

1775 grand concourse physical therapy

1775 Grand Concourse Physical Therapy: A Comprehensive Guide to Best Practices and Pitfalls

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Summary: This comprehensive guide explores the services offered by 1775 Grand Concourse physical therapy clinics, focusing on best practices, potential pitfalls to avoid, and strategies for maximizing treatment outcomes. It covers various aspects of physical therapy, including treatment approaches, patient expectations, and the importance of communication between patient and therapist. The guide aims to empower patients to actively participate in their recovery journey.

Understanding 1775 Grand Concourse Physical Therapy Services

Located on the vibrant Grand Concourse in the Bronx, 1775 Grand Concourse physical therapy clinics (assuming multiple clinics exist under this address or a nearby address) offer a range of services designed to address various musculoskeletal conditions. These likely include:

Orthopedic Rehabilitation: Treatment for injuries and conditions affecting bones, muscles, joints, and ligaments. This might encompass post-surgical rehabilitation following knee replacements, rotator cuff repairs, or spinal surgeries.

Sports Injury Rehabilitation: Specialized care for athletes recovering from injuries sustained during sports activities. This involves targeted exercises and techniques to restore strength, flexibility, and functional movement.

Neurological Rehabilitation: (If offered) Treatment for neurological conditions such as stroke,

multiple sclerosis, or Parkinson's disease, focusing on improving motor skills and functional abilities.

Geriatric Rehabilitation: (If offered) Tailored programs for older adults to improve strength, balance, and mobility, enhancing their quality of life and preventing falls.

Pain Management: Utilizing various techniques to alleviate pain related to musculoskeletal conditions, including manual therapy, modalities (e.g., ultrasound, electrical stimulation), and therapeutic exercise.

Best Practices in 1775 Grand Concourse Physical Therapy

Successful physical therapy at 1775 Grand Concourse, or any reputable clinic, relies on several key principles:

Accurate Diagnosis and Assessment: A thorough initial evaluation is crucial to determine the underlying cause of your condition and develop a personalized treatment plan. This involves a detailed medical history, physical examination, and possibly imaging reviews.

Individualized Treatment Plan: Your physical therapist should create a customized program tailored to your specific needs, goals, and limitations. This plan should be regularly reviewed and adjusted based on your progress.

Active Patient Participation: Physical therapy is not a passive process. Your active involvement in exercises and home programs is crucial for optimal results. Open communication with your therapist is vital.

Realistic Goals and Expectations: Setting achievable goals and understanding the timeframe for recovery are important for maintaining motivation and preventing disappointment.

Proper Technique and Progression: Correct exercise technique is paramount to prevent further injury. Your therapist will guide you and gradually increase the intensity and difficulty of exercises.

Home Exercise Program: A well-designed home exercise program reinforces the work done during therapy sessions and promotes faster recovery.

Common Pitfalls to Avoid in Physical Therapy

Several factors can hinder progress in physical therapy:

Ignoring Pain: Pushing through pain excessively can lead to setbacks and further injury.

Communicate any pain or discomfort to your therapist immediately.

Inconsistent Treatment: Missing appointments or failing to adhere to the home exercise program can significantly delay recovery.

Unrealistic Expectations: Expecting rapid improvement without sufficient effort can lead to frustration and discouragement.

Poor Communication: Failing to communicate concerns or questions to your therapist can prevent effective treatment.

Lack of Motivation: Maintaining motivation throughout the rehabilitation process is crucial for success. Your therapist can help you stay motivated.

Choosing a Physical Therapist at 1775 Grand Concourse

When selecting a physical therapy clinic at or near 1775 Grand Concourse, consider:

Experience and Credentials: Choose a clinic with therapists who have experience treating your

specific condition. Look for board certification in relevant specialties.

Reputation and Reviews: Check online reviews and testimonials from previous patients to gauge the clinic's reputation.

Accessibility and Location: Choose a clinic that is conveniently located and accessible to you.

Insurance Coverage: Verify that your insurance covers services at the chosen clinic.

Conclusion

Successful physical therapy at 1775 Grand Concourse requires a collaborative approach between the patient and the therapist. By following best practices, setting realistic expectations, and actively participating in the treatment plan, you can significantly improve your chances of a successful recovery. Remember to choose a reputable clinic with experienced and qualified therapists.

