

Musculoskeletal Assessment

Joint Motion and Muscle Testing, Third edition; Hazel M. Clarkson; 2013; Wolters Kluwer/Lippincott Williams & Wilkins; ISBN-13: 978-1-60913-816-5; Soft Cover with Online Resources; 532 pages.

This book is a practical resource in the assessment of joint range of motion (ROM) and muscle strength testing in both a clinical and classroom setting. This third edition provides an online resource for practical testing alongside updated photos and illustrations. Fresh techniques are described in testing ROM of the temporomandibular joint as well as the spine, using calipers, standard inclinometers, tape measures and the Cervical Range-of-Motion Instrument

The book is divided into two sections; the first is regarding principles and methodology of evaluation. A strong introduction is established in the basic application of practical testing, discussing communication; therapist posture; palpation and visual observation. The text continues to describe methods and measurement tools for both ROM and muscle strength testing as a pre-requisite for the following chapters. Interestingly an overview of the similarities between the techniques used for assessment and those used to apply treatment are provided earlier than with the previous edition in chapter two.

Section two focuses on the objective testing of the extremities, head, neck and trunk including the temporomandibular joint. Each chapter covers a specific joint complex and is presented in a systematic order including articulations, movements, and surface anatomy. Active and passive ROM is described as well as muscle length testing of key muscles of each joint complex. Manual strength testing is defined and each chapter provides tabular forms revising muscle actions, attachments and nerve supplies followed by the individual movement testing. Finally, functional application of the techniques is covered emphasizing the ROM required for performance of daily activities. Common compensatory movements that patients often perform are discussed in both sections along with specific tests for these, a valuable resource for clinicians.

Comprehensive photos and illustrations usefully accompany most of the assessment techniques described. The book is structured in a user friendly way with practical tables throughout and learning is promoted through practical examples. The online resources include videos, with clear narrative of the different tests as well as further assessment information, tools and practical recording forms.

The text and supplementary online additions provide an educational and clinical resource that combines joint ROM and manual muscle strength evaluation in one volume. It achieves its aim through visual guidance, clear description of techniques and promoting standardisation and competency in clinical assessment. Overall this would be beneficial for undergraduate physiotherapy students learning and practising techniques and applying these to a clinical setting. Normal ROM values are provided but some pre-requisite knowledge of anatomy is presumed.

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