

Baxter's The Foot and Ankle in Sport: 2nd edition, 2008
David A. Porter MD, PhD and Lew C. Schon, MD
Mosby Elsevier 1600 John F. Kennedy Blvd. Ste 1800
Philadelphia, PA 19103-2899
Hardcover, 636 pages,
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Hardcover, illustrated, 636 pages \$230 Canadian

The foot and ankle complex is a multifaceted, complicated yet imperative facet in the chiropractic evaluation and is habitually included in addressing the body from a kinetic chain perspective. In the second edition of Baxter's *The Foot and Ankle in Sport*, Dr's Porter and Schon provide a comprehensive, anatomical and condition specific reference guide. With surgeons representing over eighty percent of the contributing author's, emphasis is placed upon surgical management. This text is directed to the sports medicine doctor and orthopaedic surgeon, with limited utility to the conservative practitioner.

The book is divided into five sections. Section one, athletic evaluation, is a compilation of twenty clinical pearls. Section two, sport syndromes, provides ten condition specific chapters on neuropathic, musculoskeletal, vascular, and dermatological disorders. Section three, anatomic disorders in sports, encompasses nine chapters on varied diagnoses. Section four, a five chapter section on unique problems in sport and dance, embraces international perspectives tying together numerous cultures, also incorporating unique disorders of the pediatric and female athlete. Section five is a four chapter section on the shoe, orthoses, rehabilitation, and epidemiology of foot and ankle injuries.

Though excellent for differential diagnoses, this text is deficient in the role of the conservative practitioner, often included only as a prelude of failed care to surgery. A short chapter, *Principles of rehabilitation for the foot and ankle*, is a general approach to post-injury status risking cookbook management. This chapter was not in the first edition, providing recognition of rehabilitative and conservative co-management, albeit minor. Emphasizing dancers throughout reflects the background of the authors, however is narrow. Consistency in chapter presentation was lacking. An asset for the conservative sports based practitioner is the return to play and post surgical rehabilitation guidelines. The illustrations, and imaging are exemplary with frequent tables allowing reference

summary, rehashing important themes. Chapter twenty six (the shoe in sports) is of excellent clinical usage.

This book is not of great value for the chiropractic sports practitioner unless a narrow focus in improving differential diagnosis skills or understanding contemporary surgical procedures for the foot and ankle exists. In my opinion, it will not add to the conservative treatment regimen for an individual with a basic knowledge of foot and ankle pathology.

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Textbook of musculoskeletal medicine
Edited by Michael Hutson and Richard Ellis. 550 pages,
Oxford University Press 2006, ISBN 019 263050 4

This is a comprehensive, much needed textbook. As evidence-based therapeutics now clearly provides the framework of our practices, we are constantly searching for better, clearer, and fully supported "evidence" to incorporate into our therapeutic protocols.

This book is a superb integration of the body of knowledge from orthopaedics, rheumatology, pain control, physical medicine and rehabilitation, osteopathic medicine, psychology, physiotherapy, regrettably leaving out the now broad evidence-based chiropractic therapeutics. This is not necessarily a shortcoming of the book, just another fact-of-life, where the interdisciplinary iron curtain still surrounds chiropractic sciences. Where the strength of this book lies is drawing out the similarities and the effectiveness of dissimilar methods of evaluation and treatment methods of each discipline. Sometimes we just have to admit that the treatment advocated is only a conceptual framework and have to be weary of excessive enthusiasms for the belief system without supporting evidence.

The book is cleverly divided into four (4) conceptual Parts: Part 1 is Introduction, while Part 2 deals with Morphology; Dysfunction and Pain; Part 3 then contains Regional Disorders and finally Part 4 Management Strategies.

This text then is a comprehensive account, as the editors established in the preface, "of both structural and functional disorders of the spine, and of the extremities." The theoretical framework of the book is the differentia-

tion of “early pathomorphological changes (which) reflect adaptive process to biomechanical stresses” and is manifested in “reversible dysfunction states” and “advanced structural pathology (which are) consequences of the failure of adaptation of the soft tissues to postural and dynamic stresses.”

The chapter titled *Fundamentals* incorporate concepts such as the Biosocial Model, Distinctiveness of Musculoskeletal Medicine, Models of Neuromusculoskeletal Medicine, Pragmatism and Complexity, The Value of Evidence-based Medicine and its Applicability to Manual/Musculoskeletal Medicine, Reproducibility and Validity of Diagnostic Procedures and RCTs in Manual/Musculoskeletal Medicine. This chapter then sets the tone and framework of what will follow in the next 47 chapters.

