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# Neuromuscular Essentials: Applying the Preferred Physical Therapist Practice Patterns(SM) (Essentials in Physical Therapy)

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*Neuromuscular Essentials: Applying the Preferred Physical Therapist Practice Patterns<sup>SM</sup>* answers the call to what today's physical therapy students and clinicians are looking for when integrating the *Guide to Physical Therapist Practice* as it relates to the neuromuscular system in clinical care.

As a part of **Essentials in Physical Therapy** led by Series Editor Dr. Marilyn Moffat, *Neuromuscular Essentials: Applying the Preferred Physical Therapist Practice Patterns<sup>SM</sup>* is edited by Joanel A. Bohmert and Dr. Janice B. Hulme in a user-friendly format that not only brings together the conceptual frameworks of the *Guide* language, but also parallels the patterns of the *Guide*.

In each case, where appropriate, a brief review of the pertinent anatomy, physiology, pathophysiology, imaging, and pharmacology is provided. Each pattern then details one to seven diversified case studies coinciding with the *Guide* format. The physical therapist examination, including history, systems review, and specific tests and measures for each case, as well as evaluation, diagnosis, prognosis, plan of care, and evidence-based interventions are also addressed.

## **Sample Cases in Some of the Practice Patterns Include:**

- Impaired Neuromotor Development: A child with Down syndrome; a child with developmental coordination disorder and attention deficit hyperactivity disorder
- Impaired Motor Function and Sensory Integrity Associated With Progressive Disorders of the Central Nervous System: A patient with Parkinson's disease that progresses from Stage 1 to Stage 5 (presented in four cases); a patient with multiple sclerosis
- Impaired Peripheral Nerve Integrity and Muscle Performance Associated With Peripheral Nerve Injury: A patient with carpal tunnel syndrome; a patient with Bell's palsy; a patient with disuse dysequilibrium; a patient with Meniere's disease; a patient with benign paroxysmal positional vertigo; a patient with unilateral peripheral hypofunction; a patient with bilateral vestibular hypofunction;

- Impaired Motor Function and Sensory Integrity Associated With Acute or Chronic Polyneuropathies: A patient with Guillain-Barré syndrome a patient with chemotherapy-induced peripheral neuropathy
- Impaired Motor Function, Peripheral Nerve Integrity, and Sensory Integrity Associated With Nonprogressive Disorders of the Spinal Cord: A patient with a cervical spinal cord injury; a patient with a thoracic spinal cord injury

At long last, Dr. Marilyn Moffat, Joanell A. Bohmert, and Dr. Janice B. Hulme have created a book that will integrate the parameters of the *Guide*, as it relates to the neuromuscular system, into the practice arena, that not only covers the material but also allows for a problem-solving approach to learning for educators and students.

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## **Editorial Review**

### **Review**

"This book is valuable for its explanations of each of the nine practice patterns and the case studies used to highlight the patterns... this is a comprehensive reference and resource for physical therapy students on understanding and using the guide for learning neuromuscular physical therapy. It is a valuable reference for experienced clinicians who are not familiar with the guide or how to employ it in clinical practice. The overall organization is easy to follow."

— Barbara Jean Billek-Sawhney, PT, EdD, *Slippery Rock University, Doody Enterprises, Inc.*

