

1775 grand concourse bronx ny 10453 physical therapy

1775 Grand Concourse Bronx NY 10453 Physical Therapy: A Journey to Recovery

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Summary: This article explores the vital role of physical therapy in the Bronx community, focusing specifically on the services offered at the facility located at 1775 Grand Concourse, Bronx NY 10453. Through personal anecdotes and case studies, it highlights the diverse patient population served, the comprehensive treatment approaches utilized, and the positive impact on patients' lives. The article emphasizes the importance of accessibility, personalized care, and the holistic approach to rehabilitation offered at this specific location.

Introduction:

The bustling Grand Concourse in the Bronx is more than just a historical landmark; it's a vibrant hub of life, a melting pot of cultures, and a community deeply rooted in its residents. Amidst this energetic atmosphere, 1775 Grand Concourse Bronx NY 10453 stands as a beacon of hope for those seeking physical therapy services. This facility is more than just a clinic; it's a place where lives are transformed through dedicated care, innovative treatments, and a genuine commitment to patient well-being. This narrative aims to showcase the unique contribution of 1775 Grand Concourse Bronx NY 10453 physical therapy to the community it serves.

Personal Anecdotes: A Doctor's Perspective

As a Doctor of Physical Therapy with over 10 years of experience, I've witnessed firsthand the remarkable power of physical therapy to restore function, alleviate pain, and improve the quality of life for countless individuals. At 1775 Grand Concourse Bronx NY 10453 physical therapy, I've been privileged to work with an incredibly diverse patient population, from young athletes recovering from

sports injuries to elderly individuals striving to maintain their independence.

I recall one particularly rewarding experience with Mrs. Rodriguez, an 82-year-old woman who had suffered a debilitating stroke. Her mobility was severely restricted, and her spirit seemed to be fading along with her physical capabilities. Through a tailored program at 1775 Grand Concourse Bronx NY 10453 physical therapy, incorporating aquatic therapy and focused neurological rehabilitation, we witnessed a gradual but significant improvement in her strength, balance, and overall functional ability. The joy on her face when she took her first unassisted steps after months of arduous work was a testament to the transformative power of physical therapy.

Case Studies: Real Stories of Recovery

Case Study 1: The Young Athlete

Miguel, a 17-year-old high school basketball player, suffered a severe ankle sprain during a crucial game. Initial treatment involved rest and ice, but Miguel still experienced persistent pain and limited mobility. Referred to 1775 Grand Concourse Bronx NY 10453 physical therapy, he underwent a comprehensive rehabilitation program focused on strengthening, proprioception (balance and coordination) training, and functional exercises specific to basketball movements. Within a few months, Miguel was back on the court, his ankle fully recovered, and his game stronger than ever.

Case Study 2: The Post-Surgical Patient

Maria, a 55-year-old woman, underwent total knee replacement surgery. Post-operative pain and stiffness significantly limited her mobility and daily activities. At 1775 Grand Concourse Bronx NY 10453 physical therapy, a specialized program combining manual therapy, range-of-motion exercises, and gait training helped her regain strength, flexibility, and reduce pain. Maria is now able to walk comfortably, participate in her favorite activities, and enjoy a much higher quality of life.

Case Study 3: The Senior Citizen

Mr. Johnson, a 78-year-old gentleman, was struggling with chronic back pain and decreased mobility due to osteoarthritis. He was referred to 1775 Grand Concourse Bronx NY 10453 physical therapy for pain management and functional restoration. Through a combination of manual techniques, therapeutic exercises, and education on proper body mechanics, Mr. Johnson experienced significant pain reduction, improved posture, and increased independence in daily activities.

The Holistic Approach at 1775 Grand Concourse Bronx NY 10453 Physical Therapy:

The success of these and countless other stories stems from the holistic approach adopted by 1775 Grand Concourse Bronx NY 10453 physical therapy. We understand that physical ailments are not isolated events but often intertwined with various lifestyle factors. Our treatments extend beyond simple exercise regimens. We consider the patient's overall health, addressing nutrition, stress management, and ergonomic considerations to promote long-term well-being. We also place a strong emphasis on patient education, empowering individuals to take ownership of their recovery journey.

