

*Functional Testing in Human Performance* offers clinicians the first-ever compilation of information on clinical and data-based functional testing for sport, exercise, and occupational settings. The book is a learning tool for novices and a comprehensive reference for more advanced clinicians. It offers a unique look at functional testing for assessment of physical activities in sport, recreation, work, and daily living.

Each test is organized in a step-by-step manner outlining the purpose of the test, equipment needed, testing procedure, interpretation of results, and the data to suggest normative values, reliability, and validity for each test. Tests are also organized from least to most complex, allowing clinicians to easily reference tests they are most comfortable performing. Specific details and recommendations on performing performance-oriented tests for sports, occupation, and fitness are also provided. To enhance understanding, a companion DVD features live-action demonstrations of 40 of the most advanced tests. Icons on those test pages indicate they are modeled on the DVD. In addition, the DVD may be loaded onto a computer to offer convenient print-on-demand access to reproducible forms for recording data from selected tests.

By presenting the theory and detailing the practice, this text assists clinicians in understanding and incorporating functional testing to identify their patients' or clients' limitations and enhance their performance, rehabilitation, and daily functioning.