BOOK REVIEW

Title: MUSCLE FUNCTION TESTING
Author: Vladimir Janda
Publisher: Butterworths: London, 1983
Price: £35 Hard cover

The book, which was first published in the Czech language in 1979, is designed as a practical manual for use by physiotherapists. It consists of 260 pages and is very well presented in terms of both text and illustrations. The main part of the book is concerned with a detailed description of muscle function tests for muscles responsible for movement in the face, trunk, upper limb and lower limb. At the start of each subsection, the relevant joint movements, muscles and nerve supply are described. Tests of muscle function are described in relation to specific joint movements; photographs are used to help show the position of the subject during each test and the application of resistance by the therapist. In each test, muscle function is assessed with regard to a six point scale, which ranges between normal function and complete paralysis. In addition to muscle function testing there are also sections on identifying shortened muscles and hypermobile joints. In general, the book would seem to be of considerable benefit to physiotherapists, but is too specific to be of particular interest to the majority of physical education teachers and sports coaches.

J. Watkins