FAQs

1. What types of conditions are treated at 1775 Grand Concourse physical therapy clinics? A wide range of musculoskeletal conditions, including sports injuries, post-surgical rehabilitation needs, and chronic pain. Specific services may vary depending on the clinic.
1. How long does physical therapy typically last? The duration varies greatly depending on the severity of the condition, the individual's response to treatment, and their commitment to the home exercise program.
1. What should I expect during my first appointment? A thorough evaluation, including a medical history review, physical examination, and discussion of your goals.
1. What types of exercises will I do? Exercises are tailored to your specific needs and will focus on improving strength, flexibility, range of motion, and functional movement.
1. Will physical therapy hurt? You should experience some discomfort, but not severe pain. Communicate any discomfort immediately to your therapist.
1. What if I miss an appointment? It's important to attend all scheduled appointments for optimal results. Notify the clinic as soon as possible if you need to reschedule.

1. How much does physical therapy cost? Costs vary depending on the clinic, the type of services needed, and your insurance coverage.
1. What should I wear to my physical therapy appointments? Comfortable, loose-fitting clothing that allows for easy movement.
1. How can I find a physical therapist at 1775 Grand Concourse? Search online for "physical therapy 1775 Grand Concourse" or check insurance provider directories.

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1775 grand concourse physical therapy: *The Harvard Medical School Guide to Tai Chi* Peter M. Wayne, PhD, 2013-04-09 A longtime teacher and Harvard researcher presents the latest science on the benefits of T'ai Chi as well as a practical daily program for practitioners of all ages. Conventional medical science on the Chinese art of T'ai Chi now shows what T'ai Chi masters have known for centuries: regular practice leads to more vigor and flexibility, better balance and mobility, and a sense of well-being. Cutting-edge research from Harvard Medical School also supports the long-standing claims that T'ai Chi also has a beneficial impact on the health of the heart, bones, nerves and muscles, immune system, and the mind. This research provides fascinating insight into the underlying physiological mechanisms that explain how T'ai Chi actually works. Dr. Peter M. Wayne, a longtime T'ai Chi teacher and a researcher at Harvard Medical School, developed and tested protocols similar to the simplified program he includes in this book, which is suited to people of all ages, and can be done in just a few minutes a day. This book includes: • The basic program, illustrated by more than 50 photographs • Practical tips for integrating T'ai Chi into everyday activities • An introduction to the traditional principles of T'ai Chi • Up-to-date summaries of the research on the health benefits of T'ai Chi • How T'ai Chi can enhance work productivity, creativity, and sports performance • And much more

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1775 grand concourse physical therapy: First Ladies Betty Caroli, 2010-07-15 Betty Boyd Caroli's engrossing and informative First Ladies is both a captivating read and an essential resource for anyone interested in the role of America's First Ladies. This expanded and updated fourth edition includes Laura Bush's tenure, Hillary Clinton's 2008 presidential bid, and an in-depth look at Michelle Obama, one of the most charismatic and appealing First Ladies in recent history. Covering all forty-one women from Martha Washington to Michelle Obama and including the daughters, daughters-in-law, and sisters of presidents who sometimes served as First Ladies, Caroli explores each woman's background, marriage, and accomplishments and failures in office. This remarkably diverse lot included Abigail Adams, whose remember the ladies became a twentieth-century feminist refrain; Jane Pierce, who prayed her husband would lose the election; Helen Taft, who insisted on living in the White House, although her husband would have preferred a judgeship; Eleanor Roosevelt, who epitomized the politically involved First Lady; and Pat Nixon, who perfected what some have called the robot image. They ranged in age from early 20s to late 60s; some received superb educations for their time, while others had little or no schooling. Including the courageous and adventurous, the emotionally unstable, the ambitious, and the reserved, these women often did not fit the traditional expectations of a presidential helpmate. Here then is an engaging portrait of how each First Lady changed the role and how the role changed in response to American culture. These women left remarkably complete records, and their stories offer us a window through which to view not only this particular sorority of women, but also American women in general. Impressive...Caroli's profiles and observations of American first ladies and their relationship to the media are intelligent and perceptive. --Philadelphia Inquirer

1775 grand concourse 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 physical therapy: Tirumantiram, a Tamil Scriptural Classic ஸ்ரீராமகிருஷ்ண பாரதி, 1991 Translation of a Tamil canonical work of the Saiva Siddhanta school in Hindu

philosophy, with interpretive notes.

