



# Management of Spinal Cord Injuries: A Guide for Physiotherapists, 1e

By Lisa Harvey BAppSc GradDipAppSc(ExSpSc) MAppSc PhD

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**Management of Spinal Cord Injuries: A Guide for Physiotherapists, 1e** By Lisa Harvey BAppSc GradDipAppSc(ExSpSc) MAppSc PhD

Combining 25 years of clinical, research and teaching experience, Dr Lisa Harvey provides an innovative 5-step approach to the physiotherapy management of people with spinal cord injury. Based on the International Classification of Functioning, this approach emphasises the importance of setting goals which are purposeful and meaningful to the patient. These goals are related to performance of motor tasks analysed in terms of 6 key impairments. The assessment and treatment performance of each of these impairments for people with spinal cord injury is described in the following chapters:

- training motor tasks
- strength training
- contracture management
- pain management
- respiratory management
- cardiovascular fitness training

Dr Harvey develops readers' problem-solving skills equipping them to manage all types of spinal cord injuries. Central to these skills is an understanding of how people with different patterns of paralysis perform motor tasks and the importance of different muscles for motor tasks such as:

- transfers and bed mobility of people
- wheelchair mobility
- hand function for people with tetraplegia
- standing and walking with lower limb paralysis

This book is for students and junior physiotherapists with little or no experience in the area of spinal cord injury but with a general understanding of the principles of physiotherapy. It is also a useful tool for experienced clinicians, including those keen to explore the evidence base that supports different physiotherapy interventions.

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## **Editorial Review**

### **Review**

"This book fills a need and should become a motivation for physiotherapists in their clinical practice and reasoning and development...The book is extremely well referenced throughout with up-to-date material and so provides current supporting background to the clinical reasoning of practice.I would recommend this book."

**Dot Tussler MSc MCSP, 27.4.08**

"It will not just be valuable for students and junior therapists but also for academics in higher education to help deliver the core knowledge in this field. This book can also serve as a reference guide in a specialty unit owing to its wide coverage of the various aspects of this complex topic...In summary, with its excellent referencing back to literature, pointers on prioritizing therapy in such a task-intensive condition, and acknowledgment of limitations in the evidence base, this is an honest and very helpful book."

**International Journal of Therapy and Rehabilitation, March 2009, Vol 16, No 3**

"The book provides the student, and physiotherapists of all experience levels, with a wealth of information. As an experienced clinician there was much in this text which I found stimulating and informative. The breadth of the content is extensive."

**Australian Journal of Physiotherapy 2009 Vol. 55**

### **About the Author**

Lisa Harvey is a physiotherapist from the Royal Rehabilitation Centre in Sydney, and was awarded the Australian ACHS 2005 Gold Medal. This medal is awarded each year to one person that has made a significant contribution to the development of healthcare services. She lead the development of a website ([www.physiotherapyexercises.com](http://www.physiotherapyexercises.com)) which provides images of exercises appropriate for people with spinal cord injuries and other neurological conditions. Dr Harvey also teaches at the School of Physiotherapy at the University of Sydney and has taught large numbers of undergraduate and postgraduate students as well as running workshops worldwide.

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**Mark Bock:**

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