

PHYSIOTHERAPY AND THE GROWING CHILD

Edited by: Yvonne R Burns and Julie MacDonald
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This book gives a holistic approach to all aspects of paediatric physiotherapy. The fact that there are numerous contributors from all over the world lends its credibility in a wide field. The book is well laid out with many appropriate photographs and diagrams to illustrate the text.

Extensive use is made of case histories and "Thought Provokers" which encourage clinical problem solving. These two features make the book particularly valuable for students who still lack clinical experience.

The book is divided into eight sections: Section A attempts to alert physiotherapists to the fact that more than just the principles of physiotherapy need to be implemented in treatment programmes. As the author so aptly puts it "Movement disorders, congested chests, fractured limbs and so on do not occur in the abstract. They occur in people who live in families, that belong to networks of extended family and friends, and are operative within a community and social setting which has particular beliefs, conventions, laws and policies". Case studies of four different children are used to clearly bring home the need for a holistic approach.

In section B growth and development are discussed with reference to the understanding of physiotherapy assessment, diagnosis and

management. There are chapters on: birth to two years, two to six years, primary school child to adolescence and on intra-uterine differentiation and growth of the neuromusculoskeletal system.

A chapter is also included on common developmental anomalies. We feel the section gives a very good overview with sufficient information and plenty of references if further details are required.

In section C the principles and purposes of the assessment as well as the varying details, such as age and background, are discussed. The basic assessment process: history, observation, testing, recording and treatment planning is presented. Some specific types of assessments currently used are outlined and well tabulated. A short chapter on evaluating outcome stresses and the need to ask hard questions relating to the outcomes actually obtained and the real costs involved in achieving them is invaluable.

In section D the need for clinical reasoning and problem solving for the individual child is outlined. Basic principles including respect for the infant/child as an individual as well as showing respect for the family are tabulated. An outline of techniques used by physiotherapists in neuromusculoskeletal problems is fully tabulated.

Physiotherapy services for pre and school aged children covers such topics as: early intervention-team approaches, school, hospital-community and rural services. Aids and orthotics as well as gait analysis are also thoroughly discussed.

Section E: This section is divided into a section on the neonate and infant, the young child and the adolescent. Physiotherapy techniques are well described and specific problems like Cystic Fibrosis and bronchopulmonary dysplasia are discussed in fair detail. Issues of independence and control in adolescence are also pertinent.

Section F: The section on neonates and infants stresses the importance of individual comprehensive assessment and treatment. Specific musculoskeletal problems in this age group are presented. Common sport injuries unique to the athlete who is immature skeletally are also discussed.

Section G: Neurological, neuromuscular and developmental conditions from infancy to adolescence is discussed. In discussing the infant, again support of the parents and their education is emphasised.

In the section on children conditions the following conditions are discussed: Cerebral Palsy, Down's Syndrome Spina Bifida and Acquired brain injury.

Section H: In these closing chapters severe and multiple disability is shown to be an area where the physiotherapist can play an extensive role with children, families and co-workers. There are chapters on long-term disability; progressive neuromuscular disorders; the abused or neglected child and the disabled child in countries with minimal rehabilitation resources, including thought provoking information on community-based rehabilitation.

IN SUMMARY

We feel the book achieves its aim: "to provide the student and graduate physiotherapists as well as those involved in teaching physiotherapy, with an up-to-date resource which addresses the unique and special characteristic of working with children and their families".

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