

***Clinical Pediatric Orthopedics:  
The art of diagnosis and principles of management***  
**Mihran O. Tachdjian**  
**Appleton & Lange, 1997**  
**Hardcover, 518 pages, illustrated, \$209.25**  
**ISBN 0-8385-1106-6**

This text was written as a practical reference for health professionals involved in the diagnosis and treatment of orthopedic conditions in children. The author emphasizes the importance of a skillfully obtained clinical history and states that the 'purpose of the book is to revive the art of medical diagnosis'.

The book contains six chapters. The first five chapters each focus on a specific anatomical region of the body: Foot and Ankle, Knee and Leg, Hip and Thigh, Neck and Upper Limb and The Spine. Chapter 6 takes a more global approach and considers conditions relating to the entire musculoskeletal system.

The text is uniform in format. Each chapter begins with an outline then moves into a brief overview of each orthopedic condition, typical presenting complaints, associated etiology and pertinent questions that must be asked during the history taking. This is followed by the presentation of an organized physical examination, treatment alternatives and prognosis. Where appropriate, differential diagnoses are discussed in relation to medical management issues.

The author discusses only the most common orthopedic problems found in children. The topics vary from benign conditions such as physiological genu valgus to life threatening pathological and congenital processes. Numerous tables and figures are found throughout the text highlighting important diagnostic considerations. Each chapter ends with a comprehensive reference list.

The text is well indexed and information is easily located. However, not all conditions are given the same attention and it can be difficult to differentiate distinct orthopedic entities from those that fall under a larger category. This could be easily remedied by the systematic use of headings and subheadings. The tables and illustrations are excellent and the x-ray images provide the reader with a good overview of radiographic diagnosis in children. The reference lists provided are thorough and organized according to orthopedic condition. This greatly enhances the ease with which the reader can look up

further information on topics of interest. A small number of grammatical errors are found throughout the text but do not distract from the content.

For those chiropractors with a special interest in the physical examination, diagnosis and appropriate management of orthopedic conditions in children and adolescents, this is a useful reference text to have close at hand. Priced at \$209.25, *Clinical Pediatric Orthopedics* will be an invaluable addition to your library.

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***Therapeutics Modalities for Allied Health Professionals***  
**William E. Prentice**  
**McGraw-Hill, 1998**  
**Hardcover, 532 pages, illustrated, \$77.95**  
**ISBN 0-070-50771-6**

The objective of this textbook is to present the basis for using a variety of modalities in order to equip therapists with the knowledge necessary for effective clinical decision-making.

The format is tailored for use in an educational setting. Pedagogical aids include a clear outline of the objectives for each chapter, numerous figures and tables, chapter summaries and a glossary of key terms. In addition, case studies and 'hands on' assignments are outlined for students.

The text is divided into six parts: Foundations of Therapeutic Modalities, Electrical Modalities, Thermal Modalities, Light Therapy, Mechanical Modalities and Manual Modalities. Each section discusses underlying theory and superficially evaluates supporting evidence. Recent advances in each field are not discussed and the majority of articles cited date back to the 1980s. The figures used are effective and though a small number of grammatical and definitional errors are noted in the titles and throughout the text, they are not distracting to the reader.

Of the six sections, four contained information that might be of interest to the chiropractor. The sections on Thermal Modalities and Light Therapy, focus on therapeutic interventions and techniques not included in the chiropractic curriculum. Section Six, Manual Modalities,

discusses joint mobilization and soft tissue techniques. Manipulation is mentioned only twice in the text with the cautionary note that 'manipulation should be used only by individuals trained specifically in these techniques, because a great deal of skill and judgment are necessary for safe and effective treatment'.

This textbook is useful as an educational tool. The practical, user-friendly format will be appreciated by educators and students alike. For the chiropractor who frequently utilizes modalities, this text is a useful reference to consult on your next library visit. However, at a cost of \$77.45 it is not likely to be worth the money spent.

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***Functional Soft Tissue  
Examination and Treatment by Manual Methods  
New Perspectives, Second Edition  
Warren I. Hammer  
Aspen Publishers, Inc., Gaithersburg, 1999  
Hardcover, 625 pages, \$165.00  
ISBN 0-8342-0630-7***

Functional Soft Tissue Examination and Treatment by Manual Methods is an impressive compilation of useful and practical techniques for soft tissue conditions that can be employed in any chiropractic office. This text contains contributions from eighteen authors representing the medical, osteopathic, physical therapy and chiropractic professions.

