## References

- Anderko L, Roffenbender JS, Goetzel RZ, Millard F, Wildenhaus K, et al. Promoting Prevention Through the Affordable Care Act: Workplace Wellness. Prev Chronic Dis 2012;9:120092. DOI: <a href="http://dx.doi.org/10.5888/pcd9.120092">http://dx.doi.org/10.5888/pcd9.120092</a>. <a href="http://www.cdc.gov/pcd/issues/2012/12\_0092.htm">http://www.cdc.gov/pcd/issues/2012/12\_0092.htm</a>.
- 2. Barnes, PM, Bloom B, Nahin, RL. 2008. CAM Use among adults and children: US, 2007. CDC National Health STT Report #12.
- 3. Brown, A. and Green T.D. (2011). The Essentials of Instructional Design.

  Connecting Fundamental Principles with Process and Practice. 2<sup>nd</sup> ed. Pearson Education.
- 4. Chueh H, Barnett GO. "Just-in-time" clinical information. Acad Med. 1997 Jun; 72(6):512-7.
- 5. Clark, D. (nd). Cognitive Task Analysis: Mapping the Performance. <a href="http://www.nwlink.com/~donclark/hrd/isd/cognitive-task-analysis.html">http://www.nwlink.com/~donclark/hrd/isd/cognitive-task-analysis.html</a> last cited December 1, 2015.
- 6. Collison G, Elbaum B, Haavind S, Tinker R. Facilitating Online Learning: Effective Strategies for Moderators. Madison, Wis: Atwood Publishing; 2000.
- 7. Cook, D.A. and Dupras, D.M., 2004. A practical guide to developing effective web-based learning. *Journal of general internal medicine*, **19**(6), pp. 698-707.Garner, G. (2001). Medical Therapeutic Yoga from Professional Yoga Therapy Institute. Course Manuals Volumes I-IV.
- 8. Dean, E., 2009. Physical Therapy In The 21st Century (Part I): Toward Practice Informed By Epidemiology And The Crisis Of Lifestyle Conditions. *Physiotherapy Theory And Practice*, 25(5-6), Pp. 330-353.
- Dean, E., Al-Obaidi, S., De Andrade, A.D., Gosselink, R., Umerah, G., Al-Abdelwahab, S., Anthony, J., Bhise, A.R., Bruno, S., Butcher, S., Fagevik-Olsen, M., Frownfelter, D., Gappmaier, E., Gylfadottir, S., Habibi, M., Hanekom, S., Hasson, S., Jones, A., Lapier, T., Lomi, C., Mackay, L., Mathur, S., O'donoghue, G., Playford, K., Ravindra, S., Sangroula, K., Scherer, S., Skinner, M. And Wong, W.P., 2011. The First Physical Therapy Summit On Global Health: Implications And Recommendations For The 21st Century. *Physiotherapy Theory And Practice*, 27(8), Pp. 531-547.
- 10. Evaluation Toolbox (2016). Post Activity Questionnaire Template.

  <a href="http://evaluationtoolbox.net.au/index.php?option=com\_content&view=article&id=58&Itemid=154">http://evaluationtoolbox.net.au/index.php?option=com\_content&view=article&id=58&Itemid=154</a> Last sourced April 1, 2016.
- 11. Garner, G & Drummond, J. 2014. History of PT and Future of Wellness Services in PT. <a href="http://www.gingergarner.com/2014/08/08/future-wellness-services-within-physical-therapy-live-interview/">http://www.gingergarner.com/2014/08/08/future-wellness-services-within-physical-therapy-live-interview/</a>. Last cited April 1, 2016.