Within the context of Physical Examination authored by Drs. Richard Ellis and Cyrus Cooper, both from the University Hospital of Southampton, UK, they refer to two systems used in musculoskeletal examination; selective tissue tension, originally developed by Cyriax, always used in chiropractic premanipulative manoeuvres, and functional examination. In selective tissue tension, as the authors describe “the examiner puts strain sequentially on the possible structures at fault: when the person’s pain is reproduced, the structure under test is identified as the likely cause.” In addition to identifying specific tissues at fault, the authors encourage “examining the whole person” with their specific sensitivities, over-reactivity and abnormal levels of anxiety associated with their condition. A neat pictorial review captures a clinical musculoskeletal examination incorporating Focus of Examination, a picture depicting the actual test procedure, a short description of the procedure, including patient instructions and typical findings and interpretation. This is a very comprehensive “table,” over 35 pages, a most valuable quick compendium. These could formulate a “standardized” musculoskeletal examination.

In summary, this superb textbook is a must-read for anyone interested in diagnosis and management of musculoskeletal pain.

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Conservative Management of Sports Injuries
2nd Edition

Thomas E. Hyde, Marianne S. Gengenbach
2007 Jones & Bartlett Publishers
Sudbury, Massachusetts
1173 pp.
ISBN-13: 978-0-7637-3252-3
ISBN-10: 0-7637-3252-4

The second edition of *Conservative Management of Sports Injuries* provides the sports clinician with an expansive reference for diagnosing, treating and preventing sports injuries in one complete volume. A multidisciplinary team approach to the care of the athlete is strongly encouraged throughout the text.

The extensive list of contributors represents a diverse, international group of specialized chiropractors along with medical doctors and physical therapists with a definitive area of expertise.

The book contains 25 chapters divided into 4 sections: A Conservative Approach to Sports-Related Injuries; Site- & System-Specific Sports Injuries; Age, Gender & Sport Considerations; and Special Issues in Sports Medicine. The first section includes chapters on medicolegal issues in sports medicine and physiological principles of exercise, with a clear focus on rehabilitation and soft tissue techniques specific for athletic injuries. The second section encompasses a very thorough regional approach to understanding anatomy, diagnosis and treatment for specific sports injuries. It is inclusive of a chapter on head trauma, which is particularly relevant for emergency sideline care for the sports physician. The third section gives a pragmatic method to incorporating the special considerations of the female athlete, the pediatric, adolescent and senior athlete, as well as the extreme athlete. An outline of the most prevalent injuries in various extreme sports is integrated well into this edition. The fourth section assimilates sports nutrition and the use of performance-enhancing drugs in sport, and includes a comprehensive chapter on imaging incorporating multiple, well-referenced images. It effectually outlines a logical flow to the requisitioning of studies for each type of injury.

The prevention of catastrophic injuries in sports, particularly in the head and cervical spine, as well as the ongoing emergency care information provided throughout this text, renders it excellent as a global volume for any

sports clinician. The addendum pertaining to athletic shoes also attunes to the preventative tone of this text.

There is a notable amount of redundancy in the site-specific section for the anatomy and pathology of the injury that could be revised to condense the text more, however, overall this is an efficaciously illustrated and well referenced text essential for all sports medicine practitioners.

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*Functional Soft Tissue Assessment and Treatment
By Manual Methods
3rd Edition*

Warren I. Hammer
2007 Jones & Bartlett Publishers
Sudbury, Massachusetts
775 pp.
ISBN-13: 978-0-7637-3310-0
ISBN-10: 0-7637-3310-5

The latest edition of Warren Hammer's text provides a comprehensive and integrative approach to assessing and treating soft tissue disorders. It was written as a practical reference for health professionals involved in using manual methods of diagnosis and treatment.

The author's narrative style and obvious enthusiasm for his subject is effective at keeping the reader engaged. The contribution of 24 authors representing physiotherapy, massage therapy, physical therapy, osteopathy, chiropractic and medicine enhances the credibility of this compendious text.

The book contains 24 chapters, including 13 new chapters, divided into 3 sections: Introduction to Soft Tissue Examination; Extremities and Lumbar Spine; and Manual Treatment Methods. The first section includes a chapter on the effects of mechanical loading on soft connective tissues, which effectively incorporates apposite neurobiology and physics into our understanding of these disorders at a cellular level. The second section clearly outlines neuromusculoskeletal conditions by region, highlighting etiology, signs and symptoms, functional tests, differential diagnoses and treatment, as well as functional anatomy and pertinent biomechanics.

Throughout, this text is effectually illustrated with well referenced photographs, drawings and diagrams, including easy-to-use regional functional diagnosis charts in the appendix. In the third section the diverse selection of contributors chosen based on areas of expertise renders this text excellent in providing the relevant preliminary information regarding various manual treatment methods.

Overall, this is a well organized, well referenced text effectively reviewing functional anatomy and biomechanics while providing a pragmatic approach to assessing and treating neuromusculoskeletal conditions using up-to-date soft tissue techniques.

Despite a minor concern with editing that doesn't seem to affect readability, I highly recommend this thorough, well written text for both the student and clinical practitioner of any health care profession that utilizes manual treatment techniques.

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