

# Physiotherapy & Occupational Therapy for People with Cerebral Palsy

*Karen Dodd, Christine Imms, Nicholas Taylor (Eds). Publisher, Mac Keith Press, 2010. ISBN: 978-1-898683-68-1. Soft cover, 256 pages. RRP: \$67.99 (\$49.99 on special).*

This book is a practical resource for physiotherapists and occupational therapists who work with children and adults with cerebral palsy and their families. It would also be useful for therapy and medical students, paediatricians, general practitioners and other health professionals who work with people with cerebral palsy and their families. It is a text intended for therapists but one which takes a broad big picture view, and is problem based. It does not get bogged down in detailed therapy jargon or biomechanical analysis but instead covers a wide range of considerations – and includes references for those seeking further detail on a specific topic. Medical journal reviews have recommended the book as useful for paediatricians or other specialists who might be prescribing an unfamiliar intervention for the first time.

Part 1 (the first four chapters) provides the background to the clinical reasoning approach that informs the whole text, as well as an overview of therapeutic interventions and a chapter entitled “Understanding the family’s perspective”. The subsequent chapters (Part 2-4) use case studies to present clinical situations that therapists will encounter in the course of their work with individuals with cerebral palsy – as infants, pre-schoolers, school aged and adolescents, and as adults. There is a general discussion of some specific interventions (such as modified constraint induced therapy, the role of botulinum toxin-A and strength training among others) again discussed around a case study. I liked the functional, case based approach. The appendix is useful and includes a summary of assessment tools which I found really helpful (good for including in reports).

The themes emphasized throughout the book are the use of the clinical reasoning approach of the intervention process model, the International Classification of Functioning, Disability and Health as a framework to help therapists inform patient and family decision-making, family-centred approaches in developing and implementing therapeutic strategies, and multidisciplinary team work. From the perspective of a physiotherapist the book has a nice balance of Occupational Therapy and Physiotherapy input. There are a wide range of contributors (mainly Australia based) and several “big names” (Professor Kerr Graham and Dr Margaret Mayston). Potential criticisms may include that coverage may err on the side of breadth over depth. However I found that the balance was appropriate given the goals of the text and where I wanted more detail there was appropriate referencing. There is a very brief mention of cultural considerations (p 36).

In summary: a book well worth having around. It would be an excellent book to have on hand for new comers to a paediatric service (therapists and medical students, new registrars or consultants). As an “intermediate level” therapist I found reading the book taught me some things I didn’t know; reminded me of many things I know a bit about but don’t do fully, well enough or frequently enough; and also confirmed

some things for me. I think it would have something for everyone. I would recommend that hospital libraries or services have a copy on hand for staff. It is not a detailed manual for therapy (and nor could it be in 256 pages) but it is certainly a well-written, cleverly constructed and considered presentation of some aspects of our amorphous field.

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## Treat Your Own Shoulder

*Robin McKenzie, Grant Watson, Robert Lindsay. Spinal Publications New Zealand Ltd, Raumati Beach, NZ 2009. Softcover. ISBN: 978-0-9582692-5-4. RRP: NZ\$27.00*

‘Treat Your Own Shoulder’ is the 3<sup>rd</sup> book in the ‘Treat Your Own...’ series written by Robin McKenzie. ‘Treat Your Own Shoulder’ continues the self-management principals of ‘Treat Your Own Neck’ and ‘Treat Your Own Back’, based on the philosophy of McKenzie and the principles of Mechanical Diagnosis and Therapy.

The target market is for people who have suffered from recurrent or chronic shoulder pain or limited shoulder function due to loss of mobility. It would also however be extremely useful to any musculoskeletal clinician who assesses and treats shoulder injuries as the ‘educational’ component and emphasis on posture and the effects of posture on the shoulder girdle is very well worded and potentially extremely valuable.

The 1<sup>st</sup> chapter gives an introduction to the complexity of a shoulder complaint and ensures that the information contained in the book is suitable and appropriate to the reader. It allows the reader to ascertain whether their shoulder pain originates from the shoulder region and provides differentiation from the cervical spine as a source of possible pain by the use of several easy tests that the reader can perform on themselves. It also allows the reader to establish whether they can ‘treat themselves’ independent of a practitioner or whether they may require more specialised treatment from a McKenzie practitioner.

The 2<sup>nd</sup> chapter describes the anatomy and function of the shoulder girdle and educates the reader on ‘mechanical pain’ and tissue damage. This leads in to the 3<sup>rd</sup> chapter which discusses the common causes of shoulder pain with specific reference to the effect of posture on the shoulder girdle and the importance of maintaining a good posture to alleviate the stresses on the shoulder joint. This chapter gives sound information on how to prevent shoulder pain from the various postures that one may adopt in normal daily life and situations.

Chapters 4 -6 detail specific exercise programmes and provides clear instruction and guidelines on how to apply the exercises and the expected responses from the exercise programme. It includes concise guidelines on when to progress the exercises and how to prevent recurrences of shoulder pain.

The book is well written and should be easily understood by the lay person. It does not use medical terminology or jargon in any detail and makes good use of photo’s and diagrams. It is a practical book with plenty of insightful and useful information