
Book Reviews

Whiplash, Headache, and Neck Pain: research-based directions for physical therapies

G Jull, M Sterling, D Falla, J Treleaven, S O'Leary
Churchill Livingstone, 2008, 260 pp., CAN \$57.95
ISBN: 978-0-443-10047-5

Led by Jull, the research minds at the University of Queensland have generated a concise and well written text on the broad topic of neck pain and rehabilitation. Directed towards students and practitioners, this text contains fifteen chapters covering clinical sciences, pain disorders and therapeutics. The format is reader friendly and sequential, with an excellent layout displaying numerous visual aids throughout.

This text specifically focuses on whiplash associated disorders, cervicogenic headache and cervico-brachial pain. In order to approach these conditions, the authors recommend identifying patterns of functional disturbance rather than pain generating structures. In doing so, the authors suggest that clinicians subcategorize neck pain in order to develop more relevant rehabilitation strategies. This is accomplished through extensive examination procedures incorporating both static and dynamic assessment methods.

However, readers expecting an evidence-based analysis of conservative care methods should approach with caution. Conclusions are generated specifically from the clinical research interests of the authors, and primarily from their own work in the field. As a result, the direction of content and conclusions are biased. It is also quite apparent that the authors choose literature best supporting their opinion rather than opinion being based on the best-available evidence. To illustrate, there is concern regarding conclusions of spinal manipulation with regards to effectiveness and safety.

Despite these limitations however, I recommend this text to manual therapists as a guide to rehabilitation strategies in neck pain patients. While the treatment approach does not include all aspects of conservative care, the text offers an up-to-date research synthesis on functional assessment of the cervical spine and exercise based care. As such, this text has value to therapists who practice this form of management.

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Atlas of Anatomy

Tank PW, Gest TR

Lippincott Williams & Wilkins, 2008, 260 pp., CAN \$72.95
ISBN: 978-0781785051

Patrick Tank, Director of the Division of Anatomical Education at the University of Arkansas has joined up with Thomas Gest, of the University of Michigan's Division of Anatomical Sciences to produce a new anatomical atlas. Accompanied with a thirteen member illustration team and an impressive list of reviewers, the pair has added an original flavor to the design of anatomical atlases.

The text is organized regionally, making it reader friendly and easy to use. The authors also present information most applicable to students, without appearing too basic or introductory. In addition, the condensed fashion makes it easier to attain the most clinically relevant information with ease.

This atlas offers a unique style, adding new life to familiar images. One such feature includes the colouring and shading techniques which bring images to life with greater depth and clarity.

Another prime feature is the ghosting technique which is used to better illustrate the relationship between the deep and superficial structures. While other texts remove tissues in a layered fashion, the ghosting technique allows the student to maintain perspective and to consolidate information more effectively. Ghosting also minimizes distraction from the target area. This feature is especially useful when detailing the pathways of neural and vascular structures in the upper and lower limbs.

In conclusion, I recommend this text to students as an efficient method of learning a difficult subject area. Also, clinicians shopping for a new office resource will find this text most satisfying. An interactive web-version is included with purchase.

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