

as well as tips for the shoulder pain sufferer to assist them with activities of daily living.

An encouraging aspect of the book is that there is mention in several parts of the book that the reader should seek further assessment if their symptoms are not responding as anticipated and therefore ensures the safety of a lay-person attempting to self-manage their complaint. The book provides the reader with the tools, both from the educational perspective as well as the exercise programme component, to self-manage their complaint without the requirement of any exercise apparatus and thus is both achievable as well as being inexpensive.

I would certainly recommend this book to people suffering from shoulder pain and also I believe the educational component and practical advice contained in the book would allow this book to be a useful tool for musculoskeletal clinicians as well.

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## Functional Movement Development Across the Life Span (3rd Edition)

*Donna J. Cech and Suanne "Tink" Martin. Contributors: Susan V and Timothy Hank. Published 2012, Elsevier Saunders, USA. ISBN 978-1.4160-4978-4. Soft cover book RRP \$117*

The overall purpose of the book is to allow readers to understand normal development of body structures and functions, across the life span from birth to aged adults. The book emphasizes normal development looking at the sequences of physical, social-emotional, and psychological development. The authors then link normal development to clinical implementations and the functional outcome of these, in areas like locomotion and prehension. This third edition continues to be aimed at Physiotherapy and Occupational therapy students but will benefit practitioners alike.

In the first unit the authors make detailed reference to the International Classification of Function, Disability & Health (ICF) keeping readers focussed on function and participation. There are details on the historical and recent theories of motor development leaving the reader with a sound knowledge base.

The second unit focuses on body systems contributing to functional movement including skeletal, muscle, cardiovascular and pulmonary, nervous and sensory systems. There is a chapter dedicated to each system, complete with an overview of the system and changes throughout the life span.

The third unit is a comprehensive review of Functional Movement Outcomes. The authors look firstly at vital functions including homeostasis and the endocrine system. This is followed by posture and balance, locomotion, prehension and general health and fitness. All of these areas are linked back to normal development.

The book is well written and structured in a logical manner. There are four contributors but the book is written in a consistent way. It is easy to either read straight through as a resource or the chapters are organised to enable a

reader to source a specific topic. The index is thorough and comprehensive.

Throughout the book the authors have noted 'Objectives' for the reader at the beginning of the chapter which are met with the reading. The chapter is briefly summarized at the end, which would serve as a useful reminder. References are numerous, up to date and relevant. They are from a variety of sources. Further reading relating to the chapter is then given to stimulate the reader.

Diagrams, photos and tables are frequent throughout. They are of good quality and provide summaries of information or accentuate the understanding of the text. There is reference to clinical implications in each chapter. These provide the reader with a relevant clinical point to further enhance the assimilation of information. Examples of the clinical implications include Osteoporosis Prevention, Hypertension: An Issue for Children and Adults, Assessment of Balance, and Fall Prevention.

This text would be a valuable resource for undergraduates, providing them with a comprehensive overview of functional movement from birth through to aged adults. It has enough information, references and further reading to also act as a refresher and resource for practising therapists. It has a particularly detailed child development section which would be beneficial for those in paediatrics. For physiotherapists who are from an earlier training period this book reinforces participation and function to assist us to further focus on functional goals. I can also see this text being used as an educational tool for physiotherapists who work with other professionals eg teachers, SLTs and therapy assistants.

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