

---

## Book Reviews

---

*Natural Health After Birth: The Complete Guide to Postpartum Wellness*

Romm, AJ

Healing Arts Press, One Park Street, Rochester, Vermont, 05767, USA; 2002.

Soft Cover, 260 pages, CAN \$24.95

ISBN 978-089281930-0

In *Natural Health After Birth*, Romm, a midwife and herbalist, gives a holistic perspective of the challenges and changes that occur postpartum. The format is written in simple terms over 8 chapters and is laid out in a chronological order, making it easy to follow for the “layperson.”

This text gives an open and honest perspective on physical, emotional and spiritual wellness after birth. Unfortunately, I find that it lacks good exercise prescription for this new phase of life. Romm initially suggests pelvic floor exercises and side lying and alternating leg lifts. Later she recommends abdominal re-activation, walking and gentle stretching. Finally, she relates advice on posture and provides photographs and instructions for relaxing yoga poses, abdominal exercises, leg stretches and pelvic tilts and lifts. These sections lack the necessary “back-safe” approach that has been shown to assist in rehabilitating core stability and endurance. Also, the author provided very few references for these areas.

I recommend this book as a useful and complementary guide that clinicians can recommend to new mothers on the many topics that relate to the postpartum stage. However, I suggest they seek postpartum exercise instruction from an additional source.

Emily Howell, BPHE(Hons), DC  
dremilyhowell@hotmail.com  
Ashbridge’s Health Centre  
Toronto, Ontario

*Patient Education in Rehabilitation*

Dreeben, O

Jones and Bartlett Publishers, 40 Tall Pine Drive, Sudbury, MA 01776, USA; 2010.

Soft Cover, 474 pages, CAN \$71.95

ISBN 978-0-7637-5544-7

O. Dreeben’s text is a comprehensive look into all subjects related to patient education. The format is orderly, detailed and reads much like a course textbook. It includes 5 sections divided into 19 chapters covering many topics, most importantly: significance and historical outlook; adherence predictors; communication and behavioural modifications; teaching and learning theories; developmental stages; ethical, legal and cultural variables; motor performance; older adults; and wellness, health promotion and disease prevention.

The text is written from the perspective of American physical and occupational therapists and does not cover manual therapists of other types or nationalities. There is some repetition in certain sections, including double introductions, sentence repetition and an overuse of tables.

The information provided on educational methods, patient motivation, adherence, and working with special populations is useful for most practitioners. Dreeben also includes internet based education and legal issues, making this textbook more currently applicable. Case studies, as well as clinical and classroom teaching examples aid the practitioner to use the information in a variety of settings. The author also emphasizes patient-centered and evidence based approaches, which is very important in today’s clinical climate.

Overall, I recommend this text to students and clinicians who aim to improve their patient teaching skills and therefore their clinical outcomes.

Emily Howell, BPHE(Hons), DC  
dremilyhowell@hotmail.com  
Ashbridge’s Health Centre  
Toronto, Ontario

*The ACP Evidence-Based Guide to Complementary and Alternative Medicine*  
 Jacobs BP, Gundling K  
 American College of Physicians 2009. 452 pp.,  
 CAN\$69.95  
 ISBN-13: 978-1-934465-04-2

The utilization of Complementary and Alternative Medicine (CAM) therapies is increasing, and the evidence on its effectiveness needs to be monitored for utilization in an evidence based paradigm.

“*The ACP Evidence Based Guide to Complementary and Alternative Medicine*” by Bradley P. Jacobs and Katherine Gundling accomplishes this task by providing a comprehensive and thorough reference guide for general practitioners. The authors provide an understanding of CAM therapies utilized by patients in conjunction with their pharmaceutical therapies, and the evidence to make recommendations about these practices.

The text is organized to allow the reader to completely understand and evaluate the evidence for CAM therapies. Part 1 provides an overview of the vocabulary commonly used in CAM therapies followed by a section that provides tips to facilitate the utilization of CAM in a general practice. Part 2 is a series of twelve chapters which highlight common conditions to which CAM therapies are often used.

Within each chapter, the prevalence of CAM utilization is identified followed by a review of the evidence. The authors also include “Evidence Summary Charts” which identify the evidence about specific therapies, strength of the evidence and recommendations. A caution should be made that much of the evidence included had conflicting statistical significance; and clinicians should evaluate the clinical significance of the evidence provided and weigh the potential risks and benefits when making recommendations.

Overall, this text is recommended to facilitate an understanding of CAM and to provide the evidence to make recommendations about CAM therapies.

