resources, exercises, retreats, arts-based ...

Let's Talk Trauma: 'How Do I Heal Decades of Trauma?'

Those treatments include hypnosis, neuro-linguistic programming, somatic experiencing, tension, and trauma releasing exercises, and other body-centric techniques. People diagnosed with PTSD may ...

Psychology Today

The rehabilitation team may recommend using medication to open up the airways before exercise or teach people how to

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adjust their regular oxygen therapy ... breathing techniques such as ...

Pulmonary rehabilitation beneficial for people with COPD

The randomised controlled study compared a Mindfulness-Based Therapy for Insomnia (MBTI) with an active Sleep Hygiene, Education, and Exercise ... and mindfulness techniques to equip people ...

Counting sheep and still awake? Mindfulness therapy may help bring on the zzz's

According to the Arthritis Foundation ... but heat therapy can also work by taking a hot bath or shower. Learning relaxation techniques can also help to ease painful joints; the Mayo

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Arthritis diet: Three surprising foods that can trigger painful inflammatory symptoms

Researchers have designed a robotic neck brace to help doctors assess the impact of treatments on the neck mobility of cancer patients and guide their recovery.

Robotic Neck Brace Helps To Analyze Impact of Cancer Treatment

Therapy and mindfulness ... if they are ready to undergo the exercises. The guide covers subjects like physical and emotional boundaries, self-soothing techniques, female sexuality, self ...

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The 15 Best Mental Health Books of 2021

What began as flaky admixture of modalities, has now seen the merger of data-crunching kinesiology and exercise ... with therapeutic efficacy behind the skills and techniques shared by the authors.

Roll 'Bama Roll Reading Room: The Genius of Athletes — popular psychology done right

However, successfully targeting what difficulties they might have with mobility can help patients benefit from targeted physical therapy interventions, he explained. The current techniques and ...

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Robotic neck brace can help analyze cancer treatment impacts

However, successfully targeting what difficulties they might have with mobility can help patients benefit from targeted physical therapy interventions, he explained. The current techniques and ...

Novel robotic neck brace may help doctors to analyze neck mobility in cancer patients

However, current techniques ... therapy and rehabilitation,” said Scott Troob, another researcher involved in the study. “Patients consistently identify need for rehabilitation and guided ...

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