

Review of “Spasticity: Diagnosis and Management, 2nd Edition”

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The 2nd edition of the book «Spasticity: Diagnosis and Management» is edited by Dr. Allison Brashear who is an eminent expert and clinician in this field. It is written by a group of contributors (48 authors) with various expertise. I believe this book is a useful reference for professionals and trainees who take care of patients with spasticity. It can also be a useful tool for researchers and for clinical trials.

Spasticity is a motor disorder characterized by a velocity-dependent increase in the tonic stretch reflex, associated with greater motor impairment. On estimation, spasticity affects approximately 6 million individuals in the USA. The top four common disorders that constitute three fourths of spastic patients are stroke (29%), spinal cord injury (23%), multiple sclerosis (17%) and cerebral palsy (7%), which significantly impact functional capabilities of the spastic patients. I believe this new edition will help the reader better understand the spectrums of clinical presentations and the strategies of treatment regarding spasticity. The revised book has added six new chapters highlighting key topics including the Tardieu scale and other measurement tools, ultrasound guidance for botulinum toxin injection, spasticity in special populations, emerging therapies and economic impact.

The book contains four sections with 31 chapters covering: 1) general overview of spasticity, epidemiology and clinical findings; 2) assessment of spasticity including measurement tools, techniques and scales for clinical evaluations, which can be useful in monitoring the disease severities and treatment outcomes; 3) treatment approaches, including chemoneurolysis, guidance and techniques for botulinum toxin injections, physical and occupational therapies, emerging technologies, pharmacological and surgical treatment options (including intrathecal baclofen infusion); and 4) management of some particular diseases with spasticity such as inherited and acquired conditions including hereditary spastic paraplegia, post-stroke, spinal cord and brain injury, multiple sclerosis, cancers in adults and children; treatment planning including non-pharmacological, pharmacological and surgical approaches and its related economic burdens.

The strengths of this book are obvious as the title of the book that it is essentially practical and relevant to daily practice, serving as a useful tool for practitioners at any level from trainees to more experienced clinicians in the care of patients with spasticity. It can also be a useful reference for clinical researches and clinical trials as well. The only drawback is that it might be better to incorporate some relevant laboratory studies to demonstrate the underlying pathophysiology and neurobiology in the development of spasticity.