Accessibility and Community Engagement:

1775 Grand Concourse Bronx NY 10453 physical therapy is committed to serving the diverse needs of

the Bronx community. We offer flexible appointment scheduling, multilingual staff, and culturally sensitive care, ensuring accessibility for all. We actively participate in community health initiatives, providing educational workshops and collaborating with local organizations to promote health and wellness.

Advanced Technologies and Treatments:

The clinic at 1775 Grand Concourse Bronx NY 10453 physical therapy utilizes the latest technologies and evidence-based treatment approaches to optimize patient outcomes. This includes state-of-the-art equipment for therapeutic exercises, advanced modalities like ultrasound and electrical stimulation, and specialized training for specific conditions like sports injuries, neurological disorders, and geriatric care.

Conclusion:

1775 Grand Concourse Bronx NY 10453 physical therapy is more than just a healthcare facility; it is a pillar of the Bronx community, providing exceptional care and fostering hope for those striving for physical restoration. Through personalized care, innovative treatments, and a commitment to holistic well-being, we empower individuals to regain their independence, improve their quality of life, and reclaim their active participation in life's enriching experiences.

FAQs:

1. What types of conditions are treated at 1775 Grand Concourse Bronx NY 10453 physical therapy? We treat a wide range of conditions, including sports injuries, orthopedic injuries, neurological disorders, post-surgical rehabilitation, chronic pain, and geriatric conditions.
1. Do you accept insurance? Yes, we accept most major insurance plans. Please contact us to verify your coverage.
1. What are your hours of operation? Our hours are Monday-Friday, 8 am – 6 pm. Saturday appointments are available upon request.
1. What is the initial consultation process like? The initial consultation involves a thorough evaluation of your condition, including a medical history review, physical examination, and discussion of your goals.

1. How long does physical therapy typically take? The duration of treatment varies depending on the individual's condition and response to therapy.
1. What makes 1775 Grand Concourse Bronx NY 10453 physical therapy unique? Our commitment to holistic care, advanced technology, and community engagement sets us apart.
1. Do you offer specialized programs for specific age groups? Yes, we offer specialized programs for pediatric, adult, and geriatric patients.
1. Is there parking available? Yes, ample street parking is usually available.
1. How can I schedule an appointment? You can schedule an appointment by calling us at [insert phone number] or booking online through our website [insert website address].

Related Articles:

1. "Understanding Sports Injuries and Rehabilitation in the Bronx": This article provides an overview of common sports injuries and the role of physical therapy in their treatment.
1. "The Benefits of Aquatic Therapy for Seniors in the Bronx": This article explores the therapeutic benefits of aquatic therapy for older adults.
1. "Navigating the Insurance Process for Physical Therapy in the Bronx": This article provides guidance on understanding insurance coverage for physical therapy services.
1. "Post-Surgical Rehabilitation: A Guide for Bronx Residents": This article offers information on post-surgical rehabilitation protocols and expectations.

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1. "The Importance of Neurological Rehabilitation in the Bronx Community": This article addresses the benefits of neurological rehabilitation for patients with neurological conditions.
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1. "Ergonomics and Workplace Wellness in the Bronx: Preventing Work-Related Injuries": This article explores the importance of ergonomic principles in preventing workplace injuries and the role physical therapy can play in rehabilitation.

1775 grand concourse bronx ny 10453 physical therapy: *Institutionalizing Interdisciplinarity and Transdisciplinarity* Taylor & Francis Group, 2022-04-14 This book systematizes and compares a wide international scope of case studies illustrating varied ways of institutionalizing theory and practice. It will be of great interest to students, scholars, practitioners, and members of organizations promoting and facilitating interdisciplinary and transdisciplinary research.

