BOOK REVIEW

Posture, Types, Exercise, and Health

Editors: Sarah A. Curran (Wales Centre for Podiatric Studies, Cardiff School of Health Sciences, Cardiff Metropolitan University, Cardiff, UK)

This is an evidence based book on the biomechanics, function, and rehabilitation in posture. This includes descriptions of pathologies and rehabilitation in sports medicine, with clinical examples in rowing, gymnastics, soccer, basketball, dance, cycling, and therapeutic yoga. The **PURPOSE** of this text was to present a collection of work on the various aspects of posture including its evolutionary trend of knowledge, and its rehabilitation.

One unique example was the discussion of how hamstring muscle extensibility affects the posture of highly trained, collegiate athletes. Lopez-Miňarrio et al showed that "lower hamstring excitability was associated with greater thoracic angles and more posterior pelvic tilt when maximal trunk flexion is performed" by paddlers. This is significant because clinicians will gain insight as to how have considered hamstring flexibility could also benefit one's posture.

AUDIENCE: This book will provide ideal learning and insight for students and professionals in athletic training, allied health, physical therapy, medicine, and podiatry.

FEATURES: Each chapter begins with a detailed literature review and continues with specific clinical examples. For instance, posture of adolescent athletes was discussed by Sahli et al and they revealed that 80% of pediatric postural variance came from physical activity, which shows the need for training in postural control for injury prevention. Age-specific examples showed that gymnastics was more effective in postural control for gymnasts below the age of 9 years. However soccer training was seen to be more beneficial for medial-lateral postural control in older, 13 year-old athletes.

Sousa and Tavares contributed the meaningful correlation between unstable shoe constructions and posture control with long term consequences in rehabilitation. They revealed that posture while standing in unstable shoe platforms causes augmented gamma motor neuron activity requiring "higher sensitivity of the muscle spindles and and higher muscle co-contraction." Responses from unstable "rocker" shoes were associated with "increased biceps femoris activity in automatic and voluntary compensatory response and a decreased in gastrocnemius medialis activity." Because of this, Sousa and Tavares suggest the prescription of rocker shoes to improve postural control performance, might be advantageous.

ASSESSMENT: This book will give information to future clinicians who will consciously include posture training in preventing athletic injuries and rehabilitation from common sports related and movement pathologies.

RATING: ♦♦♦♦♦

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