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Book Review

Freedom to move, Josephine Key. Handspring Publishing (September 2018). 396 pages; ISBN-10: 1909141925; ISBN-13: 978-1909141926

Freedom to move is a guide to helping low back pain through movement. Josephine Key has 45 years experience as a physiotherapist, an interest in spinal health and a broad curiosity in many disciplines of movement.

The book is sturdy, well put together and not liable to fall apart in the middle or for pages to loosen and fallout. As such it will last a long time, even in a student library. The paper and printing are good quality and easy to read. The layout of the book has flow and yet each section is nicely separated, so that it is clear where each topic begins and ends. This also makes things easy to find in a hurry, meaning it would work well for a busy practitioner to refer to in a clinical setting.

The style of writing is rather wordy, technical and complex, making reading somewhat tough and slow going; the language could be simplified and made more accessible if it were to be more aimed at undergraduate level. However, the images and directions in the book would be suitable for a novice manual therapist to read and comprehend. Despite the detailed anatomical explanations given and the details in the introduction, the core of the text may be too complex for some undergraduates who do not possess sufficient anatomical understanding and language. The book explains concepts succinctly, however, trying to learn the breadth of concepts presented in this book without external reading or tuition would be extremely challenging. The referencing and further reading parts of the book are excellent, providing a great list of resources to delve into and to allow further exploration of concepts in more depth. This is especially helpful for the reader who is less familiar with the material covered in the book.

Although there are only black on white with grayscale images, this does not take away from the utility of the illustrations or make them harder to fathom. The book is very well illustrated, and diagrams are labelled in detail giving easily understandable directions for complex movements and postures. There is a lack of consistency with the

clothing of the models, (and possibly some rather inappropriate underwear choices at times). Care seems to not have been taken with all the models' dignity for some of the photographs. Twisted clothing and parts pulled down unevenly give a sense that what is being shown is unclear. This apparent lack of consideration in posing the models is surprising and makes the text hard to recommend for students in a profession that places great importance on patient respect and care.

This book combines anatomical understanding with an army of practically applicable suggestions that can be given to patients with a variety of presenting concerns, degrees of fitness and flexibility. This will offer the practitioner a breadth of options in addition to their standard range. The narrative explains many common issues that present in clinic frequently and gives suggestions on how to navigate them to a successful outcome. This really is excellently done, making for inspirational moments throughout reading.

Support of the spine from the rest of the body and its role in back pain is gone into in great depth. This is something that I feel is often not covered in enough detail during osteopathic training.

Altered movement behaviours during physical assessment is also well covered. Various patient movement "cheats" are explained alongside their clinical meaning. As such, this book could act as a shortcut to many years of clinical trial/error out in practice. Making it a must read for practitioners looking to develop a deeper understanding of back-pain and how to facilitate health with their patients.

In conclusion, this book is a strong purchase for any holistic library catering towards advanced students and postgraduates, or postgraduates looking to continue their personal development. It is a valuable contribution to the literature surrounding exercise and holistic spinal health. A great book to dip in and out of for practical advice and problem solving for more advanced students and practitioners, however it may be slightly too technical and intimidating for undergraduate level.

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