### **About the Author**

*Marilyn Moffat, PT, DPT, PhD, FAPTA, CSCS*, a recognized leader in the United States and internationally, is a practitioner, a teacher, a consultant, a leader, and an author. She received her baccalaureate degree from Queens College and her physical therapy certificate and PhD degrees from New York University. She is a Full Professor of Physical Therapy at New York University, where she directs both the professional doctoral program (DPT) and the post-professional graduate master's degree program in pathokinesiology. She has been in private practice for more than 40 years and currently practices in the New York area. Dr. Moffat was one of the first individuals to speak and write about the need for a doctoral entry-level degree in physical therapy. Her first presentation on this topic was given to the Section for Education in 1977. Dr. Moffat completed a 6-year term as the President of the American Physical Therapy Association (APTA) in 1997. Prior to that she had served on the APTA Board of Directors for 6 years and also as President of the New York Physical Therapy Association for 4 years. During her term as President of the APTA, she played a major role in the development of the Association's Guide to Physical Therapist Practice and was project editor of the Second Edition of the Guide. Among her many publications is the American Physical Therapy Association's Book of Body Maintenance and Repair and Age-Defying Fitness. As part of her commitment to research, Dr. Moffat is currently a member of the Board of Trustees of the Foundation for Physical Therapy, was a previous member of the Financial Advisory Committee, and has done major fundraising for them over the years. She is currently President of the World Confederation for Physical Therapy (WCPT), and she was a member of the WCPT Task Force to develop an international definition of physical therapy. She coordinated the efforts to develop international guidelines for physical therapist educational programs around the world. She has given more than 800 professional presentations throughout her practice lifetime, and she has taught and provided consultation services in Taiwan, Thailand, Burma, Vietnam, Panama City, Hong Kong, Puerto Rico, Brazil, and Trinidad and Tobago. Her diversified background is exemplified by the vast number of APTA and New York Physical Therapy Association committees and task forces on which she has served or chaired. She has served as Editor of Physical Therapy, the official publication of the Association. She was also instrumental in the early development of the TriAlliance of Rehabilitation Professionals, composed of the APTA, the American Occupational Therapy Association, and the American Speech-Language-Hearing Association. She has been an Associate of the Council of Public Representatives of the National Institutes of Health. Dr. Moffat is a Catherine Worthingham Fellow of the APTA. She has been the recipient of APTA's Marilyn Moffat Leadership Award; the WCPT's Mildred Elson Award for International Leadership; the APTA's Lucy Blair Service Award; the Robert G. Dicus Private Practice Section APTA Award for contributions to private practice; Outstanding Service Awards from the New York Physical Therapy Association and from the APTA; the Ambassador Award from the National Strength and

Conditioning Association; the Howard A. Rusk Humanitarian Award from the World Rehabilitation Fund; the United Cerebral Palsy Citation for Service; the Sawadi Skulkai Lecture Award from Mahidol University in Bangkok, Thailand; New York University's Founders Day Award; the University of Florida's Barbara C. White Lecture Award; the Massachusetts General's Ionta Lecture Award; the Chartered Society of Physiotherapist's Alan Walker Memorial Lecture Award; the APTA Minority Affairs Diversity 2000 Award; and the Section of Health Policy's R. Charles Harker Policy Maker Award. In addition, the New York Physical Therapy Association also named its leadership award after her. She was the APTA's 2004 Mary McMillan Lecturer, the Association's highest award. Dr. Moffat has been listed in Who's Who in the East, Who's Who in American Women, Who's Who in America, Who's Who in Education, Who's Who in the World, and Who's Who in Medicine and Healthcare. She is also currently on the Board of Directors of the World Rehabilitation Fund and is a member of the Executive Committee. In addition to her professional associations, she was elected to be a member of Kappa Delta Pi and Pi Lambda Theta. Dr. Moffat has served on a Citizen's Advisory Council of the New York State Assembly Task Force on the Disabled, has been a member of the State Board for Physical Therapy in New York, has served as a consultant to the New York City Police Department, and has been a member of the Boards of Trustees of Children's Village and the Four Oaks Foundation. The Nassau County Fine Arts Museum, the Howard A. Rusk Rehabilitation Medicine Campaign Committee, Saint John's Church of Lattingtown, and the Nassau County American Red Cross have been the recipients of her volunteer services.