The book is organized into four parts and eighteen chapters in total. Part One discusses the basics of soft tissue examination as well as the pathology of musculoskeletal soft tissues. Part Two deals with the upper and lower extremities. Functional anatomy and pertinent biomechanics of each articulation are described, followed by related common soft tissue pathologies. Each condition is presented in a concise manner organized by etiology, signs and symptoms, functional tests, differential diagnosis and treatment. Part Three presents the various manual treatments including joint mobilization, somatic technique, muscular imbalance and post-facilitation stretch, and concludes with strain/counterstrain. The last part describes the

effects of various soft tissue techniques at the cellular level.

As a chiropractor reviewing this book, it is interesting to note that the term manipulation has different semantics dependent upon which profession is represented. For instance, Chapter Thirteen is written by an osteopath who discusses the "physiology of manipulation" and "manipulation of specific regions of the spine". The term manipulation is used in the osteopathic context and does not refer to the definition utilized by chiropractors. For example, the cervical spine is manipulated using the strain/counterstrain technique developed by Dr. Jones, an osteopathic physician. The technique involves placing the cervical spine in a variety of positions depending on the cervical tender points being treated and applying digital pressure to the tender points. This manipulation does not involve a high-velocity, low-amplitude thrust.

The text is filled with visually stimulating photographs and illustrations of various techniques that help reinforce their utilization. The tables and figures, also abundant throughout the book, are very effective in summarizing the written text for quick reference. The majority of the chapters include an extensive bibliography of relatively recent scientific papers, although some of the techniques are heavily referenced by work done solely by their founders.

Although spelling errors are found throughout the text, they are minor and minimally disruptive during the read. Unfortunately, several figures in Chapter Three do not correspond with their captions which creates some confusion on the part of the reader.

Overall Hammer's text is an excellent reference source for examination and treatment of soft tissue conditions by manual methods. It is written in a reader-friendly fashion with organized, predictable and bolded headings and sub-headings. The information presented is concise and highly appropriate for the treatment of soft tissue pathologies. One constraint that may exist is the hefty price of this volume; however, I believe it is well worth it. In my opinion, any manual therapist that reads this text would greatly expand his or her knowledge base of soft tissue injuries, leading to the ultimate goal of providing the best possible patient care.

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***Myelopathy, Radiculopathy and  
Peripheral Entrapment Syndromes***  
**David H. Durrant, Jerome M True**  
**CRC Press, 2002**  
**Hardcover, 348 pages**  
**ISBN 0-8493-0036-3**

Accurate diagnosis (let alone comprehension) of neurological symptomatology is challenging for health care providers of every stripe. In my experience as a chiropractor, independent assessor and clinical instructor, I have found that most providers either remain blissfully oblivious of this challenge or choose not to rise to it, providing overly simplistic or inaccurate diagnoses. At best, this results in ineffective management of unwitting patients. I am convinced that mandatory reading of this text would go far towards remediation of this sorry state of the art.

Perhaps, since the authors are chiropractors by rather than, say, neurophysiologists profession, it is appropriate that there is relatively little original information provided. Rather, the unique strength of this text lies in the effective integration of knowledge amassed from comprehensive, current review, as evidenced by the references at the end of each section's chapters. From the level of the cell to that of the plexus, to the whole person presenting with symptomatology; from clinical to diagnostic laboratory and imaging findings, the authors interweave information, tables and illustrations from various sources with their own, effectively imparting understanding and reason.

From the mundane to the exotic, the authors cover the gamut of symptomatology and syndromes caused by pathology and dysfunction affecting the nervous system, from spinal cord to peripheral nerve. The differential diagnosis of signs and symptoms proceeds systematically from proximal to progressively distal lesions. The thorough discussion of diagnostic procedures includes reasons for abnormal findings; e.g., an absent patellar reflex may be due to previous knee surgery or examiner error, among other causes.

About half the book is devoted to the section on myelopathy; sections on radiculopathy and peripheral entrapment neuropathies comprise the rest of it. Another strength of this text is the authors' generosity in utilizing tables and illustrations of anatomy, pathophysiology, clinical findings, clinical tests, etc. throughout. A fairly thorough read

through revealed only one mislabeled illustration, a rarity in such texts.

The only significant cause for my discontent is the quality of paper used throughout the book. While preferable for text and diagrams, sparing the reader's eyes, it renders most reproduced photographs (e.g., of imaging) ineffectual. That said, I will keep this book at my practice, for ready reference, rather than at home, to impress family and friends.

Igor Steiman, DC  
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***Field Guide to Soft Tissue Pain:  
Diagnosis and Management***  
**Robert W. Simms, M.D.**  
**Lippincott Williams & Wilkins, Philadelphia, PA**  
**Soft Cover, 106 pages, \$29.95 (USD)**  
**ISBN 0-7817-1647-0**

Field Guide to Soft Tissue Pain is a quick reference text designed for the health care practitioner who manages conditions associated with the musculoskeletal system.