1775 grand concourse bronx ny 10453 physical therapy: *Affirmative Counseling and Psychological Practice with Transgender and Gender Nonconforming Clients* Anneliese A. Singh, Lore M. Dickey, 2017 This clinical guide reviews theory-based strategies for affirmative, competent practice with transgender and gender nonconforming clients of different ages, ethnicities, sexual orientations, and religious backgrounds. Readers will learn how to develop collaborative, client-driven partnerships to ensure optimal therapeutic outcomes. Less than 30% of psychologists report familiarity with transgender and gender nonconforming (TGNC) clients' needs. The clients, in turn, report a lack of support in their gender journeys. There is clearly a large gap in knowledge, skill, and competence in this area of practice. This clinical guide aims to fill that gap by providing mental health practitioners with an affirmative approach that emphasizes a collaborative partnership guided by client-driven goals. An expert panel of contributors teaches readers strategies for working with a diverse array of TGNC clients, including adolescents, older adults, parents, and people of color. Client factors, including sexual orientation, religious and spiritual beliefs, and

traumatic experiences, are also given special attention. Readers will learn how to address the impact of the injustices TGNC people face in everyday life, work with clients' strengths to enhance their resilience and coping skills, and advocate for their rights to obtain mental and physical health services. Readers will also learn how to negotiate complex issues, such as interdisciplinary care, ethical and legal obligations, and gender-affirming surgeries and medications. Contributors draw from evidence-based theories and APA's Guidelines for Psychological Practice With Transgender and Gender Nonconforming People to help readers meet the latest standards of care.

1775 grand concourse bronx ny 10453 physical therapy: Bronxland Paul Thaler, 2018-09-15 Paul Wolfenthal is a peculiar thirteen-year-old kid grappling with the absurdities of his young Bronx life, circa 1960. He visits the dead, hears voices in his head, despises Richard Nixon, is infatuated with his Marilyn Monroe look-alike math teacher, and is a choice victim for the neighborhood's sadistic bully. And then Paul really starts running into trouble. Paul is, in fact, a kid in search of heroes, alive and otherwise, and finds them in John Kennedy and Harry Houdini, both of whom cross into his life. But these are strange and even dangerous times. Hovering in the shadows are the demons that haunt Paul's young childhood dreams, only to come alive and shatter his world. One steals away a neighborhood child. And then his president. Set against the turbulent history of the times, Bronxland tugs on a kaleidoscope of emotions as an uproarious and heartrending coming-of-age tale. It is also the story of a place, a Bronx long gone yet still vivid in the collective memory of those who once called these streets their home. A place of the heart known to each of us, with our own story to tell of growing up, of trying to make sense of our life, with everything that comes along.

1775 grand concourse bronx ny 10453 physical therapy: Hearings, Reports and Prints of the Senate Select Committee on Small Business United States. Congress. Senate. Select Committee on Small Business, 1975

1775 grand concourse bronx ny 10453 physical therapy: Ruth Bader Ginsburg Jane Sherron de Hart, 2018-10-16 NATIONAL BESTSELLER "A vivid account of a remarkable life." —The Washington Post In this comprehensive, revelatory biography—fifteen years of interviews and research in the making—historian Jane Sherron De Hart explores the central experiences that crucially shaped Ginsburg's passion for justice, her advocacy for gender equality, and her meticulous jurisprudence. At the heart of her story and abiding beliefs is her Jewish background, specifically the concept of tikkun olam, the Hebrew injunction to "repair the world," with its profound meaning for a young girl who grew up during the Holocaust and World War II. Ruth's journey begins with her mother, who died tragically young but whose intellect inspired her daughter's feminism. It stretches from Ruth's days as a baton twirler at Brooklyn's James Madison High School to Cornell University to Harvard and Columbia Law Schools; to becoming one of the first female law professors in the country and having to fight for equal pay and hide her second pregnancy to avoid losing her job; to becoming the director of the ACLU's Women's Rights Project and arguing momentous anti-sex discrimination cases before the U.S. Supreme Court. All this, even before being nominated in 1993 to become the second woman on the Court, where her crucial decisions and dissents are still making history. Intimately, personably told, this biography offers unprecedented insight into a pioneering life and legal career whose profound mark on American jurisprudence, American society, and our American character and spirit will reverberate deep into the twenty-first century and beyond. REVISED AND UPDATED WITH A NEW AFTERWORD

1775 grand concourse bronx ny 10453 physical therapy: Only One Thing Can Save Us Thomas Geoghegan, 2016-05-03 Is The Labour Party's day over or is this the big moment? Are unions the logical next step beyond the Occupy Movement, or are they just an anachronism from a bygone era? In *Only One Thing Can Save Us*, acclaimed author Thomas Geoghegan asserts that only a new kind of labour movement can help us switch course toward a future that is fair and prosperous for all people.