Chadwick L. R. Chung, BSc(Hons), DC  
 Canadian Memorial Chiropractic College  
 chung@cmcc.ca

*Nerve and Vascular Injuries in Sports Medicine*  
 Edited by Venu Akuthota and Stanley A. Herring  
 290 pp, USD \$99.00, Hardcover  
 New York, Springer, 2009  
 ISBN: 978-0387-76599-0

While peripheral nerve and vascular injuries may be relatively uncommon in the athlete, they can potentially have significant ramifications on an athlete’s career or activities outside of sport. In *Nerve and Vascular Injuries in Sports Medicine*, the chiropractic practitioner is provided with an indepth understanding of peripheral nerve and vascular anatomy and physiology directing the clinician to appropriate diagnosis, treatment, and prognosis of these injuries.

The 290 page text is divided into three sections. The first third of the text provides basic knowledge of neurovascular anatomy and pathophysiology and discusses appropriate evaluation of athletes with neurovascular complaints. The remainder of the text is devoted to regionspecific neurovascular injuries (separated into upper and lower limb sections) with specific chapters on thoracic outlet syndrome, stingers, and lumbar radiculopathy.

The text as a whole is a worthwhile read. The chapters are well written and illustrated, organized, concise, and exceptionally referenced. From the perspective of a manual therapist however, this text is not without limitations and it is clearly targeted to the sports medicine doctor. Unfortunately while it is repeatedly cited throughout the text that neurovascular injuries are often amenable to conservative care, management strategies of the manual therapist such as muscle release techniques, nerve gliding exercises, joint manipulation and rehabilitation are discussed at the most basic level, if at all.

Despite its limitations I would recommend the text to chiropractic sports practitioners as it provides a thorough, yet practical approach to the diagnosis of neurovascular injuries. The text is a helpful resource and would complement any sports medicine library.

Kevin Sims, BHSc, DC  
 Sports Sciences Resident  
 Canadian Memorial Chiropractic College

*Musculoskeletal MRI*

Helms CA, Major NM, Anderson MW, Kaplan P,  
Dussault R  
2nd ed, 456 pp, CAN \$155.00, Hardcover  
Philadelphia, Pennsylvania, Saunders-Elsevier, 2008  
ISBN: 978-14160-5534-1

The second edition of *Musculoskeletal MRI* provides in depth understanding of MRI as it pertains to the musculoskeletal system albeit at a basic level. While the text is directed at the radiologist or radiology resident it is an exceptional resource for clinicians aiming to improve their ability to read special imaging or have a better understanding of the implications of a client's report to conservative care.

The text is divided into sixteen chapters each highlighting different topics in special imaging as they relate to the musculoskeletal system. Topics include: basic principles of MRI, marrow, tendons and muscles, peripheral nerves, musculoskeletal infections, arthritis and cartilage, tumors, osseous trauma, temporomandibular joint, shoulder, elbow, wrist and hand, spine, hips and pelvis, knee, foot and ankle. The text is loaded with more than 600 detailed images of normal anatomy and common musculoskeletal abnormalities and diseases. The images as well as the practical advice and clinical pearls provided in each chapter permit easy comprehension of a sometimes difficult topic. While the vast majority of the text is supported by up-to-date research, topics are also discussed in terms of the authors' clinical experience, which only adds to the breadth of the text. While some readers may lament that discussions of diagnosis and management of the conditions described in the text are overly simplistic, they should be reminded of the target audience and aforementioned purposes for reading the text and choose to read accordingly.

Somewhat surprisingly, this text succeeds both as a reference and as a textbook to be read from cover to cover. I recommend *Musculoskeletal MRI* unwaveringly to any clinician interested in enhancing their understanding of this field.

Kevin Sims, BHSc, DC  
Sports Sciences Resident  
Canadian Memorial Chiropractic College

*Skeletal Muscle Damage and Repair*

P.M Tiidus, Editor.  
*Human Kinetics*, 2008, 337pp., CAN \$93.95  
ISBN: 978-07360-5867-4

Dr. Tiidus, professor and chair of the department of kinesiology and physical education at Wilfred Laurier University in Waterloo, Ontario, Canada, has constructed a text book to convey topics related to exercise and overuse induced skeletal muscle damage and repair mechanisms and their application. This text book contains 21 chapters, divided into 3 main sections reviewing current research related to the mechanism and repair of muscle damage, muscle damage and repair as it relates to issues in specific populations and critical appraisal of specific interventions that have been utilized for the treatment of muscle damage. Each chapter was well represented and closed with summaries to consolidate the material presented.

Section one focused on the physiology of muscle damage and repair. Each chapter effectively described the pathophysiology and histology of muscle damage and repair. However, it is important to note that the majority of research presented focused on animal models and one should take caution when trying to extrapolate this information to humans.

Section two described the correlation between muscle damage and repair as it relates to diabetes, hormonal influences, Duchenne muscular dystrophy, changes with aging and workplace injuries. It provided a thorough understanding of the types of pathological and muscular overuse conditions which, can be applied clinically to help identify the mechanism of muscle injury.

Section three provided information regarding specific interventions used to treat muscle damage. It provided health practitioners with recent research regarding theory, application and effectiveness of interventions to guide treatment and rehabilitation protocols.

