



Complementary Therapies in Geriatric Practice: Selected Topics

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Use these techniques to promote the wellness of your elderly clients! This book explores current trends in alternative therapy and geriatric rehabilitation and the use of complementary and alternative medical (CAM) techniques in physical and occupational treatment sessions with older adults. According to editor Ann Burkhardt, "Rehabilitation and the complementary medicine movement are intrinsically compatible since they both tend to view people holistically-as more than the sum of their component parts. Each philosophy emphasizes quality of life and empowers people to participate in life change and health enhancement." In addition to describing the science behind alternative and complementary therapies and discussing indications and contraindications, *Complementary Therapies in Geriatric Practice* presents a number of different therapeutic approaches, including:

- energy therapies
- Tai Chi
- mental rehearsal
- incorporating spirituality into occupational therapy practice
- occupational therapy as a means to wellness for the elderly

By providing information about these topics and more, *Complementary Therapies in Geriatric Practice* will help you expand the possibilities of your geriatric rehabilitation practice and bring about more positive outcomes for your patients!

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