

Effective Functional Progressions in Sport Rehabilitation

Todd Ellenbecker, Mark De Carlo & Carl DeRosa

Human Kinetics

Canada: 475 Devonshire Road, Unit 100, Windsor, ON, N8Y 2L5

2009, 240 pp. CAN \$44.95

ISBN – 10: 0-7360-6381-1

Todd Ellenbecker DPT, CSCS

Physiotherapy Associates

Scottsdale Sports Clinic

Scottsdale, AZ

Mark De Carlo PT, MHA, CSCS, ATC

Methodist Sports Medicine

The Orthopedic Specialists

Indianapolis, IN

Carl DeRosa PT, PhD, FAPTA

Northern Arizona University

DeRosa Physical Therapy at Summit Center

Flagstaff, AZ

Reviewed by Dana Selby BPHE, CK, DC

Email – dr.dselby@gmail.com, Active Choice – Rehabilitation Centre, Acton, Ontario

‘Effective Functional Progressions in Sport Rehabilitation’ is a clinically useful text that would be a welcome addition to any rehabilitation based, health care professional’s office. Written through the amalgamated efforts of Ellenbecker, De Carlo & DeRosa, this five chapter text is separated into two parts, with part I introducing the theory of functional progressions. The second part of the text focuses on the practical components of functional progressions, utilizing a variety of tables and figures, it is logically separated into three chapters. Each chapter examines a different region of the body as well as addressing specific functional programs for a variety of commonly played sports.

The chapters are well organized and easy to read with the listed exercises following a consistent format. Beginning with their starting position and then progressing to exercise action, the primary muscle group that is being activated, indications and contraindications, additional information on the performance of the given exercise is also included where applicable. The authors used an extensive list of references for each chapter, providing the necessary scientific research to support the inclusion of the written material and the depicted exercises, activities and functional tests, however at times the references were somewhat dated. Utilizing references, especially the most current references lists, is of importance for practitioner’s wishing to practice in as evidence based manner as possible.

An area that could use some improvement is the quality of the anatomical figures, as well as the exercises and progressions themselves. The black and white pictures make it difficult to differentiate the anatomical structures being presented, is much less aesthetically pleasing. Utilizing colour figures would increase the overall quality of this book and could be done without increasing the cost of the book significantly.

Overall this text is a good investment for any health care professional working with athletes or active individuals, both from a monetary standpoint and educational perspective. This text is also located on the Human Kinetics website in a PDF format, for considerably less than the price of the book. This ebook option may be of interest for the more technologically savvy practitioner. The author's achieved their goal of providing a unique reference to practicing rehabilitation professionals, compiling clinically useful material that can be quickly applied and reference. Given the continuous and dynamic way in which rehabilitation progressions are being tested and studied, it would be of significant benefit for the author's to publish revised editions with more up to date references, in order to stay current with the new literature, especially regarding the specific programs for the different sports that were addressed.