1775 grand concourse physical therapy: Jung and the Making of Modern Psychology

Sonu Shamdasani, 2003-12-11 Occultist, Scientist, Prophet, Charlatan - C. G. Jung has been called all these things and after decades of myth making, is one of the most misunderstood figures in Western intellectual history. This book is the first comprehensive study of the origins of his psychology, as well as providing a new account of the rise of modern psychology and psychotherapy. Based on a wealth of hitherto unknown archival materials it reconstructs the reception of Jung's work in the human sciences, and its impact on the social and intellectual history of the twentieth century. The book creates a basis for all future discussion of Jung, and opens new vistas on psychology today.

1775 grand concourse 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 physical therapy: China In World History S. A. M. Adshead,

2016-01-13 A novel approach to Chinese history is adopted here, in that the theme of the book is China's relations with the non-Chinese world, not only political and economic, but cultural, social and technological as well. It seeks to show that China's history is part of everyone's history. In particular it traces China's relationship since the thirteenth century to the emergent world order and the various world institutions of which that order is composed. Each chapter discusses China's comparative place in the world, the avenues of contact between China and other civilizations, and who and what passed along these channels.

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Services Administration, 2010 Use this guide to get help with consumer purchases, problems and complaints. Find consumer contacts at hundreds of companies and trade associations; local, state, and federal government agencies; national consumer organizations; and more.

1775 grand concourse physical therapy: Biology as Society, Society as Biology: Metaphors

Sabine Maasen, E. Mendelsohn, P. Weingart, 2013-12-01 not lie in the conceptual distinctions but in the perceived functions of metaphors and whether in the concrete case they are judged positive or negative. The ongoing debates reflect these concerns quite clearly~ namely that metaphors are judged on the basis of supposed dangers they pose and opportunities they offer. These are the criteria of evaluation that are obviously dependent on the context in which the transfer of meaning occurs. Our fundamental concern is indeed the transfer itself~ its prospects and its limits. Looking at possible functions of metaphors is one approach to understanding and elucidating sentiments about them. The papers in this volume illustrate, by quite different examples, three basic functions of metaphors: illustrative, heuristic~ and constitutive. These functions represent different degrees of transfer of meaning. Metaphors are illustrative when they are used primarily as a literary device, to increase the power of conviction of an argument, for example. Although the difference between the illustrative and the heuristic function of metaphors is not great, it does exist: metaphors are used for heuristic purposes whenever differences of meaning are employed to open new perspectives and to gain new insights. In the case of constitutive metaphors they function to actually replace previous

meanings by new ones. Sabine Maasen in her paper introduces the distinction between transfer and transformation.

1775 grand concourse physical therapy: Complexity Explained Peter Erdi, 2007-11-09 This book explains why complex systems research is important in understanding the structure, function and dynamics of complex natural and social phenomena. It illuminates how complex collective behavior emerges from the parts of a system, due to the interaction between the system and its environment. Readers will learn the basic concepts and methods of complex system research. The book is not highly technical mathematically, but teaches and uses the basic mathematical notions of dynamical system theory, making the book useful for students of science majors and graduate courses.

1775 grand concourse physical therapy: Spaces of Experience Charlotte Klonk, 2009-01-01 This fascinating study of art gallery interiors examines the changing ideals and practices of galleries in Europe and North America from the 18th to the late 20th century. It offers a detailed account of the different displays that have been created—the colors of the background walls, lighting, furnishings, the height and density of the art works on show—and it traces the different scientific, political and commercial influences that lay behind their development. Charlotte Klonk shows that scientists like Hermann von Helmholtz and Wilhelm Wundt advanced theories of perception that played a significant role in justifying new modes of exhibiting. Equally important for the changing modes of exhibition in art galleries was what Michael Baxandall has called “the period eye,” a way of seeing informed by the impact of new fashions in interior decoration and by department store and shop window displays. The history of museum interiors, she argues, should be appreciated as a revealing chapter in the broader history of experience.

