

Becoming a Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance

Kelly Starrett, DPT & Glen Cordoza

Victory Belt Publishing Inc, 2013

Hard Cover, 400 pages, \$ 43.09 (CDN)

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Becoming a Supple Leopard written by Kelly Starrett, Doctor of Physical Therapy and CrossFit coach highlights aberrant movement patterns that may culminate into injury and deprive optimal athletic performance. The author provides step-by-step instruction with illustration of numerous self-assessment protocols and techniques to improve form and function to avoid injury.

The text consists of seven chapters, addressing an array of exercises for various anatomical/body regions. The introductory chapters focus on the rules that govern movement and mobility, the importance of engaging mid-line stabilization/bracing and organization of the spine, and laws of torque to generate force. The latter chapters provide an in depth description of innovative mobility techniques and exercises provided in a stepwise fashion. The author offers novel, cost effective ideas to treat musculoskeletal injuries throughout the entire kinetic chain.

This text is a complete training manual resource enabling one to become your own movement, mobility and performance expert. Whether you are a coach, athlete, the weekend warrior, athletic trainer or sports injury practitioner you will find value in the content of this text. *Becoming a Supple Leopard* provides the authors experiential learning in conjunction with evidenced based concepts to relieve pain, prevent injury and enhance performance. This text will be a welcome addition to any sports injury practitioners' toolbox for treating, rehabilitating and identifying athletic injuries.

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ACSM's Guidelines for Exercise Testing and Prescription 9th Ed. 2014

Linda S. Pescatello, Ross Arena, Deborah Riebe,
Paul D. Thompson

Wolters Kluwer/Lippincott Williams & Wilkins,
Philadelphia, PA

456 pp; \$43.99 CAD

ISBN: 978-1-6091-3955-1

The ninth edition of this book consists of a clinical practice guidelines for physical activity from the American College of Sports Medicine. These guidelines began in 1975 and have been continually updated every 4-6 years. There are over 50 contributing authors to this edition alone, consisting of many health professionals and researchers. The book consists of 11 chapters divided into 3 main sections: Health appraisal and risk assessment, Exercise testing, and Exercise prescription. The most valuable new addition is a chapter titled "Behavioural Theories and Strategies for Promoting Exercise". This chapter explains theories as to why individuals adapt sedentary lifestyles and provides strategies to promote an active lifestyle.

This book is a useful resource for any health care provider that deals with exercise in their practice. It supports the public health message that practitioners should be ensuring that patients are participating in an active lifestyle in a safe, effective manner. This book highlights how to assess activity levels and prescribed exercises for a variety of conditions and special populations. It focuses on the clinical applicability of exercise testing and health screening before activity. Each chapter has summary points to ensure the reader is aware of the take home concepts. After reading this book you can feel confident that you have an up to date, reliable resource for exercise testing and prescription in the clinic.

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Pain: International Research in Pain Management
 Merrick J, Schofield P, Morad M, eds. 2013; 453 pp.
 Nova Science Publishers, Inc. New York, NY
 ISBN: 978-1-62948-423-5
 US\$230

The complex, multidimensional nature of pain (e.g., at the molecular, cellular, system, and biopsychosocial levels) requires multidimensional management – and research in various domains. The editors of *Pain: IRPM* compiled recent international papers and made them each chapters populating six sections; e.g., the three chapters comprising “What Are We Talking About?” are rambling explorations of paradigms. This book can serve as a sampling menu for novices to the study of pain, but equally for those who have been so immersed in tracking one research thread in the grand tapestry of pain that they need to resurface to regain perspective and direction. For example, the utile summary of “Pharmacological treatment of neuropathic pain” would likely be a more familiar read to researchers and clinicians than the qualitative study, “Pain and its management in a traditional rural [Kenyan] community,” yet the latter’s description of how to overcome barriers to study a non-Western pain management paradigm could well prove enlightening and inspiring to those accustomed to the path well traveled.

The “chapters,” each including a bibliography, seem to have been accepted by the editors without review, some papers so poorly written that they distract readers from benefiting from their content. The index is of dubious utility; e.g., there are entries for “Chicago” and “San Salvador”, but not for “chiropractic” or “intra-articular,” the latter two being words in chapter titles and text, which more readers of a book about pain may search for than city names.

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