With no shortage of information and knowledge on functional performance testing, there is always a need to justify what works and what does not—differentiating what is clinically relevant. *Functional Testing in Human Performance* by Michael P. Reiman and Robert C. Manseke is a text that introduces a blend of the how and when with some of the backing (why). Detailed descriptions of assessment procedures are combined with scientific data that support its use. It is the authors’ intent to present a text that is a resource to assess, recognize, and treat patients.

The text accommodates a variety of clinicians across many disciplines. It also provides educators with a resource for teaching, and clinicians can use this text as a quick reference as part of an overall patient evaluation.

Readers will find that the text is divided into 3 main parts that focus on different aspects of functional performance testing. Part I of the text includes chapters 1-3 and is devoted to laying the groundwork for implementing functional testing. The authors note the importance between physical and functional performance testing and components of both concepts. The chapters also describe the essential terminology related to evidence-based practice, requisites of test administration, and guidelines for incorporating tests to specific testing situations with regard to the patient and the environment.

Part II of the text includes chapters 4-10 and thoroughly describes the procedures and protocols for measuring discrete physical parameters. There are instructions for implementing functional movement tests, as well as details on how to perform additional tests that could be incorporated into an overall patient evaluation. Examples include anthropometric assessments, strength and power testing, and balance testing.

Part III includes chapters 11-13 and describes assessments for functional performance in relation to specific regions of the body, consisting of trunk, upper extremity, and lower extremity anaerobic power testing. Readers are educated on step-by-step instructions for each test, comprising the purpose of the test, equipment needed, testing procedures, interpretation of results, normative values, and reliability and validity.

In addition to the 13 chapters, there is an appendix with reproducible forms for selected tests that can be used to record and track data. A reference section for all cited materials is included. A complimentary DVD provides video of various tests described in the text. A table, titled Test Finder, lists each test and where to find it in the text and indicates whether the test is available on the DVD.

As the authors noted, functional testing presents the issue of how to quantify results. Therefore, the text provides normative values for most of the functional tests, which indicate statistical parameters (ie, mean, standard deviation, percentile rank, and other nominal forms) within a specific population.

In addition to a rationale for each test, the text provides reliability and validity measures, as well as specificity and sensitivity measures, likelihood ratios, correlation coefficients, and predictive values for most of the tests. Integrating evidence-based practice into everyday clinical practice is an emerging concept.

However, the challenge lies with taking information learned from research studies and applying it to clinical practice. This text is a prime example of utilizing this knowledge to provide better patient care by performing the most relevant assessments.

Statistical measures and normative values are not available for each and every test; thus, clinicians must rely on their own education and experience to determine the value of a test. However, the authors discuss using reference standards as the criterion to best define a condition.
What is unique about this text is its versatility. Bot a clinician with little experience and a clinician who is very experienced will be able to draw on the information presented. Some of the information presented details muscle attachments, actions, and innervations, and charts with grading criteria to educate novice clinicians are also included. In contrast, experienced clinicians will be able to draw upon the statistical measures and research findings to add test protocols to their repertoire. The versatility of the text also expands to the patient population that can be assessed. The authors discuss ways to progress functional testing to align with patient needs, allowing for testing of both those who are less physically able and elite athletes.

*Functional Testing in Human Performance* is a comprehensive and complimentary text that I would recommend for any clinician. The integration of evidence-based practice is vital to validating clinical practice. This text does an efficient job of that, and it provides detailed descriptions of protocols and procedures for functional tests and their related components.

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