1775 grand concourse physical therapy: The Living City Roberta Brandes Gratz, 1995-07-19 THE LIVING CITY An intelligent analysis. Sensible, undoctinaire, evengood-humored. An appealing mixture of passion and clinicaldispassion. -Washington Post Book World The best antidote I've read to the doom-and-gloom propheciesconcerning the future of urban America. -Bill Moyers This is fresh and fascinating material; it is essential forunderstanding not only how to avoid repeating terrible mistakes ofthe past, but also how to recover from them. -Jane Jacobs, author of The Death and Life of Great AmericanCities From coast to coast across America there are countless urbansuccess stories about rejuvenated neighborhoods and resurgentbusiness districts. Roberta Brandes Gratz defines the phenomenon asurban husbandry-the care, management, and preservation of thebuilt environment nurtured by genuine participatory planningefforts of government, urban planners, and average citizens.

1775 grand concourse physical therapy: Nerves and Narratives Peter Melville Logan, 1997 This highly original study historicizes the novel in just the way I think it needs to be historicized--as the inaugural event in the history of mass culture.--Nancy Armstrong, coauthor of The Imaginary Puritan

1775 grand concourse physical therapy: Easier English Student Dictionary Peter Hodgson Collin, 2003 Over 35,000 terms, clearly defined.

1775 grand concourse physical therapy: A New Understanding of Terrorism M.R. Haberfeld, Agostino Hassell, 2009-07-09 Terrorism is a complex phenomenon that cannot be understood through reading of a number of unrelated academic articles or a dry overview of the history of terrorism or the investigative techniques. For A New Understanding of Terrorism, the Editors have chosen a different paradigm. They have selected numerous case studies from actual events that illustrate various typologies of terrorist actions, be it from a separatist, nationalist, lone-wolf individual terrorist, religious fanatics or environmentalist orientation, and they present these cases within the context of following the trajectories of the terrorist activity, the terrorist act itself and, the response to the event from the relevant authorities. Some chapters concentrate on terrorist attacks that actually took place, others speculate about the possibilities of an attack occurring sometime in the future, such as the chapters on the Olympic Games, Aviation or Rail Security. When possibilities rather than a specific event are discussed, the authors of these chapters

draw the attention of the reader towards the same direction—the reasoning, the actual event and the response that followed. The thorough analysis of the presented case studies and the applied counter-measures will, hopefully, if not curtail then possibly at least mitigate the operational and ideological strength of terrorist groups or individual actors. A New Understanding of Terrorism will enable the reader to make the connection between the emotional charge inherent in any terrorist activity, the cold-blooded tactics that lead to the terrorist event itself and the pragmatic and very straightforward, but at the same time very simplistically designed, strategic response that has to come from a synergy between academics, military and law enforcement brainstorming design in order to be more effective in the future. ABOUT THE EDITORS: M.R. (Maki) Haberfeld is a Professor of Police Science at John Jay College of Criminal Justice in New York City. She has worked for the U.S. Drug Enforcement Administration, in the New York Field Office, as a special consultant. Prior to that she has served in a counter-terrorist unit in the Israeli Defense Forces and she left the army at the rank of Sergeant. She was also a lieutenant in the Israel National Police. For the past eight years, Dr. Haberfeld has been involved in developing, coordinating and teaching in a special training program for the New York City Police Department, where she teaches courses in police ethics, leadership and counter-terrorism. She was also an Academic Coordinator of the Law Enforcement Executive Police Institute for the State of New York, where she taught modules on counter-terrorism response. Agostino von Hassell is the president of The Repton Group LLC, a New York City based consulting group that deals mostly with national security issues. He has written numerous political and historical articles and is the author of two major military histories, *Warriors: The United States Marine Corps* and *Strike Force: Marine Corps Special Operations*. In 2003, he published a pictorial portrait of the United States—*In Honor of America*. He has taught as an adjunct professor in the graduate program of John Jay College of Criminal Justice in New York, teaching members of the New York City Police Department in subjects such as counter-terrorism and leadership. He is a life member of the United States Marine Corps Combat Correspondents, the National Defense Industry Association, the Association of Former Intelligence Officers and the Authors' Guild.