This text book provided a suitable description of muscle damage and repair in the format of a narrative literature review. It is advised that the reader should have a background in the topics of cellular biology, histology, immunology, muscle physiology and pathology as the authors assume readers possess basic science knowledge.

In conclusion, I would recommend this text to students and health practitioners as it is an efficient reference in understanding the pathophysiology of skeletal muscle

damage and repair. However, in terms of treatment modalities I would recommend using a different source as it does not include all aspects of conservative care.

Jaclyn A Durante BSc, DC  
Canadian Memorial Chiropractic College  
jdurante@cmcc.ca

*The Physiotherapist's Pocket Guide to Exercise: Assessment, Prescription, and Training.*  
A. Glynn and H. Fiddler.  
Churchill Livingstone Elsevier. 2009.  
224 pp. Soft cover.  
Can \$44.95/US \$36.95/€30.99/£20.99.  
ISBN13: 978-0443-10269-1

This pocket guide was written to be a resource for professionals involved in delivering advice on physical activity and exercise. The goal was to create a quick reference manual for clinical practice and teaching. Written with physiotherapists in mind, this book contains information to support any healthcare practitioner in the prescription of therapeutic exercise.

The book includes thirteen chapters. Early chapters focus on the principles of exercise design, prescription, and physiology. Later chapters apply this knowledge to

certain patient populations for acute and chronic conditions. The final chapter, perhaps the best in the book, contains case study examples illustrating the application of exercise prescription. Black and white photographs, diagrams, and charts are used effectively throughout the book to show relevant exercises and important physiological concepts. References are listed at the end of each chapter, most being from 1990 to 2005.

The book is well cataloged with a table of contents, individual chapter content tables, and an alphabetized index at the back. The level of content on biomechanics and exercise physiology is adequate for the aims of the book. The authors have done a sufficient job of providing exercise theory and application for improving muscle strength, muscle endurance, and cardiovascular fitness. However, information is lacking on exercise prescription for specific injuries such as disc herniations or supraspinatus impingement. Thus, health professional specialists would likely find the amount of detail covered less than satisfactory. Instead a wellnessbased practitioner may find it useful when their patient's primary goal is improved fitness.

Erik A. Yuill BPHE, BSc, MSc, DC  
Graduate Studies  
Sports Sciences Resident  
Canadian Memorial Chiropractic College



# CMCC

*The Canadian Memorial Chiropractic College (CMCC) is a unique, charitable, not-for-profit educational institution that, for over half a century, has been dedicated to improving the health of society by advancing the art, science and philosophy of chiropractic, educating chiropractors and furthering the development of the chiropractic profession. Our state-of-the-art facilities are located in Toronto, Canada.*

### **Research Chair, Mechanobiology**

The Canadian Memorial Chiropractic College is pleased to announce the opening of a Research Chair position. The Chair will lead the development of research and scholarship in Spine Mechanobiology with a focus on study of instability, degeneration and models of subluxation/joint dysfunction. This is a full-time position in the Centre for Mechanobiology, Injury and Health, reporting to the Dean of Graduate Education and Research.

The Chair will lead the development and administration of research and scholarship to understand how mechanical stress acting on the spine contributes to the etiology and/or clinical presentation of conditions, known collectively as mechanotransduction disorders. She/He will develop and supervise a team of investigators and staff to carry out the related research projects.

The Chair will have access to an existing Biomechanics and Elastography laboratory equipped with optoelectronic, electromagnetic and accelerometer sensing systems for kinematics, small animal and spinal segment materials testing systems, myoelectric measures, tri-axial force plate and axial sensing technology, gait platform, ultrasound elastography and forward/inverse dynamics computer modeling capacity. An onsite mechanical shop facility is available for development and manufacture of custom materials.

Applicants will hold a Doctor of Chiropractic degree and a PhD in one of the following disciplines: Mechanical, Biomedical, Biomechanical Engineering, Applied Mechanics, Motor Control or a similar degree. The preferred candidate will have a successful track record of research/grantsmanship and demonstrate the leadership skills necessary to recruit and foster innovative scientific teams.

CMCC's salary is competitive and a significant seed-fund budget is available to support the successful applicant's interest for study in the target areas. Employees can participate in comprehensive benefits plans that include life, income protection, health, dental and travel accident insurance, RRSP contributions and an Employee Assistance Program.

Interested applicants should apply to CMCC's HR Division @ [hadmin@cmcc.ca](mailto:hadmin@cmcc.ca). Please include the position title in the subject line.

*CMCC is more than just a workplace, it is a community. We are active in both the chiropractic community as well as the community in which we live. CMCC also recognizes our employee's diverse personal and professional needs. We offer work-life balance opportunities such as paid personal days and flexible hours, plus an on-site fitness centre, gym and swimming pool.*