

Mobilisation with Movement: The art and the science

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mix theoretical scientific principles with the art of clinical practice. The authors are very comfortable with systematic reviews and analysis of scientific method, but at the same time the overriding thrust of this text is the clinical application of these techniques and practical clinical measurement for assessment of their efficacy.

The book is broken into five sections; the first dealing with the historical aspects of mobilisation with movement and the second section dealing with efficacy. Section three deals with mechanisms and effects and contains four chapters partly containing historical perspectives with method and effect, with progression into newer concepts that integrate current thinking in pain science. There are also insightful offerings as to directions for future research and explanations for efficacy.

For me the most attractive section of this book was the fourth section, consisting of no less than twelve dedicated chapters on specific topics such as resistant tennis elbow, TMJ dysfunction, fear avoidance behaviour and restoration of trunk extension. The concluding section deals with troubleshooting.

What I found most refreshing about this text was its commitment to practical clinical techniques whilst acknowledging some gaps in the literature regarding complete explanations for efficacy. This is a book written

by clinicians for clinicians, but also by highly accomplished internationally renowned researchers. It is also accompanied by a DVD, which is of great practical help in learning techniques. My only slight criticism of this text is the general layout and font colour, which I found hard on the eye (but that could just be my aging eyes!). Nonetheless, this is worthwhile text and I wholeheartedly recommend this to any clinician who is dealing with challenging clinical problems, and wishes to have available to them a repertoire of treatment techniques whose effects can be rapidly assessed.

This book is primarily aimed at clinicians working in musculoskeletal practice, as the primary focus is mobilization with movement as a means to restore pain free function. Notwithstanding this, some of the techniques discussed would have broader application to any condition involving movement impairment.

The structure of the book is aimed at both under-graduate and experienced clinicians. The accompanying DVD is an excellent technique aid for acquiring manual therapy skills and the specific sections on individual conditions can be explored on an "as needs" basis. This book is well suited as a reference source to be sampled as required.

Purpose: To establish current therapeutic management of the upper limb (UL) in children with cerebral palsy (CP).