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BOOK
REVIEW

THE GAIT WORKSHOP

A Practical Guide to Clinical Gait Analysis

Author: Jan Bruckner
Department of Physiotherapy
Northern University
Boston
MASSACHUSETTS

Publisher: SLACK Incorporated
6900 Grove Road
Thorofare
NJ 08086

If you wish to cruise through a book on gait analysis being comfortably fed information then this is not the book for you. If however you are eager to learn many relevant facts about gait and are willing to exert effort to learn, then this book is the answer.

As the title states, this is a workbook with each chapter presenting charts to fill in and answers to be completed. The answers are to be found in the answer key in the second half of the book.

This is an excellent book for anyone who wishes to teach gait analysis as there are activity sections and movement analysis experiments to try out and the students are able to develop their own gait analysis forms. Thought questions are given at the end of each chapter, these are related to functional gait and to problems, which may have to be solved clinically.

The book covers many aspects of pathological gait as well as normal gait, with each anatomical region being considered. A chapter is devoted to "Gait through Life Span", describing early developmental aspects, effects of gender, socio-cultural factors and the effects of everyday aspects, such as emotion, on gait. Pathological gait sections cover a variety of neurological conditions and recent neurophysiological theories affecting gait are included. If gait analysis is your subject of interest then this is a must for your reference library.

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