The text is divided into ten chapters covering regional pain syndromes from the neck to the foot and ankle. Chapters on fibromyalgia and injection techniques are also included. Each chapter follows a set format describing the functional anatomy and differential diagnosis of the region being covered. Evaluation methods and treatment recommendations are then provided for the specific diagnoses. Multiple charts and diagrams are included within the text. These are both visually appealing and helpful for the reader.

Field Guide to Soft Tissue Pain provides a concise review of the functional anatomy of each region and the chapters describe the most common differential diagnoses observed in general practice. As the author is a rheumatologist, the treatment recommendations include pharmaceutical interventions including NSAIDs and corticosteroid injections. Conservative recommendations include rest, heat and gentle stretching or other exercises.

Field Guide to Soft Tissue Pain is a useful text for the health care practitioner needing a brief overview or "refresher" in a clinical setting. It does not give a complete description of treatment options available for managing

the conditions described and therefore, as a chiropractor, I would not feel confident in preparing a plan of management based solely on these recommendations. The text is easy to use due to its organizational design and visual appeal. I feel that it is an appropriate text to be used by a health care practitioner in the context of its design as a "field guide", for use as a quick and easy reference.

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***Sports Injuries: Mechanisms, Prevention, Treatment – 2nd Edition***  
**Freddie H. Fu, David A. Stone**  
**Lippincott Williams & Wilkins, Philadelphia, PA**  
**Hardcover, 1240 pages, \$214.95**  
**ISBN 0-683-30477-1**

*Sports Injuries: Mechanisms, Prevention, Treatment* is a comprehensive reference textbook for the sports specialist. Edited by Dr's Fu and Stone, many leading authorities in the field of sports medicine in North America contribute to the authorship of this textbook.

This text is divided into three sections. The first section addresses evaluation, training and special concerns for the sports specialist. Chapters in this section discuss topics such as preparticipation evaluation, the role of the athletic trainer, and special concerns for the pediatric, aging, and female athlete. The second section of this textbook is devoted injuries associated with 32 specific sports such as baseball cricket, scuba diving and surfing. A chapter is devoted to each sport, addressing the biomechanics, common injuries, treatment protocols and prevention pertinent for that sport. The final section of this text contains chapters reviewing the management and treatment of body systems and regional injuries.

*Sports Injuries: Mechanisms, Prevention, Treatment* is a well-organized text with a comprehensive table of contents for easy reference to specific chapters. The inclusion of multiple diagrams, x-rays and tables is a complementary adjunct to the written text. References are provided at the completion of each chapter.

The 2nd edition of this textbook provides new and updated information required by the sports specialist. This text is a good reference textbook, which provides a gen-

eral overview of a given body of literature allowing quick access to multiple topics. It provides an adequate level of information, which can be expanded on if the reader so desires. I feel that this textbook is a good investment as a desktop reference for practitioners dealing with sports injuries.

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***Sports Injury Management. 2nd Edition.***  
**Marcia K. Anderson, Susan J. Hall, Malissa Martin**  
**Philadelphia PA: Lippincott Williams & Wilkins, 2000**  
**\$85.50 CDN**  
**ISBN 0683-30602-2**

The second edition of *Sports Injury Management* is intended to function not only as a core athletic therapy text but also as a clinical reference for those practicing in the field. While this information is relevant, it is basic almost to the point of being uninformative for the chiropractor, and especially so for the Sports Specialist. While the clinical scenarios and management strategies provide interesting foreshadowing of topics and practical relevance, for \$88.50 CAD there are more in-depth texts to be had.

The book is organized into 6 sections, each in turn subdivided into numerous chapters. Each chapter briefly outlines the relevant anatomy, arthromechanics, orthopedic tests, rehabilitative techniques, prevention exercises and common mechanisms of injury pertaining to the body region being addressed. The highlights of this text are the section on special populations, the vivid images and flawless organization. Regardless, they are overpowered by the lack of quality information.

At its best, this book covers the core sports medicine topics, providing enough information for an inexperienced therapist to diagnose and treat textbook cases. At its worst, it is concise and basic to the point of being vague, impractical and unusable. Any person with a medical background will find this text uninteresting and uninformative.