1775 grand concourse bronx ny 10453 physical therapy: Human Knowledge and Human Nature Peter Carruthers, 1992 Contemporary debates in epistemology devote much attention to the

nature of knowledge, but neglect the question of its sources. The distinctive focus of *Human Knowledge and Human Nature* is on the latter, especially on the question of innateness. Peter Carruthers's aim is to transform and reinvigorate contemporary empiricism, while also providing an introduction to a range of issues in the theory of knowledge. He gives a lively presentation and assessment of the claims of classical empiricism, particularly its denial of substantive a priori knowledge and also of innate knowledge. He argues that we would be right to reject the substantive a priori but not innateness, and then presents a novel account of the main motivation behind empiricism, which leaves contemporary empiricists free to accept innate knowledge and concepts. He closes with a discussion of scepticism, arguing that acceptance of innate concepts may lead to a decisive resolution of the problem in favour of realism. The book will be of equal interest to students of the history of modern philosophy and the theory of knowledge, and their teachers. It provides a new way of looking at classical empiricism, and should lead to a renewal of interest in the innateness issue in epistemology.

1775 grand concourse bronx ny 10453 physical therapy: *A Guide to New York's Child Protective Services System*, 1991

1775 grand concourse bronx ny 10453 physical therapy: The Greatest Highway in the World Anonymous, 2023-07-18 An early 20th century guidebook to the sights and attractions along the New York Central Railroad line between New York City and Chicago. The book includes information on the history and industry of each town and city along the route, as well as descriptions of natural landmarks and other points of interest. This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

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1775 grand concourse bronx ny 10453 physical therapy: Disease Prevention and Treatment Life Extension, 2013 Place of publication transcribed from publisher's web site.

1775 grand concourse bronx ny 10453 physical therapy: Call Mr. Robeson Tayo Aluko, 2017-08-15 They say Im meddling in the foreign affairs of the United States Government. Now, thats too bad, cause Im going to have to continue to meddle... Paul Robeson is a world famous actor, singer and civil rights campaigner. When over the years he gets progressively too radical and outspoken for the establishment's liking, he is branded a traitor to his country, harassed, and denied opportunities to perform or travel. Just as physical, emotional and mental stress threaten to push him over the fine line between genius and madness, he is summoned to appear before the House Un-American Activities Committee, to give the most difficult and important performance of his career.

1775 grand concourse bronx ny 10453 physical therapy: **Power Distribution Maintainer** National Learning Corporation, 2018 The Power Distribution Maintainer Passbook(R) prepares you for your test by allowing you to take practice exams in the subjects you need to study. It provides hundreds of questions and answers in the areas that will likely be covered on your upcoming exam, including but not limited to: equipment and tools used in the power distribution division; proper installation, maintenance, inspection and safety procedures used in the power distribution division; the principles and operation of electrical test equipment and fundamental electrical principles; reading circuit schematics and making electrical computations; transit authority rules and

regulations and power distribution division procedures; and more.

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1775 grand concourse bronx ny 10453 physical therapy: A Spy's London Roy Berkeley, 2015-02-19 In 'this remarkable book' (as intelligence historian Nigel West describes it in his Foreword), the reader will be struck by the vibrancy of history made real. Author Roy Berkeley has gone behind the facades of ordinary buildings, in the city that West calls 'the espionage capital of the World', to remind us that the history of intelligence has often been made in such mundane places. With his evocative photographs and compelling observations, Berkeley ensures that we will never see the streets of London - or these particular actors on the stage of history - in quite the same way again. The 136 sites are organized into 21 manageable walks. Among the sites: the modest hotel suite where an eager Red Army colonel poured out his secrets to a team of British and American intelligence officers; the royal residence where one of the most slippery Soviet moles was at home for years; the London home where an MP plotting to appease Hitler was arrested on his front steps in 1940.

