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Nota di contenuto	Demography of Disability in America -- International Assessments of Disability Prevalence.-The International Classification of Functioning, Disability and Health -- Introduction to Mobility Limitations.-Social Barriers -- Environmental Barriers -- Consumer Perspectives on Disability.-Health Disparities -- Secondary Conditions -- Physical and Environmental Accessibility.-Attitudes of Providers and Employers -- Equal Access and Opportunity -- Physical Therapy and Rehabilitation.- Improving Community Integration and Participation -- Improving Educational Opportunities -- Assistive Devices.-New Technologies -- Exercise and Alternative Strategies for Improved Health -- Health Literacy.-Health Provider Cultural Change for Improved Health.- Transportation.-Nutrition -- Community Health Programs -- Model Exercise Programs -- Psychological and Behavioral Health Support

Sommario/riassunto

This practice-enhancing resource assembles a robust evidence base on the state of disability and mobility limitations today, spotlighting common barriers to improved health among people with disabilities and new directions in reducing them. Its lifespan/advocacy approach to promoting exercise and reducing health disparities puts equal focus on the roles of medical and social factors in fostering the cycle of disability. From recognizing these challenges, the book surveys current innovations in assistive technologies, educational interventions, and modified exercise and sports programs geared toward increased functioning and improved quality of life. These developments can also contribute to a better understanding by employers, policymakers, and the public of this large, diverse, yet below-the-radar population. Included among the topics: · The demographics of disability and mobility limitations · Improving community integration and participation · Environmental issues in exercise promotion · Medical imaging for persons with mobility limitations · A model of human cognitive biases and complacency towards opportunities for the disabled · Physical activity, chronic conditions, and disabilities across the US population The range of examples featured here suggests both substantial gains being made and issues needing further work. *Advances in Exercise and Health for People with Mobility Limitations* is an important idea book for public health practitioners and educators, disability and rehabilitation researchers, clinicians and sports medicine practitioners, and disability advocates. .
