

NEUROMUSCULOSKELETAL EXAMINATION AND ASSESSMENT

Nicola J Petty and Ann P Moore, Churchill & Livingstone, Edinburgh, 1998

This book will be of great value for both undergraduates and post graduate physiotherapists. It is a most comprehensive book on examinations and assessments, and has put together the works of a number of clinical and manipulative therapists who have gained recognition for their outstanding work such as **Butler, Cyriax, Edwards, Elvey, Grieve, Jull, Kaltenborn, McConnell, McKenzie, Maitland, Mulligan, Richardson, Sahrman and Stoddard.**

All aspects of assessments are covered with special attention given to the ques-

tion and answer technique. Each area of examination is a chapter on its own and includes:

1. The possible causes of pain and/or limitations.
2. The subjective examination includes the following body chart, behaviour of symptoms, special questions, history of the present condition, past medical history, social and family history and plan of the physical examination.
3. The physical examination contains the following: observation, joint tests, muscle tests, special tests, functional ability,

palpation and passive accessory inter-vertebral movements.

The book is user friendly and well written.

Each examination test is demonstrated by an excellent photograph or drawing.

This is the kind of book that should be available in busy physiotherapy practices and departments to be used regularly as it will enhance the assessment skills of the user thus making the treatment relevant and of a high standard.

RENATE VAN RENSBURG

STEPS TO FOLLOW

THE COMPREHENSIVE TREATMENT OF PATIENTS WITH HEMIPLEGIA

Patricia M Davies, Berlin, Springer-Verlag, 2000

The long awaited second edition of **Steps to Follow** has been expanded by more than 200 pages and 248 additional photographs and is extensively references. Whilst retaining the much appreciated format of the previous edition, this new edition has been completely revised and includes many expanded chapters and some new ones.

In her preface, the author reflects on the validity (or lack thereof) of many current assumptions about the rehabilitation process in hemiplegia, and sets the tone for a book, which is both thoughtful and challenging. The author's concern regarding the quality of life for persons with hemiplegia is made clear from the first chapter, which stresses how disturbed perception interferes with not only posture and movement, but also many other aspects of effectual behaviour and learning. Integration of activity in function is emphasised from the beginning and the section on therapeutic guiding has been expanded in order to show how suitable task selection, coupled with manual guidance which enables the patient to explore the problem-solve, can enhance the ability to interact with the environment.

The chapter on normal movement sequences and balance reactions has also been expanded to include a section on task-oriented arm and hand movements.

In chapter 3, on abnormal movement patterns in hemiplegia, the section on abnormal tone has been re-written to explore more recent theories on the nature of tone. Mention is made here of abnormal tension in the nervous system, which is dis-

cussed in detail later in the book. This is also mentioned in the following chapter on assessment. The excellent chapters on treatment in the acute phase, on normalising tone and teaching selective movement, and on retraining balance reactions have been enhanced by some additional activities and several new photographs, as well as by discussion on more controversial issues. In particular, discussion on the use of a rolled bandage under the toes has been expanded to include the biomechanics of the foot during stance and walking, and should dispel any concerns about this helpful aid to treatment. At the end of each chapter the section on considerations has been re-written to include discussion based upon recent publications. There are new sections on retraining selective flexion of the arm and hand and on using specific therapeutic activities in the chapter on encouraging the return of activity in the arm and hand.

The chapter on re-educating functional walking has been extensively re-written, with more in-depth problem-analysis. New ideas on orthoses have also been included. The chapters on some activities of daily living and on mat activities remain relatively unchanged but the former now includes a useful section on putting on a brassiere – something that many of our female patients find difficult to master.

Material on the shoulder and the hand has been extensively revised, within-depth discussion of the two as separate entities and with explanation of the role which adverse neural tension may play.

In chapter on the pusher syndrome there

is a new section on predisposing factors and several new ideas for treatment.

One of the most noticeable and valuable additions to the book is the completely new 40-page chapter on mobilisation of the nervous system. This section explains the biomechanics and pathophysiology of the nervous system and shows in detail how this knowledge can be incorporated in evaluation of the patient with hemiplegia, and how mobilisation of the nervous system can be integrated into treatment. This new information is also included in the greatly enlarged chapter on maintaining and improving mobility at home.

The layout of the new edition is modern and attractive and makes for easy reference. The way in which it is written and referenced makes it suitable for both experienced therapists and students. It is an essential purchase for all those therapists (physiotherapy, occupational therapy and speech) who are involved in the rehabilitation of adults with neurological disorders. The many doctors, nurses and relatives of patients, who derived so much insight as well as practical ideas from the first edition, will find the new edition even more helpful.

The first edition of this book was published in nine languages and sold many hundreds of thousands of copies. This second edition looks set to achieve new records.

Finally – all too often readers skip the forward to professional book. The forwards by Professor Jurg Kesselring may not be the easiest of reading, but it is well worth the effort.

SHEENA IRWIN-CARRUTHERS