

# Wooden Book Reviews

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Book Review Editor

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**Sacroiliac Pain: Understanding the Pelvic Girdle Musculoskeletal Model**, Riczo Health Education, 2018, \$12.95  
ISBN: 9781942798132, 36 pages, Soft Cover

Author: Riczo, Deborah B., PT, DPT, MEd

**Description:** This book covers sacroiliac pain, a medical diagnosis and functional impairment that physical therapists in orthopedic outpatient clinics encounter virtually on a daily basis. It offers outstanding online videos of basic pelvic balancing exercises that patients can easily follow. **Purpose:** The purpose is to provide a good understanding of sacroiliac dysfunction (SD), empowering patients with self-management of the pain while encouraging a whole-body wellness. At the same time, it offers an educational tool that healthcare providers can use for the care of their patients with sacroiliac pain. **Audience:** This is a resource for both physical therapists who want to provide their patients with simple yet detailed understanding of SD and patients who want to take control of their condition to improve their function while embodying the wellness concept that is encompassed in movement based on anatomical science. **Features:** The first of the book's three sections provides basic education in structural and functional anatomy that healthcare providers can use to teach their patients. Section 2 describes the pelvic girdle musculoskeletal method of self-screening and offers simple yet specific exercises that are also available to view in the video demonstration. It also provides a step-by-step progression founded on evidence-based practice. Section 3 anticipates many questions that patients have and offers answers in a simple and upbeat manner that empowers individuals' self-awareness and total body engagement for overall well-being while managing SD. **Assessment:** In this book, Dr. Riczo connects very well with patients, offering them both a comprehensive and a simple understanding of their symptoms and anatomical correlation to function. This user-friendly book is a gem that succeeds in clarity yet provides scientific accuracy from other books, which are outstanding but somewhat complicated for patients.

*Rita B Shapiro, PT, MA, DPT  
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**Exercises for Perfect Posture: The Stand Tall Program for Better Health Through Good Posture**, Hatherleigh Press, 2017, \$15  
ISBN: 9781578266951, 121 pages, Soft Cover

Author: Smith, William, MS, NSCA-CSCS, MEPTD; Burns, Keith, MS, CSCS; Volgraf, Christopher, CSCS

**Description:** This book addresses posture, evaluation, screening, related maladies, success stories as a result of improving postural awareness, exercises, and sample postural exercise programs. **Purpose:** The purpose is to provide comprehensive information about poor posture, how it is attained, and interventions. Treatment of poor posture is described using foam rolling, self myofascial release techniques, stretching exercises, and strengthening exercises. The book successfully meets its objectives using diagrams and descriptions of these exercises/tech-

niques. **Audience:** An appropriate audience is exercise physiologists, personal trainers, or new graduate clinicians, but lay people also will be able to understand this material. The authors are all exercise physiologists and certified strength and conditioning specialists from the National Strength and Conditioning Association. **Features:** The book details what good and bad posture is and how it is attained anatomically. A section describes common medical conditions resulting from poor posture as well as success stories from postural modifications. These stories discuss results of the programs which were implemented for gaining proper posture as well as lessening pain. A brief section on posture assessment discusses screening techniques, but it lacks some necessary detail. The book uses text descriptions and pictures of various exercises (self myofascial release using a foam roller, stretching, and strengthening exercises). **Assessment:** The authors accomplish their main objective in providing education and an exercise regimen to promote postural awareness. The book is appropriate for anyone who performs postural assessments. It lacks some detail regarding the anatomical basis and assessment of proper posture, although the book should suffice for readers in the general population.

*Christopher D. Blessing, MS, MPT, OCS, CSCS  
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**Perturbation Treadmill Training in Parkinson's Disease: A Novel Approach for Neurological Rehabilitation**, Springer, 2018, \$59.99  
ISBN: 9783658205423, 34 pages, Soft Cover

Author: Klamroth, Sarah

**Description:** This is a published master's thesis based on the author's research evaluating Parkinson's disease patients' postural control and gait adaptations following a single session of treadmill training with perturbations. **Purpose:** The author wants to establish any predictors that might explain differences in motor adaptations by the study's participants. **Audience:** The author appropriately targets an audience of scientists, professionals, and students in the fields of rehabilitation, neurology, and sports science. Research scientists might find this article worthwhile as a stepping-stone for future research. Therapists treating Parkinson's disease patients in related fields may find the article about the development of a future novel treatment approach interesting. **Features:** Except for an informative preface, this book is in standard medical journal article format. The introduction provides a general overview of recent treadmill training research on patients with Parkinson's disease. The method and results section are thorough and contain relevant tables and graphs. The book concludes with a comprehensible discussion section that determines there are positive effects using this treatment approach for Parkinson's disease patients, along with identifiable predictors across the participants to explain motor adaptations. **Assessment:** This book is especially useful for medical researchers specializing in Parkinson's disease and treatment to use as a stepping-stone for future treatment inquiries. Practitioners in the field of neurology, rehabilitation, and sports science will find this article useful as a general overview of recent Parkinson's treatments using treadmills and possible future treatment initiatives to come.

*Jennifer Hoffman, PT, DPT, OCS  
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