Neurological Rehabilitation, 5th ed.

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The fifth edition of *Neurological Rehabilitation* is a comprehensive and detailed textbook that provides not only information about neurological conditions and interventions but also a framework for problem-solving based on the client's presentation. The large quantity of text may initially seem overwhelming, but the book is full of high-quality and clinically applicable information. Another advantage of this book is that it integrates other body systems (e.g., the cardiovascular and musculoskeletal systems) into neuro-rehabilitation. Chapters are authored by experts from a variety of disciplines, providing an interdisciplinary approach. The fifth edition offers updated research, a greater emphasis on health and wellness, and a new chapter on chronic movement problems. This new chapter is a good addition, since the management of chronic problems has received little attention but is important clinically, especially for clients with neurological conditions.

The book is divided into three parts. Part 1, "Theoretical Foundations for Clinical Practice," sets out theories from which readers can build an understanding of clients with neurological conditions and then develop problem-solving strategies. It includes information on motor control and motor learning, and incorporates a holistic approach by discussing the influence of psychological and psychosocial factors. It also begins to provide problem-solving strategies to address movement limitations in chapters on differential diagnosis and interventions for clients. The last chapter in this section is "Payment Systems for Services"; while not always relevant to Canadian readers, since it is based on the U.S. funding system, this chapter still contains useful information on the importance of documentation and issues to consider with respect to billing and making decisions on clients' care.

Part 2, "Management of Clinical Problems," discusses the management of several common neurological conditions, including traumatic brain injury, spinal-cord injury, multiple sclerosis, neuromuscular diseases, and hemiplegia. Chapters specific to paediatric conditions, such as cerebral palsy and genetic disorders, are included, as well as a chapter on ageing with chronic impairment. Each chapter contains information on the condition, relevant information on medical management, and details on evaluation and specific treatment interven-

tions for clients with these conditions. All chapters emphasize problem solving and considering factors beyond the physical impairments. There is minimal information on outcome measures used with specific conditions; this is an area that could be enhanced in future editions. However, this section is an excellent resource on treatment interventions for common impairments and activity limitations in clients with neurological conditions.

Part 3, "Neurological Disorders and Applications Issues," discusses the application of specific interventions that may be used with a variety of neurological conditions, including electrical stimulation, pain management, orthotics, and cardiovascular training. This section provides a good overview of the interventions and of when and how they should be implemented. In addition, a chapter on the effects of drug therapy focuses on drugs for specific neurological conditions and impairments and for comorbidities such as diabetes and depression. Part 3 ends with an informative chapter on alternative therapies, including acupuncture, Pilates, and myofascial release.

Throughout the book, tables and figures supplement the text and highlight important information. The images also provide good examples of interventions or patients' presentations. In addition, the case studies that conclude most chapters offer excellent examples of applying the principles of the chapter in clinical scenarios and demonstrate problem-solving skills. The details of the case studies vary, but scenarios that outline assessment, goals, treatment, and client progress are the best resources for students and clinicians.

Overall, this book is a comprehensive overview of many different aspects of neuro-rehabilitation and the factors that can affect a client's progress. It provides detailed information on neurological conditions and on evaluations and interventions for these conditions based on clients' presentation. Clinicians may find this book most beneficial when seeking information about a specific condition, impairment, or intervention, so it is easier to focus on a chapter or parts of chapters. However, the book as a whole is also a resource for problem solving and clinical decision making, particularly for students as they develop these skills. In my opinion, *Neurological Rehabilitation* is a good textbook and resource both for students and for clinicians working with clients with neurological conditions.

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