



Cover image: Figure 3 Plastic posterior leaf spring ankle foot orthosis. Cheap so likely to be kept in physiotherapy or orthotics stock for same day supply. Modest stiffness limits effect in stance. Safe for patients to buy from internet. Assumes ankle rests in neutral position. Figure 5 Elastic foot lifter. Only helps in swing phase. Safe for patients to buy from internet. Works best with lace up shoes. Orthotix.co.uk. Figure 13 Turbomed ankle foot orthosis. Worn outside shoe, said to facilitate sports and high activity. TurboMed Orthotics.com. Figure 14 Contracture-correcting ankle-foot orthosis. Strong springs in joints beside ankle give powerful dorsiflexion force, but accommodates to voluntary or involuntary plantarflexion, unlike a rigid plaster cast. (see Kirker S, *et al.* page 312, 313, 315).

## Editors' commentary

- 261** Highlights from this issue  
P E M Smith, G N Fuller

## Editorials

- 262** Of what value is experience?  
G Flint
- 264** The art of doing nothing  
I Bone
- 266** Evidence-based policy for driving: easier said than done  
T Marson

## Reviews

- 268** Eligibility to drive and neurology: the how and the why  
J Rees, P Cooper, G Cruickshank, N Jenkins
- 274** Classical infratentorial superficial siderosis of the central nervous system: pathophysiology, clinical features and management  
N Kharytaniuk, P Cowley, P Sayal, P Eleftheriou, S F Farmer, E Chan, D-E Bamiou, D J Werring

## How to do it

- 285** CSF biomarkers for dementia  
A Keshavan, F O'Shea, M D Chapman, M S Hart, M PT Lunn, R W Paterson, J D Rohrer, C J Mummery, N C Fox, H Zetterberg, J M Schott
- 295** Managing idiopathic intracranial hypertension in pregnancy: practical advice  
M Thaller, B R Wakerley, S Abbott, A A Tahrani, S P Mollan, A J Sinclair

## How to understand it

- 301** Lessons from the video-EEG telemetry unit  
G Attard Navarro, K Hamandi

## What neurologists need to understand outside their own speciality

- 311** Orthoses for neurological ankles  
S Kirker

## Neurological rarities

- 317** Ictal aphasia in *LGII*-related autosomal dominant epilepsy with auditory features  
P B Moloney, J McHugh, J O'Byrne, Y Llamas, T Lynch, E McGovern
- 321** Alien-hand syndrome with mirror movements in hereditary diffuse leukoencephalopathy with spheroids  
N Dongre, V Ambwani, V E Mani, V K Paliwal
- 324** Fibrocartilaginous embolism: an under-recognised cause of young spinal stroke  
S A Nagaratnam, R L K Lee, J Sturm

## Me and my neurological illness

- 328** Spinal cord ischaemia due to fibrocartilaginous embolism...?  
T den Heijer

## Image of the moment

- 330** Primary CNS infiltrative parenchymal histiocytosis  
F Giammello, F Grillo, F Granata, K Galletta, P La Spina, A Toscano, R F Musolino
- 332** Extensive intraluminal thrombus involving the extracranial internal carotid artery  
E L Weil, J P Klaas

## Test yourself

- 334** A patient with headache and fever  
A Ahmad Khan, J D Bridson, R J Davenport

## Book club

- 338** *The Poetry Pharmacy*  
T Saad, F Matthews

## Carphology

- 339** Carphology  
A F Ben

## ABN News

- 340** ABN news  
A Wright-Parkes, L Kinton



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