BOOK REVIEW

Title: HALTUNG UND BEWEGUNG BEIM MENSCHEN (POSTURE AND MOVEMENT IN HUMANS) in German
Authors: W. Von Berger, V. Dietz, A. Hufschmidt, R. Jung, K.-H. Mauritz and D. Schmidtbleicher
Publisher: Springer, Berlin, 1984
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198 pages 70 figs. ISBN 3-540-13065-9

This book deals with the physiological bases of the human posture and movements as well as their applications to athletic performance and motor disturbances in certain neurological disorders. Using mechanical, electromyographic (EMG) and electroencephalographic (EEG) methods, posture, balancing, gait, falling, motorlearning and athletic training are studied.

Muscular strength is studied by EMG analysis in jumps, running and landing. The authors describe how monitoring EMG activity can lead to improved training conditions with optimal utilisation of reflex activity in athletic performance.

Some disorders of gait and postural equilibrium due to lesions of sensory-motor systems are discussed, as well as cerebral palsy in infants and spasticity in adults.

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