

walter reed physical therapy

walter reed physical therapy is renowned for its cutting-edge rehabilitation services, expert clinicians, and comprehensive patient-centered care. This article explores the essentials of Walter Reed's physical therapy program, outlining the specialties offered, the advanced technologies utilized, and the holistic approach taken to optimize patient recovery. Whether you're seeking orthopedic rehabilitation, neurological recovery, or specialized military care, Walter Reed National Military Medical Center stands as a leader in physical therapy innovation. We'll guide you through the available treatment modalities, patient experiences, and how the center adapts to evolving rehabilitation needs. The article also provides insights into the expertise of Walter Reed therapists, the collaborative environment, and ongoing research shaping future rehabilitation practices. Dive in to discover why Walter Reed physical therapy is a benchmark in restorative care and how it can support your path to wellness.

- Overview of Walter Reed Physical Therapy Services
- Specialties and Patient Populations Served
- Advanced Technology and Innovative Rehabilitation Methods
- Expertise of Walter Reed Physical Therapists
- Comprehensive Patient-Centered Care Approach
- Research, Education, and Community Involvement
- What to Expect as a Patient at Walter Reed
- Frequently Asked Questions

Overview of Walter Reed Physical Therapy Services

Walter Reed National Military Medical Center (WRNMMC) is a premier destination for physical therapy, offering a full spectrum of rehabilitation services. The physical therapy department is designed to address musculoskeletal, neurological, and post-surgical recovery needs, serving both military personnel and civilians. Walter Reed physical therapy employs evidence-based practices and individualized treatment plans to enhance healing and restore optimal function. The clinic's commitment to excellence is evident in its multidisciplinary approach, integrating physical

therapists, occupational therapists, and other rehabilitation professionals. Patients benefit from state-of-the-art facilities, which provide a safe environment for progressive recovery and long-term wellness.

Specialties and Patient Populations Served

Orthopedic Rehabilitation and Sports Injury Recovery

Walter Reed physical therapy specializes in orthopedic rehabilitation, catering to individuals recovering from fractures, joint replacements, ligament repairs, and sports injuries. The team uses manual therapy, therapeutic exercise, and modalities like ultrasound and electrical stimulation to restore mobility and strength. Sports injury management is tailored to athletes and active-duty personnel, focusing on safe return-to-play protocols and injury prevention strategies.

Neurological and Complex Trauma Rehabilitation

Patients with neurological conditions, such as stroke, traumatic brain injury (TBI), and spinal cord injuries, receive highly specialized care. Walter Reed's therapists are skilled in neuroplasticity-based interventions, balance retraining, and gait therapy. The facility is uniquely equipped to manage complex military trauma cases, including amputee rehabilitation and prosthetic training, utilizing cutting-edge techniques to maximize independence.

Pediatric and Geriatric Physical Therapy

Walter Reed physical therapy extends its expertise across the lifespan, providing tailored programs for children with developmental or orthopedic challenges and seniors seeking to maintain mobility and function. Pediatric therapists use play-based therapies and age-appropriate exercises, while geriatric rehabilitation emphasizes fall prevention, pain management, and functional mobility.

Advanced Technology and Innovative Rehabilitation Methods

State-of-the-Art Equipment and Facilities

Walter Reed is equipped with advanced rehabilitation technology, including robotic-assisted devices, anti-gravity treadmills, and virtual reality systems. These tools are integral for enhancing patient engagement and accelerating recovery. The clinic features aquatic therapy pools, motion analysis labs, and adaptive exercise equipment to meet diverse rehabilitation needs.

- Robotic exoskeletons for gait training
- Computerized balance assessment systems
- Force plate technology for strength analysis
- Tele-rehabilitation platforms for remote therapy

Innovative Therapeutic Techniques

Walter Reed physical therapists utilize contemporary approaches, such as dry needling, instrument-assisted soft tissue mobilization, and biofeedback. Individualized exercise prescriptions incorporate functional training and task-specific activities. The team is committed to continuous improvement, integrating the latest research into daily practice for optimal patient outcomes.

Expertise of Walter Reed Physical Therapists

Multidisciplinary Team Approach

The physical therapy staff at Walter Reed comprises board-certified specialists, doctoral-level clinicians, and experienced support staff. Collaboration within multidisciplinary teams ensures comprehensive care and expertise in complex cases. Therapists participate in ongoing education and specialty certifications, keeping them at the forefront of rehabilitation science.