*Joanell A. Bohmert, PT, MS*, received her BS degree and advanced MS degree from the University of Minnesota. She is a full-time clinician with Anoka-Hennepin School District in Anoka, Minnesota, with a focus of practice on pediatrics and neurology. She has practiced with pediatric and young adult patients and clients for 30 years incorporating the concepts of patient-centered evidence-based practice into patient management, clinical instruction, and clinical research. Ms. Bohmert completed 7 years on the APTA's Board of Directors, serving 1 year as Vice-President. During her term on the Board she was also a member of the Board of Directors of the American Board of Physical Therapy Specialists (ABPTS) and the Foundation for Physical Therapy. She served as Chair of the Branding Task Force and the Task Force on the Future Role of the Physical Therapist Assistant. Prior to serving on the APTA Board of Directors, Ms. Bohmert served two terms as President of the Minnesota Chapter of the APTA. She was and continues to be actively involved in state legislative affairs, serving as issue expert for direct access. Ms. Bohmert participated in the development and revision of the APTA's Guide to Physical Therapist Practice, Part One, Part Two, and Part Three (Catalog of Tests and Measures) and was a project editor for the Second Edition of the Guide. She has lectured extensively on the Guide, was a primary faculty for the APTA Guide to Physical Therapist Regional workshops, and was an APTA Trainer for the Guide. She participated in the development of the Hooked on Evidence Neuromuscular Clinical Scenarios for individuals with cerebral palsy. Ms. Bohmert has authored two chapters on Applying the Guide to Physical Therapist Practice and one chapter on Physical Therapy in the Educational Environment. Ms. Bohmert is adjunct faculty for the University of Minnesota, Doctor of Physical Therapy Program, Minneapolis, Minnesota. She is a certified clinical instructor and center coordinator of clinical education for the four Minnesota DPT programs. She is faculty for the development and instruction for the Advanced Credentialed Clinical Instructor Program. She is a member of the Steering Committee and Bottom Line Committee for Physical Therapy, the official publication of the Association. Ms. Bohmert is a member of the Steering Committee for the Physical Therapy and Society Summit. Ms. Bohmert was the recipient of APTA's State Legislative Leadership Award in 1999 and was recognized by the Minnesota Chapter of the APTA in 1999 with the chapter's highest award, the Corinne Ellingham Outstanding Service Award.

*Janice B. Hulme, PT, MS, DHSc*, received her physical therapy degree from the University of Connecticut in 1976 and an advanced master's degree with a clinical specialization in adult and pediatric neurology from Northeastern University in 1985. She went on to pursue a doctorate from the Institute of Physical Therapy in

St. Augustine, Florida, where she studied the clinical application of motor control and motor learning research, graduating in 1999.

Dr. Hulme has specialized in the treatment of adults with neurological dysfunction for most of her career and has been certified by the NDT Association as a coordinator instructor in the treatment of adults with hemiplegia for 15 years. She has been an invited speaker at conferences and workshops throughout the United States and Hong Kong. Currently employed by the University of Rhode Island as a clinical assistant professor, she directs a collaborative program between the State of Rhode Island Department of Developmental Disabilities and the University of Rhode Island Program in Physical Therapy. She shares time teaching in the URI Program and, as the director of physical therapy, overseeing the provision of physical therapy services in 44 group homes.

A clinician at heart, Dr. Hulme has participated in a vast number of continuing education programs to develop expertise in the treatment of adults and children with neurological problems, the integration of motor learning and motor control in clinical practice, as well as the treatment of lymphedema and other women's health issues. She has assisted in research projects, received grant funding, and developed exercise, dance, aquatics, and injury prevention programs for people with developmental disabilities. For more than 30 years, Dr. Hulme has been active in many professional and community service areas. Nationally, she has served on APTA Education Task Forces for curriculum and stroke practice. She has served the Rhode Island Chapter APTA as Treasurer, Finance Committee Chair, and as a member of the legislative, educational programs and professional practice committees. She served on the Rhode Island Board of Examiners in Physical Therapy for 6 years and has had long-term service on the American Heart Association Rehabilitation Committee of Operation Stroke and the Rhode Island Brain Injury Association. Community service activities have included physical therapy presentations in elementary schools; participation in Girl Scouts, Cultural Arts, and Academic Enrichment; and multiple PTA Executive Board positions. More recently, Dr. Hulme has spent time volunteering her professional services in Guatemala.

Dr. Hulme has received awards from the American Stroke Association, the Rhode Island Chapter of the APTA, Vocational Resources Inc, and the Rhode Island Rehabilitation Association for contributions to people with disabilities.

## **Users Review**

### **From reader reviews:**

#### **Antoine Dejean:**

Reading a e-book can be one of a lot of task that everyone in the world really likes. Do you like reading book thus. There are a lot of reasons why people love it. First reading a e-book will give you a lot of new details. When you read a publication you will get new information simply because book is one of several ways to share the information or maybe their idea. Second, reading through a book will make anyone more imaginative. When you reading a book especially fictional works book the author will bring one to imagine the story how the people do it anything. Third, you could share your knowledge to others. When you read this Neuromuscular Essentials: Applying the Preferred Physical Therapist Practice Patterns(SM) (Essentials in Physical Therapy), you are able to tells your family, friends along with soon about yours e-book. Your knowledge can inspire the mediocre, make them reading a book.

**David Patton:**

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**Richard Sims:**

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**Paul Kennedy:**

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