

Clinical and Radiological Anatomy of the Lumbar Spine
Nikolai Bogduk

Churchill Livingstone, 5th Edition, 2012
Softcover, 272 pages, \$80.95 CDN

Clinical and Radiological Anatomy of the Lumbar Spine written by Nikolai Bogduk is a valuable addition to the library of any practitioner involved in the treatment of back pain. The book is divided into twenty chapters that cover the basic anatomy of the spine, biomechanics, pathological conditions and radiological imaging of the spine. The book provides a deeper understanding of the clinical anatomy and biomechanics of the spine that aide in the treatment of low back disorders. The chapters on radiological anatomy provide the practitioner with a review in radiology that may aid in the interpretation of diagnostic images in practice. Included in these chapters are magnetic resonance images, which are often challenging to interpret in practice. The book is published in color providing informative diagrams of anatomy that aid in the understanding of key concepts.

A minor limitation of this book is the antiquated reference list that is provided at the end of each chapter. Though the author acknowledges that the principles of anatomy have not significantly changed, adding more current research would have further improved this edition. Adding cadaver images in future editions would also help practitioners to visualize the anatomy of the lumbar spine.

Overall, this book provides a detailed overview of relevant anatomy and radiology. I recommend it as reference for any practitioners looking for a concise guide on the lumbar spine.

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Managing Sports Injuries

Christopher M. Norris
Churchill Livingstone Elsevier 4th edition, 2011
Hardcover, 421 pages, \$ 141 CDN

Managing Sports Injuries is written as a guide for students and clinicians of physiotherapy and other manual therapies involved in the treatment of athletic injuries. The text contains 19 chapters, which are divided into two major sections. The first section outlines the principles of sport injuries including injuries, healing and training. The second section contains chapters related to injuries and conditions specific to regions of the body. Each chapter contains information on assessment, diagnosis and treatment including soft tissue therapy, mobilization and rehabilitative exercises. The chapters are well laid out with subheadings, diagrams and illustrations. Boxes for definitions and key points are present throughout the chapters that reiterate important concepts.

The strengths of this book are the helpful illustrations, rehabilitative exercises and clinical pearls that are provided. However, the book has some limitations, which cannot be disregarded. References are provided at the end of each chapter, however, the majority of references are not up to date. Furthermore, the author includes course notes as a reference, which may be unattainable for readers. The author also includes pre-manipulative testing of the cervical spine for which there are no reliable provocative tests to screen for vertebrobasilar insufficiency, according to the most recent literature.

An updated version of the book, which incorporates more current evidence and accessible references, has the potential to be a valuable reference for clinicians and students.

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Conditioning for Strength and Human Performance
2nd Ed. 2013

T. Jeff Chandler, Lee E. Brown

Wolters Kluwer/Lippincott Williams & Wilkins,
Philadelphia, PA

569 pp; \$84.95 CAD

ISBN: 978-1-4511-0084-6

The second edition of this book consists of 23 chapters divided into four sections focusing on Basic Sciences, Organization and Administration, Exercise Prescription and Special Topics. The main authors are Strength and Conditioning Specialists at US based Universities. Although each chapter in the book is independently written by various field experts, the book still maintains excellent flow and continuity. Improving on first edition, the authors have added new chapters on evidence based practice, training periodization, sports psychology, gender issues and implement training.

The chapters are well organized and are very “clinician friendly”. As the authors do an excellent job of breaking down each chapter into scientific content, real life case scenarios, content application, exercise examples, graphs, tables and highlighted take home points. The opening chapters of the book provide background information related to strength and conditioning science that is most suitable for the beginner or intermediate reader. An advanced reader may seek further performance enhancement or injury prevention knowledge as opposed to reviewing basic sciences principles.

This book is a suitable resource for any practitioner aiming to advance their knowledge in the strength and conditioning field. The book is clinically applicable for many health professionals and can assist in decision making for active care prescription for your patients or clients. With a price tag of \$84.95 CAD I would consider this book an excellent deal.

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Fascia: The Tensional Network of the Human Body

Robert Schleip, Thomas W. Findley, Leon Chaitow,
Peter A. Huijing

Churchill Livingstone, Elsevier, Toronto Ontario

566pp

\$65.95

ISBN: 978-0-7020-3425-1

The treatment and assessment of fascial tissue and fascial pathology has become increasingly popular over the past several years, particularly in the world of manual therapy. This has led to the publication of the first text dedicated to this tissue, entitled *Fascia: The Tensional Network of the Human Body*. A number of the world’s leading researchers and clinicians have been brought together to present the first comprehensive title on fascia. It has been written to address the needs of scientists and clinicians alike.

The first section of the text provides an in depth review of the scientific foundations regarding fascia including anatomy, communication, force transmission and physiology. The second section focuses on the clinical application of the basic sciences and covers the diagnosis and treatment of a number of fascia related disorders. Finally the third section discusses the challenges associated with researching fascial tissues as well as future directions that need to be taken in order to better understand this complex and vital tissue.

The information contained within this text provides the reader with the necessary scientific background to apply the proposed evidence based treatments for fascial disorders. The current trends within the scientific literature are pointing towards a need for a stronger understanding of this highly integrated tissue. The reader is provided with an up to date comprehensive review of fascial related research allowing them to address fascial disorders within their patients and to further improve the state of the literature regarding fascia.

