Focuses on the application of wellness to the practice and profession of physical therapy

Wellness is increasingly becoming an important part of physical therapy curriculums and practice. This one-of-a-kind textbook addresses wellness within the realm of the Normative Model of Physical Therapist Professional Education: Version 2004, and CAPTE.

The text consists of foundational knowledge, theoretical models, empirical research and application of material to physical therapy practice. Evidence-based practice is emphasized through a mixed approach of formalist and reader-response. Wellness and Physical Therapy is the first text to appreciate the importance of incorporating wellness into physical therapy. Complete with chapter objectives and useful appendices and resources, this is an important text for all physical therapy students!