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## Book Reviews

*Human Locomotion: The Conservative Management of Gait-Related Disorders*

Thomas C. Michaud

Newton Biomechanics, Newton, Massachusetts, U.S.A.

2011

Hardcover, 412pp, Regular Price \$100.00

ISBN: 978-0-615-51645-5

*Human Locomotion* provides an in-depth, referenced analysis of human gait as related to its evolution, function and conservative management. Michaud begins by detailing the evolution of bipedality starting with the earliest ancestors of mankind, and explores theories proposing why humans transitioned from quadrupeds to upright walkers. Structural and functional anatomy of the lower kinetic chain is examined and seamlessly integrated into the evolution of man. Within this context, it allows the reader to appreciate the intricate design of the human body and how evolution has specifically allowed humans to adapt to environmental demands. The next two chapters carefully scrutinize normal and abnormal motions of the gait cycle. The author reviews in detail the various biomechanical events that occur during the different phases of gait and finishes with a thought provoking discussion on the characteristics differentiating sprinters and endurance runners. The section on abnormal motion during the gait cycle is extremely detailed and depicts deviations in the bones and joints of the lower extremity that can perpetuate injury. Biomechanical examination of the lower body is discussed with validity and reliability for many of the tests included. Foot orthotics and the shoe-gear is reviewed before the final chapter delves into an evidence-based approach to treating gait-related conditions. Overall, *Human Locomotion* is an excellent educational journey through human gait from evolution to management. The text is wonderfully detailed, referenced and illustrated and should be high on the list of any clinician, regardless of discipline, interested in furthering their knowledge on the subject.

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*Corrective Exercise Solutions to Common Shoulder and Hip Dysfunction*

Evan Osar

On Target Publications, Aptos, California, U.S.A.

2012

Paperback, 336 pp, Regular Price \$66.97

ISBN: 978-1905367269

*Corrective Exercise Solutions to Common Shoulder and Hip Dysfunction* is a well-received resource for health care practitioners. Upon completion the reader can draw from its principles and methods, easily implementing them into daily practice. Author Evan Osar begins by outlining many of the flaws in current rehabilitation and training programs and discusses more suitable paradigms. The anatomy of the shoulder and hip complexes are reviewed, but it is a cursory overview with many details omitted. The assessment section reviews common movement dysfunctions and their evaluation, but is not intended as a 'cookbook' for the reader, rather as a guide to complement individual practices. Osar then describes the proper development of corrective exercise programs, depicting principles rather than specific methods. In doing so, he provides the reader with underlying concepts that serve as the foundation for all rehabilitation programs, empowering the reader to think independently and apply these concepts in daily practice. Osar then describes specific rehabilitative exercises that can be used to address the most commonly observed movement dysfunctions. The text is well illustrated and accompanied by supplemental online videos. Unfortunately it is poorly bound and there are many formatting and grammatical errors littered throughout. This is a minor complaint however, as Osar's text is a fantastic resource for the rehabilitation professional. Unifying the theories, concepts and practices of many renowned therapists including the likes of Vladimir Janda, Pavel Kolar, Gray Cook, and Shirley Sahrmann, it is a resource that readers will continuously use as a reference for many years.

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*Essentials of Neuroanatomy for Rehabilitation*  
Leah Dvorak, Paul Jackson Mansfield  
Pearson Education, Inc, Upper Saddle River, NJ  
320 pp; \$73.50 CAN  
ISBN-10:0135023882, ISBN-13: 9780135023884

A comprehensive understanding of neuroanatomy and rehabilitation is fundamental in the field of chiropractic medicine. *Essentials of Neuroanatomy for Rehabilitation* aims to present essential neuroanatomy information in a simple and concise manner and to provide clinical relevance to aid in clinical application.

The text consists of sixteen well-organized chapters and is centralized on the theme of simplicity and clinical application. The main strength of this text is that it is written in an extremely clear, simple and effective writing style which is appropriate for chiropractors and students of all levels. The text provides relevant information related to neuroanatomy and does not overburden the reader with excessive details. This can also serve as a limitation for those looking for more in-depth details or treatment recommendations.

I recommend *Essentials of Neuroanatomy for Rehabilitation* to students who are looking to gain a better understanding of neuroanatomy and its application for clinical practice. This book is also recommended for health care professionals who are looking to refresh their knowledge of neuroanatomy on an ongoing basis.

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