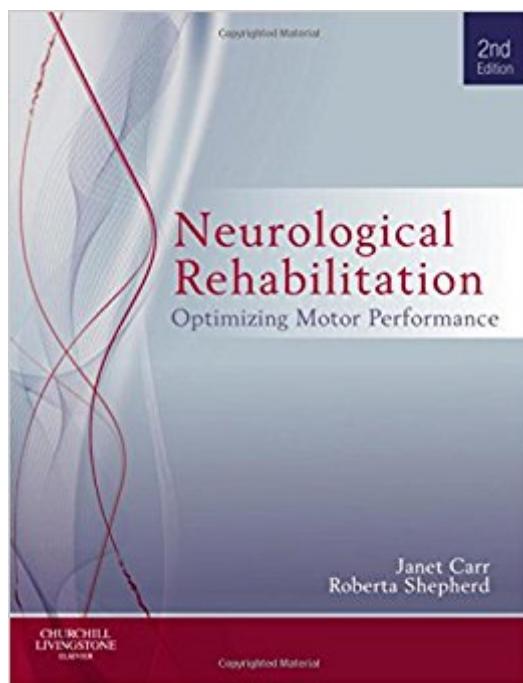


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# Neurological Rehabilitation: Optimizing Motor Performance, 2e



## Synopsis

Janet Carr and Roberta Shepherd head up a new team of eminent authors for the second edition of this definitive text on neurological physiotherapy. In the first edition, the authors described a model of neurological rehabilitation for individuals with motor dysfunction based on scientific research in the areas of neuromuscular control, biomechanics, motor skill learning, and the link between cognition and action, together with developments in pathology and adaptation. The new edition continues to advance this model while identifying and incorporating the many advances that have occurred in the last decade in the understanding and treatment of adults with neurological conditions, whether caused by accident or disease. Among these advances is the knowledge that the brain retains a plastic potential to reorganize, even in old and/or lesioned brains, and that neural plasticity can be influenced by task-related mental and physical practice in a stimulating environment. There is also an increasing body of knowledge related to the musculoskeletal system's adaptability and the need to prevent length and stiffness- related changes in muscle contractility, together with loss of aerobic fitness and endurance. There is an expanding body of clinical research that appears to support the model provided here. The training guidelines outlined in Neurological Rehabilitation are based on biomechanical constructs and motor relearning research, applied to enhance brain reorganization and muscle contractility, and encourage functional recovery of the patient. It connects science and clinical practice enabling students and practitioners to develop their knowledge and use new clinical methods based on modern scientific understanding. All chapters have been revised, some with the collaboration of five specialists who are engaged in high level scientific research and clinical practice. Biomechanical models are presented to provide a framework for action-specific training and exercise to improve performance. Clinical guidelines are science- and evidence-based. Emphasis is on new approaches to the delivery of neurological rehabilitation that increase the time spent in mental and physical activity, and the intensity of practice and exercise. Up-to-date referencing.

## Book Information

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## Customer Reviews

"Very useful as core text to the motor relearning programme. Pitched at correct level - integrates principles of MR with diseases/pathologies." Lecturer, Dept of Physiotherapy, University of Hertfordshire, Hatfield Campus, Herts, UK this is a really excellent book and indeed one of the most important books to have been written regarding neurological physiotherapy in recent years.

Normally I would end a book review by recommendation that the book should be on the shelf of disability libraries, but on this occasion I would simply recommend buying it yourself." Mike Barnes, Editor, World Forum for Neurological Rehabilitation: newsletter for all disciplines --This text refers to an out of print or unavailable edition of this title.

What the professionals do to get people moving again as they did before accidents or disease involving the brain and nervous system- the more you know the better off you'll be- whether physician or layman.

This book has the great advantage of explaining in a very easy way (what is good for students) the basis of neurological rehabilitation, with very useful cues of what to do in many special conditions as Parkinson's disease and cerebellar ataxia. But it is not a basic book only for students, the practical approaches and even the neuroscientific basis shown in this book can be very useful for experienced professionals also. It was a delightful experience to read this book. The reading is easy and the information, reliable.

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