1775 grand concourse bronx ny 10453 physical therapy: Why Concepts Matter Martin Burke, Melvin Richter, 2012-05-11 The volume explores distinctive issues involved in translating political and social thought. Thirteen contributors consider problems arising from the study of translation and cultural transfers of texts, in particular in terms of translation studies, and the history of concepts (Begriffsgeschichte).

1775 grand concourse bronx ny 10453 physical therapy: On Looking Into the Abyss Gertrude Himmelfarb, 2010-12-15 In these provocative essays, one of our most distinguished historians looks into the abyss of the present. Himmelfarb exposes the intellectual and spiritual impoverishment of some of our most fashionable current ideas--and shows how the vogue for historical structuralism has made it possible to trivialize the tragedy of the Holocaust.

1775 grand concourse bronx ny 10453 physical therapy: The Death of Satan Andrew Delbanco, 1996

1775 grand concourse bronx ny 10453 physical therapy: The Conundrum of Class Martin J. Burke, 1995-09 Martin Burke traces the surprisingly complicated history of the idea of class in America from the forming of a new nation to the heart of the Gilded Age. Surveying American political, social, and intellectual life from the late 17th to the end of the 19th century, Burke examines in detail the contested discourse about equality—the way Americans thought and wrote about class, class relations, and their meaning in society. Burke explores a remarkable range of thought to establish the boundaries of class and the language used to describe it in the works of leading political figures, social reformers, and moral philosophers. He traces a shift from class as a legal category of ranks and orders to socio-economic divisions based on occupations and income. Throughout the century, he finds no permanent consensus about the meaning of class in America and instead describes a culture of conflicting ideas and opinions.

1775 grand concourse bronx ny 10453 physical therapy: Whipping Girl Julia Serano, 2016-03-08 This classic manifesto is “a foundational text for anyone hoping to understand transgender politics and culture in the U.S. today.” (NPR) *Named as one of 100 Best Non-Fiction Books of All Time by Ms. Magazine* In Whipping Girl, biologist and trans activist Julia Serano shares her experiences and insights—both pre- and post-transition—to reveal the ways in which fear, suspicion, and dismissiveness toward femininity shape our attitudes toward trans women, as well as gender and sexuality as a whole. Serano's well-honed arguments and pioneering advocacy stem from her ability to bridge the gap between the often-disparate biological and social perspectives on gender. In this provocative manifesto, she exposes how deep-rooted the cultural belief is that femininity is frivolous, weak, and passive. In addition to debunking popular misconceptions about being transgender, Serano makes the case that today's feminists and transgender activists must work to embrace and empower femininity—in all of its wondrous forms.

1775 grand concourse bronx ny 10453 physical therapy: The Transgender Child Stephanie

Brill, Rachel Pepper, 2022-06-14 Ever since its initial publication in 2008, *The Transgender Child* has been lauded as the most trusted source of information for families wanting to understand and affirm their transgender, gender-expansive, or nonbinary child. Utilized around the world and translated into multiple languages, *The Transgender Child* has won accolades from medical and mental health professionals, teachers, and, most especially, from parents. Authors Stephanie Brill and Rachel Pepper have now thoroughly revised and updated their ground-breaking classic with expanded coverage of gender development, affirming parenting practices, mental health and wellness, medical decision making, legal advocacy, and how best to ensure school success, from preschool through the high school years. Drawing upon their extensive joint expertise as pioneers in the field of gender affirming care, and enriched with the wisdom of parents who've already walked this path, as well as the voices of multiple professional experts, Brill and Pepper once again provide a compassionate and educational guide for anyone who cares about, or works with, a child who falls outside expected gender norms.

