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Carole B. Lewis, PT, DPT, GCS, GTC, MPA, MSG, PhD, FSOAD, FAPTA, provides clinical care in private practice in Washington, District of Columbia, and is an adjunct professor at George Washington University in the Department of Geriatrics. She is an accomplished author and editor and has published a multitude of articles and texts on aging. She has received a significant number of prestigious awards from the APTA and the Academy of Geriatrics in addition to selection as a Fulbright Scholar. Her educational and professional accomplishments include a national and global reach through lectureships in 49 states and at least 10 countries. In 2016, she received the highest honor in the APTA being recognized as the Mary McMillan lecturer.

The textbook is divided into 3 main parts and is composed of 20 total chapters. Each chapter begins with “Pearls” that briefly introduce the topics to be covered and highlight important information. The information is written for all aspects of rehabilitation with an emphasis on physical and occupational therapy. The use of tables in each section provides an efficient summary of the information presented and improves ease of access for the reader when returning to review topics of interest. Throughout the chapters, the authors provide citations and article summaries. While many of these articles may represent seminal research, it is of note that the most recent citations are from the early 2000s. Ample resources for assessment, evaluation, and treatment are provided both within the chapters and appendices. The authors do not comment on reproducibility of these tools and therefore the reader is encouraged to research copyright and use considerations prior to doing so.

Part 1 begins with demographics and theories of aging, which is covered in great detail, and this material is unlikely covered in doctorate-level or postgraduate physical therapy education to this depth. Data on the exponential growth of an aging population in the last several decades and future predictions emphasize the importance of health promotion and disease and injury prevention in geriatric rehabilitation. The information that follows quickly transitions to age-related pathophysiology and specific components of evaluation and assessment in geriatric rehabilitation. Here, authors emphasize the importance of using valid and reliable assessments and interventions with a focus on function. Professional biases are challenged, as the authors make a point to reiterate that pathological changes in older patients are often ignored as normal aging processes and therefore go undertreated or untreated.

Part 2 expands on patient care concepts and segments information by age-related pathophysiology. Here, neurological, cardiopulmonary, and integumentary rehabilitation considerations are discussed. There is considerable overlap between chapters in parts 1 and 2 regarding body regions and age-related changes. This allows the reader to consider the role of the rehab therapist in areas outside of traditional assessment and treatment, such as prevention, screening, and patient advocacy. This chapter is an excellent review for the entry-level physical therapist or experienced clinician interested in working with an aging patient population.

Part 3 focuses on administration and management in geriatric rehabilitation. Important legal and ethical topics are covered here, as they relate to patient treatment, patient rights, and advocacy for appropriate allocation of health care resources. The text closes with chapters on administration of geriatric services and ideas for consultation and research. These components are useful in understanding business planning and professional opportunities available for the clinician interested in specialization in geriatric rehabilitation.

This text is an excellent resource for the physical therapist interested in a specialty of geriatric rehabilitation. Purchase of this text provides the owner access to supplemental video courses that may be purchased at a discount. Preview of the videos requires the reader to create a free MedBridge account.

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