## **Contents**

Preface book we have set down guidelines for training critical a	notos activii
Acknowledgements	
Section 1 Introduction  1 Brain reorganization, the rehabilitation environment, measuring outcomes	ntific findin 1 install charac- formance 3
Section 2 Training guidelines  2 Balance  3 Walking  4 Standing up and sitting down  5 Reaching and manipulation	33 35 76 129
Section 3 Appendices 6 Impairments and adaptations 7 Strength training and physical conditioning 8 Overview	233 259
References wide all who have had a stroke, are included in append	267
Index inician, who must endeavour to keep up to date in scientific wide range of subjects, as well as work out how to use the inform vene with clinical problems." Illustrating ways of bridging the gap been a critical aim for us in writing textbooks over the last two de years since we published the first edition of A Motor Relearning	293
for Stroke, with an updated version in 1987. This book was an to demonstrate rational guidelines for task-oriented motor training enabling clinical testing. We were aiming to present not another intervention to compete with the eponymous approaches of the century but an illustration of what would undoubtedly be a new neurophysiotherapy. This direction would involve ongoing chang based on developments in scientific understanding and the rask outcome trials. The current book represents a considerable development	mid twentieth redirection for jes to practice alts of clinical twenties of the
the amount of material relevant to motor training is increasing and evidence of what interventions are effective and what are no to emerge. It has become necessary for us to reconsider methods which there is no positive evidence of effectiveness and for which scientific basis. As a result practice is making considerable change a physiotherapy in many rehabilitation units today would be unre-	exponentially of is beginning of practice for there is little and the neuro