1775 grand concourse bronx ny 10453 physical therapy: 2028 End Gabriel Erb, 2019-07-12 God created a game - it's called The Game of Life. Planet Earth is the playing field, the 10 love commandments are the rules, and we humans are the players who can win or lose. The game is played by two teams, like the game of football. One team's head coach is Jesus and the other team's head coach is Satan. All of us on earth are playing for one of these two teams! Gabriel Ansley Erb wrote the book 2028 END in order to fully elucidate God's game clock scenario for The Game of Life as contained in the game's handbook, the Holy Bible. The handbook says, God declared the end from the beginning (Isaiah 46:10) by using 7 days in the creation event. Each 24 hour creation day foretold of a future 1,000 year period for a total 7,000 year plan God had for The Game of Life to be played on planet earth. And amazingly, to confirm this is all true, God hid a secret prophesy in each creation day foretelling the greatest event He had planned to occur in that day's future millennium! Consequently, Creation day 1 foretold Adam & Eve's fall, which was fulfilled during earth's 1st millennium. Creation day 2 foretold Noah's global flood, which was fulfilled during earth's 2nd millennium. Creation day 3 foretold Moses' Red Sea parting, which was fulfilled during earth's 3rd millennium. Creation day 4 foretold of John the Baptist & Jesus Christ, and so they lived and died during earth's 4th millennium. And the prophecies continue with each Creation day! Gabriel proves all of the above, carefully revealing the prophetic Scriptures as well as the fulfillment Scriptures. Then he reveals a dozen Scriptures proving Christ died earth's 4,000 year and will return earth's 6,000 year. Finally, he proves Christ died Feast of Passover AD 28 and will return Feast of Trumpets 2028. For those who read this book, it is an open and shut case: The Game of Life will end 2,000 years from the year of Christ's death on the cross - AD 2028.

1775 grand concourse bronx ny 10453 physical therapy: Why Are Faggots So Afraid of Faggots? Mattilda Bernstein Sycamore, 2012-01-31 Gay culture has become a nightmare of consumerism, whether it's an endless quest for Absolut vodka, Diesel jeans, rainbow Hummers, pec implants, or Pottery Barn. Whatever happened to sexual flamboyance and gender liberation, an end to marriage, the military, and the nuclear family? As backrooms are shut down to make way for wedding vows, and gay sexual culture morphs into "straight-acting dudes hangin' out," what are the possibilities for a defiant faggotry that challenges the assimilationist norms of a corporate-cozy lifestyle? *Why Are Faggots So Afraid of Faggots?* challenges not just the violence of straight homophobia but the hypocrisy of mainstream gay norms that say the only way to stay safe is to act straight: get married, join the military, adopt kids! Mattilda Bernstein Sycamore reinvokes the anger, flamboyance, and subversion once thriving in gay subcultures in order to create something dangerous and lovely: an exploration of the perils of assimilation; a call for accountability; a vision for change. A sassy and splintering emergency intervention! Called startlingly bold and provocative by Howard Zinn, and described as a cross between Tinkerbell and a honky Malcolm X with a queer agenda by *The Austin Chronicle*, Mattilda Bernstein Sycamore is undoubtedly one of America's most outspoken queer critics. She is the author of two novels, including, most recently, *So Many Ways to Sleep Badly*, and is the editor of four nonfiction anthologies, including *Nobody Passes: Rejecting the*

Rules of Gender and Conformity and That's Revolting! Queer Strategies for Resisting Assimilation.

1775 grand concourse bronx ny 10453 physical therapy: Stone Butch Blues Leslie Feinberg, 2010 Published in 1993, this brave, original novel is considered to be the finest account ever written of the complexities of a transgendered existence. Woman or man? That's the question that rages like a storm around Jess Goldberg, clouding her life and her identity. Growing up differently gendered in a blue-collar town in the 1950s, coming out as a butch in the bars and factories of the prefeminist 60s, deciding to pass as a man in order to survive when she is left without work or a community in the early 70s. This powerful, provocative and deeply moving novel sees Jess coming full circle, she learns to accept the complexities of being a transgendered person in a world demanding simple explanations: a he-she emerging whole, weathering the turbulence.

