



# Orthotics: A Comprehensive Clinical Approach

By Joan Edelstein MA PT FISPO, Jan Bruckner PhD PT

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**Orthotics: A Comprehensive Clinical Approach** By Joan Edelstein MA PT FISPO, Jan Bruckner PhD PT

*Orthotics: A Comprehensive Clinical Approach* is an innovative and comprehensive new text that provides essential information about contemporary orthoses to guide the student and clinician in prescribing and utilizing these appliances in neuromuscular, musculoskeletal, and integumentary rehabilitation.

Written by recognized authorities in the field, Joan Edelstein, MA, PT, FISPO and Jan Bruckner, PhD, PT, this is a prime resource for practitioners and clinicians.

Individual chapters cover orthoses for the foot, ankle, knee, hip, trunk, neck, shoulder, elbow, wrist, and hand. Orthoses for patients with paraplegia, burns, and soft tissue contractures are detailed and illustrated. Prescription guidelines, evaluation techniques, goal setting, and training procedures are presented.

Each chapter has interesting "thought" questions and case studies to promote clinical reasoning and problem-solving skills. A unique feature of this text is the inclusion of a point-counterpoint discussion to demonstrate how clinicians can manage the same patient in different ways. This approach inspires broader thinking about clinical management.

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## **Editorial Review**

### Review

*"Orthotics: A Comprehensive Clinical Approach* covers a substantial breadth of information and includes excellent photographs and illustrations. I strongly recommend this as a reference text to the physical therapist, clinician, faculty, and student."

— Patricia Downey, MS, PT, OCS, *Orthopaedic Practice*

### About the Author

*Joan E. Edelstein, MA, PT, FISPO*, is a world-renowned authority in prosthetics and orthotics. After graduating from New York University, NY, magna cum laude, she entered clinical practice in the Children's Division of the Institute of Physical Medicine and Rehabilitation, subsequently renamed the Rusk Institute of New York University, where she became chief physical therapist. When invited to join the faculty of the University of Wisconsin, Madison, she began the academic phase of her career. Returning to New York, she became a senior research scientist at New York University's Prosthetics and Orthotics Program, originally part of the College of Engineering, later a division of the Department of Orthopedic Surgery and the School of Education. She conducted laboratory and field-testing of a wide variety of prostheses and orthoses for the upper and lower limbs, as well as trunk orthoses. She is highly regarded for her enthusiastic instruction in the postgraduate courses offered to physicians, prosthetists, therapists, and other members of the rehabilitation team. Professor Edelstein pioneered the establishment of the first undergraduate curriculum leading to the baccalaureate in prosthetics and orthotics. Upon the closing of the New York University program, she became an associate professor of clinical physical therapy at the College of Physicians and Surgeons, Columbia University, New York, NY, and served as Director of the Program in Physical Therapy. She continues as Special Lecturer at Columbia University and adjunct faculty at New York University; George Washington University, Washington, DC; Touro College, Bay Shore, NY; and Husson College, Bangor, ME.

Professional contributions beyond the university include presenting post-graduate and continuing education courses throughout North America, Europe, Africa, Asia, and the Middle East. She has been a keynote speaker at professional conferences and congresses. Her numerous publications pertaining to all phases of prosthetics and orthotics include journal articles, book chapters, monographs, and books, particularly *Orthotics: A Comprehensive Clinical Approach* (published by SLACK Incorporated).

Professor Edelstein has been editor or member of the editorial boards of *Archives of Physical Medicine and Rehabilitation*, *Journal of the Association of Children's Prosthetic-Orthotic Clinics*, *Journal of Rehabilitation Research and Development*, *Physical and Occupational Therapy in Geriatrics*, and *Topics in Geriatric Rehabilitation*. She was honored by being named a Fellow of the International Society for Prosthetics and Orthotics.

*Jan Bruckner, PhD, PT*, has been a practicing clinician since 1977. She received her bachelor of arts in anthropology, cum laude from Barnard College, Columbia University, NY, in 1975 and her masters of science in physical therapy from Sargent College, Boston University, Mass, in 1977. She worked in a

Rochester, NY, geriatric facility for 1 year and then joined the US Peace Corps. After serving 2 ½ years in Barbados practicing geriatrics, pediatrics, and sports medicine, she returned to work for United Cerebral Palsy of New York State in New York City and, later, for Manhattan Developmental Center. These programs served the Willowbrook class clients, and she became familiar with the infamous Willowbrook hepatitis study. In 1982, she joined the faculty of the Indiana University Physical Therapy Program and began her doctoral studies in physical anthropology and bioethics the following year. She earned her master's in bioanthropology in 1992 and her PhD in bioanthropology with a minor in bioethics in 1993. She moved to Boston and joined the physical therapy faculty of Northeastern University in 1993. Since 1998, she has been the Director of Research for the Department of Physical Therapy at Thomas Jefferson University in Philadelphia, PA.

Dr. Bruckner developed an interest in orthoses while working with clients during her Peace Corps service and during her tenure at United Cerebral Palsy. She took several courses with Ms. Edelstein when Ms. Edelstein was on the faculty of New York University's Orthotics and Prosthetics Program. She has been teaching prosthetics and orthotics to physical therapy students since 1985. Her interest in the subject led her to develop a new ballet shoe that minimizes pain, deformity, and disability in dancers who perform en pointe. She received a patent for this design in May 2001.

Dr. Bruckner has been active in numerous professional organizations, including the American Physical Therapy Association and the American Physical Anthropological Association. With her Thomas Jefferson University physical therapy students, Dr. Bruckner runs a foot clinic in Center City Philadelphia for people who are homeless. She has written a book on observational gait analysis; book chapters on bioethics and transfer techniques; and numerous articles on anthropology, bioethics, osteology, and physical therapy care for people who are homeless.

Dr. Bruckner currently lives with her husband, Dr. Michael Carasik, in Center City Philadelphia where both are actively involved in the community. Dr. Bruckner serves as the fund-raising chair of the Center City Eruv Corporation, participates in the Keshet Israel Women's Davening Group, and is a member of the Society Hill Civic Association. Among her hobbies, Dr. Bruckner enjoys gardening, quilting, and refinishing furniture.

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