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***Sports Supplements***

**Jose Antonio, PhD, CSCS and  
Jeffrey R. Stout, PhD, CSCS  
Lippincott Williams and Wilkins 2001  
\$54.95 CAD  
ISBN 078172241-1**

The purpose of *Sports Supplements* is to educate professionals on a broad spectrum of ergogenic supplements through critical appraisal of the current literature. The text is divided into practical and manageable chapters, each dealing with a particular facet of athletic performance or body composition, such as weight gain and loss, endurance performance, recovery and immune function, as well as hydration and vitamin requirements. The format for each chapter is identical, and begins with a small text block entitled "Research Review" where a single epitomizing study is briefly summarized. The action of each supplement is then presented along with a list of the foods which naturally contain the highest amount of each substance, followed by a summary of the current research. The most alluring aspect of this book is each author's critical appraisal and analysis of this research. Each chapter is rounded out by a summary as well as the "Author's Recommendations" with respect to efficacy and dose, and a brief commentary on "Future Research."

The major drawback of this book is that by the time it has been published, inevitably more research has already been conducted which has the potential to alter the author's recommendations. In addition, there are still several fairly mainstream phytochemicals which were not included in this text.

Despite these shortcomings, *Sports Supplements* is a practical, critical, informative, and mostly unbiased account of the most popular ergogenic aids available today.

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***Critical Pathways in Therapeutic Intervention  
Extremities and Spine***

**David C. Saidoff, Andrew L. McDonough  
Mosby, Inc. 2002  
11830 Westline Industrial Drive, St. Louis,  
Missouri 63146  
1118 pages, hardbound, 834 illustrations, \$132.00  
ISBN 323-00105-X**

*Critical Pathways in Therapeutic Intervention Extremities and Spine* aims to bridge the gap between the theory and practice of therapeutic intervention. Intended for professionals and students alike, this unique text may serve as a detailed reference for the experienced clinician, or a source of practical examples of the process behind the creation of clinically applicable treatment protocols for the novice therapist.

The authors were successful in producing a clear, readable text that is entirely based on a question and answer format. The book consists of twelve parts divided into sixty-three chapters. Each chapter begins with 1–4 case presentations that include a detailed history, findings from the physical exam, and clues via various forms of diagnostic imaging. The format allows the information to be distributed in a logical sequence and in digestible portions. With a heavy emphasis on outcomes assessment and patient satisfaction the authors don't overlook the artistic component to therapeutic intervention and acknowledge through the case presentations that each patient is accompanied by individual characteristics and challenges. Most textbooks attempt to squeeze in practical examples wherever the theory allows it. This text is reader-friendly because the authors focus on the entire clinical experience from diagnosis to treatment alternatives that includes accurate reviews of relevant topics from psychiatry to ergonomics. An extensive list of references follows every chapter and is relatively up to date.

*Critical Pathways for Therapeutic Intervention Extremities and Spine* is an enjoyable, innovative, and integrative approach to clinical decision-making that will quickly become a valued resource in any health care practitioner's library.

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***Review of Sports Medicine and Arthroscopy, 2nd edition***  
**Mark D. Miller, M.D., Daniel E. Cooper, M.D.,**  
**Jon J.P. Warner, M.D., eds.**  
**W.B. Saunders, 2002**  
**Philadelphia, Pennsylvania 19106**  
**302 pages, paperback, 404 illustrations, \$120.00**  
**ISBN 0-7216-9420-9**

Review of Sports Medicine and Arthroscopy is the accurate, readable, and focused product of contributions from several well-qualified professionals. The preface to the first edition states that the intent of the book is to summarize the state of the art of sports medicine and arthroscopy, with the 2nd edition as the new updated version for 2002. The clinical material is presented in a well-organized format in 3 sections divided into 7 chapters. The last two chapters (8 and 9) are informative discussions on the various aspects of a career in sports medicine including event coverage, rehabilitation, and ergogenic aids to name a few. The first seven chapters begin with a relatively short but complete review of the basic sciences of the selected joint including anatomy, biomechanics, and examination topics, followed by detailed descriptions of the latest diagnostic imaging considerations and surgical options and techniques.

The first chapter has a beautiful 15 color figure presentation of the internal anatomy of the knee by arthroscope, which would be a welcome theme to adopt for the remaining chapters. The text is riddled with hundreds of helpful figures including advanced diagnostic imaging and schematic diagrams of the surgical procedures.

Review of Sports Medicine and Arthroscopy is an excellent book for the anatomy-minded chiropractor, especially those who serve as primary contact for athletes at any level. Chiropractors, especially those involved in the health care of athletes, may frequently see patients who are awaiting or recovering from arthroscopic surgery. The information presented can be useful for creating appropriate treatment protocols for patients both pre and post surgery. This text unveils the world of the familiar orthopedic surgeon and serves as an appropriate review of sports-related arthroscopic procedures.

