

Presented by David Ornstein PT, DPT, OCS, CSCS

In this presentation we will discuss how we as Physical Therapists can help our patients and clients move better and recover faster. Topics of discussion will include sleep hygiene, water intake, dietary changes, and the practice of mindfulness. Emphasis will be placed on how patient education regarding these topics can help the patient and client achieve their movement goals.

Objectives:

- Review the health risks associated with physical inactivity
- Discuss the barriers associated with physical activity
- Explore strategies to mitigate these barriers
- Investigate the research surrounding sleep hygiene, dietary changes, hydration and the practice of mindfulness and their effect on recovery
- Discuss how to translate this information into clinical practice to help your patient's and clients move better and recover faster!

Dr. David Ornstein is a Physical Therapist working at Performance Physical Therapy in Rhode Island. He graduated from the University of Vermont with a Bachelor of Science in Exercise and Movement Science and Doctorate of Physical Therapy. After graduating, he completed an Orthopedic Residency through Evidence in Motion and is currently enrolled in a Fellowship of Sports and Orthopedic Manual Therapy through the Institute of Athletic Regeneration. He serves as founding faculty of the Performance Physical Therapy Orthopedic Residency, adjunct faculty for Bryant University's Physician Assistant program and Bay State College's Physical Therapy Assistant program.

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