

## The Bobath Concept – Theory & Clinical Practice in Neurological Rehabilitation.

**Editors:** Sue Raine, Linzi Meadows & Mary Lynch – Ellerington.  
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Authored by members of the British Bobath Tutors Association (BBTA), *“Bobath Concept - Theory and Clinical Practice in Neurological Rehabilitation”* is a practical illustrated guide that offers a detailed exploration of the theoretical underpinning and clinical interventions of the Bobath Concept. The contemporary understanding of the Bobath Concept is evolving continuously within the developing areas of neurophysiology, neuroplasticity, motor control and kinesiology – and as Mr. Bobath stated “the Bobath Concept is unfinished, we hope it will continue to grow and develop in years to come” (Raine, 2006) – this compact, comprehensive and easy to read book embodies this optimism expressed even those many years ago.

Containing eight chapters – with each written by various members of the BBTA – it is tentatively divided into two distinct yet complementary halves. The first four chapters focus on the theory of the current Bobath Concept, the importance of functional and efficient movement, clinical reasoning and practice evaluation. A comprehensive research base is used to support the theory and practice behind the Bobath Concept with all references clearly defined at the end of each chapter.

The final four chapters, whilst taking a more practical case study based approach are again strongly supported by photographs. The subjects of sit to stand, control of

locomotion, and the upper limb are covered at a relatively high level for someone who has good experience in the neurological rehabilitation setting. The final chapter by Clare Fraser (BBTA) was one of the highlights of the book for me and it looked at “Exploring Partnerships in the Rehabilitation Setting: The 24 – Hour Approach of the Bobath Concept”. It really tied the book together, giving many examples of an area in which we sometimes fall down, and how our patients need opportunities to consolidate skills learned in therapy sessions.

This book is an ideal companion for anyone that has undertaken the introductory modules offered by the BBTA to further enhance understanding of the Bobath Concept. I would recommend it as essential reading for anyone undertaking further courses in the area such as the 3 week Basic Course or Advanced Courses. The only negative aspect to the book is that the renowned handling skills demonstrated by the BBTA members are unfortunately not going to be learned from this book (or any book for that matter). These skills are learned and honed through years of clinical practice – but the base and theory, with ideas on how to build on this, is very effectively conveyed in this book.