- 12. Garner, G. 2014. The Role of Partnership in Creativity from: Fostering Creativity in Rehabilitation. Ed. Taylor, M. Nova Press, NYC.
- 13. Garner, G. (expected publication June, 2016). Medical Therapeutic Yoga: Biopsychosocial Rehabilitation and Wellness Care. Handspring Pub, Ltd. Scotland.
- 14. Hanover Research Council (HRC) (2009). Best Practices in Online Teaching Strategies. Washington D.C. <a href="http://www.uwec.edu/AcadAff/resources/edtech/upload/Best-Practices-in-Online-Teaching-Strategies-Membership.pdf">http://www.uwec.edu/AcadAff/resources/edtech/upload/Best-Practices-in-Online-Teaching-Strategies-Membership.pdf</a>. Last sourced February 28, 2016.
- 15. Institute Of Medicine., 2011. Committee On Advancing Pain Research, Care, And Education. Relieving pain in America: A blueprint for transforming prevention, care, education, and research.
- 16. Jette AM, 2006. Toward a common language for function, disability, and health. *Physical Therapy*, 86(5), pp. 726. <a href="http://ptjournal.apta.org/content/86/5/726.long">http://ptjournal.apta.org/content/86/5/726.long</a>
- 17. Kamper, S.J., Apeldoorn, A.T., Chiarotto, A., Smeets, R.J., Ostelo, R.W., Guzman, J. And Van Tulder, M.W., 2015. Multidisciplinary Biopsychosocial Rehabilitation For Chronic Low Back Pain: Cochrane Systematic Review And Meta-Analysis. *Bmj* (Clinical Research Ed.), 350, Pp. H444.
- 18. Maslow, A. (1954). Motivation and Personality. New York: Harper.
- 19. Miciak, M., Gross, D.P. And Joyce, A., 2012. A review of the psychotherapeutic 'common factors' model and its application in physical therapy: the need to consider general effects in physical therapy practice. *Scandinavian Journal of Caring Sciences*, 26(2), pp. 394-403.
- 20. Morrison, G.R., Ross, S.M. and Kemp, J.E. (2006). Designing effective instruction, 4<sup>th</sup> edition. Hoboken, NJ: John Wiley & Sons.
- 21. Nelson RM. The next evolution. *Phys Ther.* 2013;93(10):1415-1425. doi: 10.2522/ptj.2013.mcmillan.lecture [doi].
- 22. Pelz, B. (2004). (My) Three Principles Of Effective Online Pedagogy, Journal of Asynchronous Learning Networks, Volume 8, Issue 3: June 2004.
- 23. Pergolizzi, J., Ahlbeck, K., Aldington, D., Alon, E., Coluzzi, F., Dahan, A., Huygen, F., Kocot-Kepska, M., Mangas, A.C., Mavrocordatos, P., Morlion, B., Muller-Schwefe, G., Nicolaou, A., Perez Hernandez, C., Sichere, P., Schafer, M. And Varrassi, G., 2013. The Development Of Chronic Pain: Physiological Change Necessitates A Multidisciplinary Approach To Treatment. *Current Medical Research And Opinion*, 29(9), Pp. 1127-1135.
- 24. Pomeroy. C. (Lecture) 2012. Health Disparities and Social Justice: A Call To Action for Academic Health Centers. Prioritizing Health Disparities in Medical Education to Improve Care. New York Academy of Sciences. October 2, 2012.
- 25. Report to Congress on Workplace Wellness. 2013.5.1. <a href="https://aspe.hhs.gov/basic-report/report-congress-workplace-wellness">https://aspe.hhs.gov/basic-report/report-congress-workplace-wellness</a>. Last sourced February 1, 2016.

- 26. Sandars, J. and Lafferty, N.. (2010). Twelve Tips on usability testing to develop effective e-learning in medical education. *Medical teacher*, 32(12), pp. 956-960.
- 27. Sanders, T, Foster, NE, Bishop, A, and Ong, BN., 2013. Biopsychosocial care and the physiotherapy encounter: physiotherapists' accounts of back pain consultations. BMC Musculoskelet Disord. 14: 65.
- 28. Shumpert, K, Hunt, B, and Hall, ME., 2009. Examination of the role of health promotion in physical therapy. <a href="http://msahperd.com/wp-content/uploads/2013/10/An-Examination-of-the-Role-of-Health-Promotion-in-Physical-Therapy.pdf">http://msahperd.com/wp-content/uploads/2013/10/An-Examination-of-the-Role-of-Health-Promotion-in-Physical-Therapy.pdf</a>
- 29. Smith and Ragan (2004). Instructional Design, 2<sup>nd</sup> edition. Hoboken, NJ: Wiley & Sons.
- 30. Taylor, M. 2014. Fostering Creativity in Rehabilitation. Nova Press, NYC.
- 31. The ACA and Wellness Programs Fact Sheet. <a href="http://www.dol.gov/ebsa/newsroom/fswellnessprogram.html">http://www.dol.gov/ebsa/newsroom/fswellnessprogram.html</a>. Last sourced February 1, 2016.
- 32. US Department of Health & Human Services. Preventive Care. <a href="http://www.hhs.gov/healthcare/about-the-law/preventive-care/index.html">http://www.hhs.gov/healthcare/about-the-law/preventive-care/index.html</a>. Last sourced February 1, 2016.
- 33. Wellness Programs. <a href="https://www.healthcare.gov/glossary/wellness-programs/">https://www.healthcare.gov/glossary/wellness-programs/</a> Last sourced February 1, 2016.
- 34. World Health Organization. 2002. *Towards a common language for functioning, disability and health: ICF.* Geneva: World Health Organisation.
- 35. Yoga in America 2008. Market Study. Harris Interactive Service Bureau.
- 36. Yoga in America 2012. Market Study. Harris Interactive Service Bureau.
- 37. Yoga in America 2016. Market Study. Harris Interactive Service Bureau.