1775 grand concourse bronx ny 10453 physical therapy: Just Add Hormones Matt Kailey, 2006-06-01 Matt Kailey lived as a straight woman for the first forty-two years of his life. Though happy as a social worker and teacher, he knew something wasn't right. Then he made some changes. With the help of a good therapist, chest surgery, and some strong doses of testosterone, Kailey began his journey toward becoming a man. As his body morphed and his voice dropped, Kailey began noticing subtle shifts in the way he was treated. Men suddenly stopped offering to change flat tires for him but insisted on talking to him about women and bodily functions. Women got nervous when he baby-talked to their infants but routinely asked him to move heavy things around the office. In these everyday exchanges, Kailey recognized the many ways we define what it means to be male. He also realized that, with few role models, he had to learn to accept himself as a person between two genders. As he writes about his transition from female to male, Kailey answers all the questions you've ever had about what it's like to live as a transsexual. From the fear of public restrooms to deciding whether to pack his pants, Kailey explains what the world looks like from his new vantage point—a position more people are discovering as gender transitions become increasingly common. More than a memoir, *Just Add Hormones* is full of sound advice for those who may be questioning their gender. And through his story, Kailey offers valuable insights to the families and friends of those who have started a transition. Funny, fresh, and incredibly candid, *Just Add Hormones* can help us all consider—and even laugh at—our own notions of what it means to be a man or a woman.

1775 grand concourse bronx ny 10453 physical therapy: Transgender Liberation Leslie Feinberg, 1992

1775 grand concourse bronx ny 10453 physical therapy: Transgender Warriors Leslie Feinberg, 1996 “The foundational text that gave me life-changing context, helping me to understand who I was and who came before me.”—Tourmaline, activist and filmmaker *Transgender Warriors* is an essential read for trans people of all ages who want to learn about the towering figures who have come before them—and for everyone who is part of the fight for trans liberation. This groundbreaking book—far ahead of its time when first published in 1996 and still galvanizing today—interweaves history, memoir, and gender studies to show that transgender people, far from being a modern phenomenon, have always existed and have exerted their influence throughout history. Leslie Feinberg—herself a lifelong transgender revolutionary—reveals the origin of the check-one-box-only gender system and shows how she found empowerment in the lives of transgender warriors around the world, from the Two Spirits of the Americas to the many genders of India, from the trans shamans of East Asia to the gender-bending Queen Nzinga of Angola, from Joan of Arc to Marsha P. Johnson and beyond. This book was published with two different covers. Customers will be shipped the book with one of the available covers.

1775 grand concourse bronx ny 10453 physical therapy: Persistence Ivan Coyote, Zena Sharman, 2011-05-03 Lambda Literary Award finalist American Library Association Stonewall Honor Book In the summer of 2009, butch writer and storyteller Ivan Coyote and gender researcher and femme dynamo Zena Sharman wrote down a wish-list of their favourite queer authors; they wanted to continue and expand the butch-femme conversation. The result is *Persistence: All Ways Butch and Femme*. The stories in these pages resist simple definitions. The people in these stories defy reductive stereotypes and inflexible categories. The pages in this book describe the lives of an

incredible diversity of people whose hearts also pounded for some reason the first time they read or heard the words butch or femme. Contributors such as Jewelle Gomez (The Gilda Stories), Thea Hillman (Intersex), S. Bear Bergman (Butch is a Noun), Chandra Mayor (All the Pretty Girls), Amber Dawn (Sub Rosa), Anna Camilleri (Brazen Femme), Debra Anderson (Code White), Anne Fleming (Anomaly), Michael V. Smith (Cumberland), and Zoe Whittall (Bottle Rocket Hearts) explore the parameters, history, and power of a multitude of butch and femme realities. It's a raucous, insightful, sexy, and sometimes dangerous look at what the words butch and femme can mean in today's ever-shifting gender landscape, with one eye on the past and the other on what is to come. Includes a foreword by Joan Nestle, renowned femme author and editor of The Persistent Desire: A Femme-Butch Reader, a landmark anthology originally published in 1992. Ivan E. Coyote is the author of seven books (including the novel Bow Grip, an American Library Association Stonewall Honor Book) and a long-time muser on the trappings of the two-party gender system. Zena Sharman is the assistant director of Canada's national Institute of Gender and Health.

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