1775 grand concours physical therapy: A Vital Rationalist Georges Canguilhem, 2000-04-04 Georges Canguilhem is one of France's foremost historians of science. Trained as a medical doctor as well as a philosopher, he combined these practices to demonstrate to philosophers that there could be no epistemology without concrete study of the actual development of the sciences and to historians that there could be no worthwhile history of science without a philosophical understanding of the conceptual basis of all knowledge. *A Vital Rationalist* brings together for the first time a selection of Canguilhem's most important writings, including excerpts from previously unpublished manuscripts and a critical bibliography by Camille Limoges. Organized around the major themes and problems that have preoccupied Canguilhem throughout his intellectual career, the collection allows readers, whether familiar or unfamiliar with Canguilhem's work, access to a vast array of conceptual and concrete meditations on epistemology, methodology, science, and history. Canguilhem is a demanding writer, but Delaporte succeeds in marking out the main lines of his thought with unrivaled clarity; readers will come away with a heightened understanding of the complex and crucial place he holds in French intellectual history.

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1775 grand concours physical therapy: Gallery of Best Resumes David Franklin Noble, 2004 A showcase collection of 178 outstanding resume samples with a bonus section that includes 16 resumes printed on special papers.

1775 grand concours physical therapy: The History of Bethlehem Jonathan Andrews, Asa Briggs, Roy Porter, Penny Tucker, Keir Waddington, 2013-06-17 Bethlehem Hospital, popularly known as Bedlam, is a unique institution. Now seven hundred and fifty years old, it has been continuously

involved in the care of the mentally ill in London since at least the 1400s. As such it has a strong claim to be the oldest foundation in Europe with an unbroken history of sheltering and treating the mentally disturbed. During this time, Bethlem has transcended locality to become not only a national and international institution, but in many ways, a cultural and literary myth. The History of Bethlem is a scholarly history of this key establishment by distinguished authors, including Asa Briggs and Roy Porter. Based upon extensive research of the hospital's archives, the book looks at Bethlem's role within the caring institutions of London and Britain, and provides a long overdue re-evaluation of its place in the history of psychiatry.

1775 grand concourse physical therapy: *The Haight-Ashbury* Charles Perry, 2005-09 2005 marks the 40th anniversary of San Francisco's Haight-Ashbury district. The psychedelic community was probably the most widely written-about phenomenon of the 1960s apart from the Vietnam War. As unexpected as it was inevitable, the whole event from public manifestation to gaudy collapse happened in less than two years. In this acclaimed, definitive work, Charles Perry examines the history, the drama, and the energy of counter-cultures defining moment. First published by Rolling Stone Press in 1984 and now re-released with a new introduction by the Grateful Dead's Bob Weir to time with Haight-Ashbury's 40th anniversary, this highly acclaimed work is a must-have for anyone interested in the original sex, drugs, and rock n roll lifestyle.

1775 grand concourse physical therapy: *Cleopatra's Barge* David L. Ferguson, 1976 Johannes Kaspar Richter von Kronenscheldt was born in 1644 in Saxony. He emigrated in 1684 and settled in Boston, Massachusetts. He married Elizabeth Allen in 1694. They had five children. He died in 1711. Descendants and relatives lived in Massachusetts, Virginia, Maryland and elsewhere.

1775 grand concourse 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 physical therapy: *Hello Cruel World* Kate Bornstein, 2011-01-04 Celebrated transsexual trailblazer Kate Bornstein has, with more humor and spunk than any other, ushered us into a world of limitless possibility through a daring re-envisionment of the gender system as we know it. Here, Bornstein bravely and wittily shares personal and unorthodox methods of survival in an often cruel world. A one-of-a-kind guide to staying alive outside the box, *Hello, Cruel World* is a much-needed unconventional approach to life for those who want to stay on the edge, but alive. *Hello, Cruel World* features a catalog of 101 alternatives to suicide that range from the playful (moisturize!), to the irreverent (shatter some family values), to the highly controversial. Designed to encourage readers to give themselves permission to unleash their hearts' harmless desires, the book has only one directive: Don't be mean. It is this guiding principle that brings its reader on a self-validating journey, which forges wholly new paths toward a resounding decision to choose life. Tenderly intimate and unapologetically edgy, Kate Bornstein is the radical role model,

the affectionate best friend, and the guiding mentor all in one.

1775 grand concourse physical therapy: My Gender Workbook Kate Bornstein, 1998 With My Gender Workbook, Bornstein brings theory down to earth and provides a practical approach to living with or without a gender. She also takes aim at efforts to naturalize gender differences.

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1775 grand concourse 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 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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