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Anatomy for Runners: Unlocking Your Athletic Potential for Health, Speed, and Injury Prevention

Jay Dicharry, MPT, SCS

Skyhorse Publishing, New York City, NY, 2012

309 pages, paperback, \$14.95 USD

ISBN: 978-1-62087-159-1

Anatomy for Runners consists of ten chapters progressing from anatomy and running biomechanics, to assessment and rehabilitation techniques. Jay Dicharry is a biomechanics researcher and therapist at SPEED Clinic and Motion Analysis Lab, and instructor at University of Virginia. As a competitive athlete, therapist, and coach; Dicharry integrates clinical and research experience for optimizing performance and combating injury.

Anatomy for Runners offers a broad understanding for the time-burdened clinician seeking basic principles of gait-analysis, footwear, and corrective exercises. Dicharry provides well-detailed appendices for those interested in further research on the anatomy and biomechanics of running related injuries and treatment approaches.

The chapters are logical and well organized, containing excellent use of real-life scenarios, analogies, pictures, and highlighted critical points. Particularly, Dicharry engages the reader using practical and understandable information on injury prevention and performance. Reader directed activities are integrated throughout the novel to encourage self-evaluation and self-care. However, Dicharry does not discount the importance of seeking professional opinion when deemed appropriate.

I would recommend this book to runners, coaches, and clinicians interested in an introduction to running injuries and assessment protocols. The book offers tremendous value, and can be placed in all sporting clinics waiting rooms across the country.

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Sports Nutrition for Endurance Athletes, 3rd Edition

Monique Ryan, MS, RD, CSSD, LDN

Velopress, Boulder Colorado, 2012

Soft cover, 432 pages

\$23.95 (CDN)

ISBN 978-1-934030-82-0

The 3rd edition of Sports Nutrition for Endurance Athletes is written by Monique Ryan, an internationally renowned sports nutritionist with over 25 years of professional experience. This text provides a comprehensive nutritional guide, aiding athletes to better optimize their performance in endurance sports (Triathlon, Cycling, Distance Running and Swimming).

The author explores the complicated topics of sports nutrition, and simplifies the ideas in a clear and concise format. The nutritional information is well organized and easy to comprehend. Nutritional guidelines are highlighted in tables and figures throughout the text for quick reference. Separate chapters provide in depth nutritional recommendations for each endurance sport (Triathlon, Cycling, Distance Running and Swimming), allowing athletes to form specific nutritional plans.

This text exceeded my expectation as a complete nutritional guide for a number of endurance sports. Sports Nutrition for Endurance Athletes is not only exclusive to high performance athletes, it can also be used by the “weekend warrior”, and anyone who is interested in maintaining a healthy lifestyle. This text is an excellent addition for coaches, sports chiropractors and those treating athletes and provides a comprehensive review of the literature to better aid endurance athletes through the training phase to competition day.

Sean Y. Abdulla, BKin (Hons), MSc, CK, DC

CMCC Sports Sciences Resident

Studying A Study & Testing A Test: Reading Evidence-Based Health Research 6th Ed.

Richard K. Riegelman

Wolters Kluwer/Lippincott Williams & Wilkins,
Philadelphia, PA

338 pp; \$71.95 CAD

ISBN: 978-0-7817-7426-0

Studying a Study and Testing a Test aims to educate readers on how to critically appraise health research. New additions within the sixth edition include “learn more boxes” which extrapolate on various topics and provide practical examples and “mini studies” which outline common errors that may occur when conducting research and how to avoid making these errors.

The text is designed around the “M.A.A.R.I.E Framework”, the author’s mnemonic device, used to critique research studies. Using this method reminds readers of the various components to be analyzed: Method, Assignment, Assessment, Results, Interpretation, and Extrapolation. This approach helps the reader develop a systematic method of evaluating research, highlights key components which go into a study and discusses ways of detecting potential study flaws.

The strengths of this text are its readability and providing clinical examples to aid in practical application. I recommend Studying a Study & Testing a Test for any student or health care professional looking to gain a better understanding on how to critically appraise research and put those results into practice.

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Evidence-Based Management of Low Back Pain

Dagenais S and Haldeman S

Elsevier Mosby, 2012, 560 pp.

Hard Cover

US \$115.00

ISBN: 9780323072939

Dagenais and Haldeman have edited a thorough and clinically relevant review of the current scientific evidence for the management of low back pain (LBP). With contributions from over 50 expert authors, this text consists of 30 chapters reviewing the entire spectrum of interventions for LBP, from least to most invasive. Each chapter describes the intervention, explains the theoretical rationale for its use, evaluates the evidence of efficacy, notes important considerations for patient safety, and finally, outlines the cost and cost-effectiveness of the treatment. This format is particularly helpful for clinicians to comparatively evaluate the appropriateness of an intervention for a given patient.

One of the greatest strengths of this text is the depth and quality of its references, which have been synthesized into an easily readable format. Although the references are extensive, readers must remember that research is constantly evolving, and always seek to incorporate the best available evidence into clinical decisions. Further, it is important to recognize this reference is not meant to dictate patient management, rather, to assist in the understanding of interventions that may be used.

Overall, this text is extremely enjoyable to read, and provides a strong foundation for the understanding of the management options for LBP. It is a thorough and well-written reference, and all providers of spine care would find this a valuable addition to their libraries!

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*Another version of this review was published in The Spine Journal, Vol 12, by Brynne Stainsby BA, DC, Book and Media Review: Evidence-based Management of Low Back Pain, Page 351, Copyright Elsevier (2012).