
Book Reviews

Gray Cook, with Dr. L. Burton, Dr. K. Kiesel, Dr. G. Rose & M.F. Bryant
Movement: Functional Movement Systems – Screening, Assessing, Corrective Strategies
On Target Publications
Aptos, CA. 2010
ISBN: 978-1931046725
Hardcover, 407 pages, \$69.95
www.movementbook.com

Movement fills a gap in the knowledge about natural authentic movement. It proposes a paradigm shift is required for the way authentic movement patterns are viewed. Instead of dissecting human movement into individual parts, it examines natural movement from a holistic perspective. With this new stance in mind, the author Gray Cook and his team, explain the lack of underlying principles for fundamental movement that exists in fitness and rehabilitation theory to date. Cook's goal is to point out the lack of a standard operating procedure in existence for movement fundamentals and offer up the Functional Movement System to fill the void.

The undisputable theme of this book is quality over quantity, a phrase that Cook incorporates into his philosophy: "First move well, and then move often". This theme is well supported throughout the book as it is one of the underlying principles to Functional Movement Systems. The purpose of these systems is to ensure there is fundamental movement quality instilled before movement quantity is of concern.

Movement could be beneficial to everyone, but the intended audiences are the health care and fitness industries. Professionals such as medical and chiropractic physicians, physical and athletic therapists, personal trainers, coaches, physical educators, and even people looking to become healthier (and not limited to this list) will gain the most from this read.

Porter Brown

Hip and Pelvis Injuries in Sports Medicine
Author: Carlos A. Gaunche
Publisher: Lippincott Williams & Wilkins; 1st edition
(Nov 1 2009)
Hardcover: 304 pages
CAN: \$251.95
ISBN-10: 0781777712

"Hip and Pelvis Injuries in Sports Medicine" is a unique resource, as it seems to be the first to address a recent explosion of knowledge surrounding the hip joint. The contents however, expand the focus encompassing other relevant sports related pathologies that are common to the surrounding anatomy.

The central idea of the text is to acknowledge and discuss in detail the previously unreported and misunderstood conditions in the hip and its anatomically related areas. A particular focus is on hip arthroscopy, as a paradigm shift from more-invasive surgical procedures. The authors also touch on conservative treatment options and post-surgical management protocols. Clear and beautiful diagrams are a quality feature of this text and add to its visual appeal. The roster of accomplished co-authors also adds to the quality of the text.

It would be wise for future editions to include more detailed information on conservative and post-surgical management. If presented in a clear, algorithm-like format and not buried within text, such an inclusion would escalate the standard of this text, making it comparable to the many widely referenced shoulder and knee specific texts. This would also help justify such a steep price for a fairly short text.

This text is an indispensable resource for sports medicine and orthopaedic professionals. With mild expansions in a few areas, it may additionally serve as a valuable tool in communicating a recent expansion in knowledge in sports medicine to non-medical healthcare professionals.

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