Military Rehabilitation Specialists

Walter Reed physical therapists are recognized for their expertise in treating military-specific injuries and conditions. They work closely with

wounded warriors, leveraging specialized training in amputee rehabilitation, blast injury recovery, and post-traumatic stress management. Their experience enables them to address the unique physical and psychological needs of service members.

Comprehensive Patient-Centered Care Approach

Individualized Assessment and Goal Setting

At Walter Reed, every patient receives a thorough evaluation to identify strengths, limitations, and personal goals. Therapists collaborate with patients to create customized treatment plans, regularly reassessing progress and adjusting interventions as needed. Patient education is central to the process, empowering individuals to participate actively in their recovery.

Supportive Environment and Rehabilitation Resources

Walter Reed's rehabilitation department fosters a supportive atmosphere, encouraging motivation and resilience. Patients have access to peer support groups, counseling services, and family education sessions. The center's commitment to holistic care addresses not only physical function but also emotional well-being and social integration.

Research, Education, and Community Involvement

Leadership in Rehabilitation Research

Walter Reed physical therapy is actively involved in pioneering rehabilitation research, studying innovative techniques and technologies that drive clinical excellence. Research initiatives focus on topics such as neuroplasticity, prosthetic development, injury prevention, and exercise physiology. Findings are rapidly translated into practice, benefiting current and future patients.

Education and Training Programs

Walter Reed serves as a teaching center for physical therapy students, residents, and fellows from across the country. The facility offers continuing education courses for professionals and provides outreach programs to the community. Educational efforts ensure the next generation of

therapists is equipped with advanced skills and clinical judgment.

What to Expect as a Patient at Walter Reed

Initial Consultation and Treatment Planning

Prospective patients begin with a comprehensive intake process, including medical history review, functional assessments, and goal discussions. Physical therapists develop individualized plans based on diagnosis, lifestyle, and recovery expectations. Treatment sessions may include hands-on therapy, structured exercise, and use of advanced equipment.

Ongoing Progress and Discharge Planning

During rehabilitation, progress is measured through objective testing and patient feedback. Therapists adjust interventions to maximize results and prepare for a safe transition from therapy to independent activity. Discharge planning includes home exercise instruction and resources for continued wellness, ensuring lasting benefits beyond the clinic.

Frequently Asked Questions

Q: What types of conditions are treated through Walter Reed physical therapy?

A: Walter Reed physical therapy treats orthopedic injuries, neurological disorders, post-surgical recovery, sports injuries, military-related trauma, amputations, and chronic pain conditions.

Q: Who can access physical therapy services at Walter Reed?

A: Physical therapy services at Walter Reed are primarily available to active-duty military, veterans, and their families, but some civilian patients are also eligible through specific programs.

Q: What advanced equipment is used in the physical

therapy department?

A: Walter Reed utilizes robotic-assisted devices, anti-gravity treadmills, computerized motion analysis, aquatic therapy pools, and virtual reality rehabilitation systems.

Q: Are there specialized therapists for military injuries?

A: Yes, Walter Reed physical therapists have specialized training in treating military-specific injuries such as amputations, blast injuries, and traumatic brain injuries.

Q: How is a physical therapy plan developed for each patient?

A: Physical therapy plans at Walter Reed are customized based on comprehensive assessments, patient goals, medical history, and functional limitations.

Q: What research initiatives are conducted at Walter Reed physical therapy?

A: Walter Reed conducts research in neuroplasticity, prosthetics, injury prevention, rehabilitation technology, and exercise physiology to improve patient care.

Q: Is tele-rehabilitation available for remote patients?

A: Tele-rehabilitation platforms are available at Walter Reed, allowing patients to access therapy sessions and monitoring remotely when appropriate.

Q: What role does patient education play in rehabilitation?

A: Patient education is integral at Walter Reed, empowering patients with knowledge and strategies to actively participate in their recovery and maintain long-term wellness.

Q: What is the typical duration of a physical

therapy program at Walter Reed?

A: The duration of physical therapy varies depending on the condition and patient progress, ranging from a few weeks to several months for complex cases.

Q: What support resources are available to patients undergoing physical therapy?

A: Patients have access to peer support groups, counseling, family education sessions, and discharge planning resources, ensuring comprehensive and holistic care.

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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.

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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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.

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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.

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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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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).

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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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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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