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***Low Back Disorders***  
***Evidence-Based Prevention and Rehabilitation***  
**Stuart McGill**  
**Human Kinetics, 2002**  
**295 pages, hardcover, \$74.95 CAD**  
**ISBN 0-7360-4241-5**

Dr. Stuart McGill, the author of *Low Back Disorders: Evidence-Based Prevention and Rehabilitation*, is a professor of Spinal Biomechanics at the University of Waterloo and serves on the editorial board of the journals *Spine* and *Clinical Biomechanics*. This impressive text sets out with the ambitious task of condensing over two decades of the author's research on the understanding of low back biomechanics. However, this text is not an abstract academic work. Dr. McGill has been involved with the chiropractic community for many years, and continues to work hand-in-hand with individual practitioners and patients. Much of Dr. McGill's work involves developing conservative rehabilitation programs for individuals with chronic, treatment-resistant, low back pain, with particular focus on ergonomics, posture, and selective exercises.

This well-illustrated text is organized in brief, reader-friendly, chapters that explain the issues surrounding low back disorders, and specific issues of clinical relevance are indicated. Noteworthy is the emphasis placed on a biopsychosocial approach to low back pain, and on developing individual, as opposed to formulaic, strategies for patients. The chapter on epidemiological studies provides compelling findings that argue for the role of both physical and psychosocial factors in the etiology and perpetuation of low back disorders, although the use of a measure of precision for reported odds ratios, such as a confidence interval, would allow for more rigorous interpretation. This topic is clearly an area ripe for systematic review.

The author examines, and dispels, a number of myths surrounding low back disorders and their care. Some revelations are: lumbar vertebrae serve as shock absorbers of the spine as opposed to the discs, the use of exercises that engage hip flexors (i.e. bent knee sit-ups) are likely to aggravate low back disorders, and exercise programs that emphasize spinal mobility or early morning exercise can actually exacerbate low back problems. These and many other discussions within this text are invaluable in understanding why most traditional approaches to rehabilitation

of low back disorders are unlikely to produce results, and may even compound the original injury.

The chapters on evaluation of patients and development of appropriate, patient-specific, exercise programs are invaluable to clinicians. Once the preceding chapters to evaluation and treatment have been understood, the reader is easily able to use the information in these chapters to approach low back disorders with a thorough understanding of the relevant biomechanical issues. More importantly, this understanding allows for explanation to patients why some activities aggravate their low back pain while others do not, and why previous exercise programs failed to produce results. Patients are encouraged to become active participants in their recovery process and to become 'experts' in their own particular low back disorder. This seminal text provides a comprehensive and practical overview of current information on management of low back disorders, from a biomechanical perspective, that is simply unavailable elsewhere. *Low Back Disorders: Evidence-Based Prevention and Rehabilitation* is an invaluable addition to any chiropractor's reference library.

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***Low Back Disorders:  
Evidence-Based Prevention and Rehabilitation***  
**Stuart McGill, PhD**  
**Human Kinetics 2002**  
**Champaign, IL**  
**Hardcover, 295 pages, \$74.95 (CDN)**  
**ISBN 0-7360-4241-5**

Low Back Disorders: Evidence-Based Prevention and Rehabilitation is an excellent text for clinicians involved in the treatment and rehabilitation of the lumbar spine.

This text is divided into three sections. The first section is titled Scientific Foundation and it is comprised of six chapters which describe how the spine functions, individual injury mechanisms involving individual tissues as well as the full lumbar spine mechanism. Written based on the most current literature in the area of lumbar spine disorders, and research conducted in Dr. McGill's lab, part

one of this text builds the foundation for the following two sections.

Part two of this text is titled Injury Prevention. Comprised of four chapters it reviews the risk assessment for low back disorders, how to reduce this risk at work, how to reduce the risk in the athletic environment and finally reviews the topic of back belts. The third section of this text entitled Low Back Rehabilitation is comprised of four chapters which aid the reader in the development of rehabilitation programs based on the scientific evidence presented in part one.

This textbook is very reader friendly and the author has taken great effort to include learning objectives for each chapter, highlighted statements which identify information of methodological concern or clinical relevance and a variety of occupational and athletic examples which can be generalized to many activities of daily living. Visually there are a multitude of photographs included with examples of exercises demonstrating proper techniques for the task described.

Low Back Disorders: Evidence-Based Prevention and Rehabilitation is an excellent textbook for the clinician who works in the area of the lumbar spine. It presents the most recent evidence-based information in this area in a concise, organized manner that can be implemented immediately in the clinical environment. I feel that this text should be required reading for any clinician working in the field of low back injury prevention and rehabilitation.

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