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“Physical Management for Neurological Conditions” is the 4th Edition of this popular textbook. The new edition has been updated and revised by internationally recognised clinicians and researchers and continues to maintain its scientific and research base and although there is a focus towards physiotherapy the book would also benefit wider multi-disciplinary team members, especially Occupational Therapists. There are continued use of references, case studies and example programmes, this book provides a selection of tools using evidence based practice approaches to assess and treat neurological conditions.

The 4th edition uses internationally case studies and research from around the world to bring the publication up to date. There are 8 new chapters in addition 4.

The chapters included in this text:

1. Guiding Principles in Neurological Rehabilitation

This chapter explains the conceptual framework including the Who International Classification of Functioning, Disability and Healthl (ICF), The value of participation, Team, Person-Centre Care, Prediction, Neural plasticity, A Systems Model for Motor Control, Functional Movement re-Education, Skills Acquisition, Self-Management and Heal h promotion.

1. Common Impairments and the Impact on Activity

Features common impairment’s that can have an impact on the quality of life of people with a neurological condition with strategies around understanding and managing these.

1. Observation and Analysis of Movement

Review all voluntary movements, from walking to sit to stand, reach and grasp and rolling along with the postural control required for these actions, this chapter highlights the complex connection of biomechanics, neuronal and cognition required, this illustrates deviations which can be observed in different neurological conditions.

1. Measurement Tools

Focuses on different measurement tools which are the basis of evidence based practice, it acknowledges that there are many (too many) measurements tools and that research will continue to be updated.

1. Goal Setting in Rehabilitation

Using a health coaching approach in formulation of client centred goals and examples of Multi-Disciplinary Team Rehabilitation Goals, along with commonly used scales and key points.

1. Respiratory Management

Discusses the common problems in neurological conditions that affect respiration and also reviews the central nervous systems control of breathing along with Physiotherapy techniques and potential treatment effects.

1. Stroke
2. Traumatic Brain injury
3. Spinal Cord Injury
4. Multiple Sclerosis
5. Parkinsons
6. Inherited Neurological Conditions

This chapter provides an overview of three inherited conditions: Huntingdon’s disease (HD), hereditary ataxias (spinocerebellar ataxias, Friedreich’s ataxia) and hereditary spastic Para paresis.

1. Motor Neurone Disease

This chapter Reviews genetic, environmental factors, diagnosis, signs, symptoms and clinical presentation, diseases specific measurements and prognosis along with treatment selection and secondary complications.

1. Polyneuropathies
2. Muscle Disorders

This chapter focuses on a large number of rare and usually progressive conditions leading to physical disability and often reduced life expectancy, this chapter uses Duchenne muscular dystrophy as an example of how a muscle disease can affect a person and an outline the management of a Muscle Disorder.

1. Functional Motor Disorders

A new and welcome addition providing a detailed background and specific treatment ideas for what is becoming a common cause of disability seen in practice. The importance of a multi-disciplinary approach along with a biopsychosocial understanding is paramount.

1. Self-Management
2. Virtual Rehabilitation

Another new chapter highlighting recent research in the field of Virtual reality and interactive gaming as new ways of providing an assessment, rehabilitation and training approach that could be used across different ages and abilities. This chapter looks at the current technology available and its application in practice.

1. Falls and Their Management
2. Physical Activity and Exercises in Neurological Rehabilitation
3. Vestibular Rehabilitation
4. Pain Management
5. Clinical Neuropsychology in Rehabilitation
6. Complex Case Management

This chapter concentrates on three advanced topics and like all other chapters is pinned with a theoretical background section and case study presentation.

The book is engaging and a pleasure to read, some readers may initially be off put with the lack of colour in the text however this can be overcome quite quickly. Key points, case studies, photos, tables and diagrams break up the text making the reader engage with the publication. A summary is featured at the end of every chapter and self-assessment questions feature throughout.

This text is an ideal addition for students, new practitioners as well as already established clinicians/ departments due to the multitude of up to date evidence based practice from internationally recognised clinicians and researchers. Useful links to research, websites and resources feature throughout the text.