
Book Reviews

Demos Medical

The 3-Minute Musculoskeletal & Peripheral Nerve Exam

Demos Medical Publishing 2009.

279 pp., Paperback,

Price: USD\$55.99. CAD\$66.50

There are a countless number of tests to consider when examining the musculoskeletal system. This is a daunting challenge for new and old practitioners as your recollection can become limited to what is more commonly used.

“*The 3-Minute Musculoskeletal & Peripheral Nerve Exam*” by Miller, DiCuccio, Heckert and Davis summarizes the more commonly used tests into a small pocket sized companion. The size facilitates easy use for the student and experienced clinician and can be carried in your lab coat.

Divided into 9 chapters, the text addresses different structures to be tested as opposed to specific conditions. This allows the user to quickly reference which tests to use when assessing patients with unknown conditions. Of particular interest was the inclusion of the final 3 chapters consisting of quick reference tables, a musculoskeletal atlas and muscle tables. These additions were concise and are excellent to expedite memory recollection.

Although the text is quite inclusive, it is not without the flaw of being unable to include all of the tests for the musculoskeletal system. Therefore, this text should only be used for quick referencing and complete reliance on this text should be cautioned.

The acquisition of this text would be excellent for new or old practitioners in assessing the musculoskeletal system and providing a quick reference tool in clinical practice.

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The Physician's Golf Injury Desk Reference

Dr. Jeff Blanchard

Jones & Bartlett Publishers 2007

Sudbury, Massachusetts

Soft Cover, 182 pp., US \$115.95

ISBN: 978-0-7637-4613-1

The author of this text is both a chiropractor and a professional golfer, and aims to diagnose and treat golf injuries by associating mechanics of the golf swing with common presenting injuries. Almost one third of the text is devoted to improving your game.

This paperback reference is divided into 2 parts: Part 1 – For the Physician and Part 2 – For the Player. The first part is subdivided into 3 chapters: physical examination, swing mechanics and barriers to performance. The second part is divided into 2 chapters: training for golf, and fear and freedom.

The sections relating to posture, balance and flexibility clearly link deficits and/or weaknesses in these areas to common injuries seen in the golfer. The author demonstrates good application of geometry and biomechanics following 3 simple rules throughout the text, as well as provides appropriate use of basic easy-to-follow exercises.

In reference to the few case studies included, the author offers only primary treatment protocols for common sprain/strain injuries, and limited information regarding foot mechanics.

Due to considerable repetition in the author’s use of diagrams, photographs and overall content, a condensed version of this text would be rendered far more useful for the health care practitioner interested in treating golfers and preventing their injuries.

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Pocket Orthopaedics: Evidence-Based Survival Guide
Michael Wong DPT, OCS, FAAOMPT
Jones & Bartlett Publishers 2010
Sudbury, Massachusetts
Soft Cover, 408 pp., US \$34.95
ISBN: 978-0-7637-5075-6

This first edition of *Pocket Orthopaedics: Evidence-Based Survival Guide* provides both recent graduates and seasoned practitioners in manual therapy an up-to-date resource for orthopaedic assessments and treatments with an evidence-based approach.

This pocket-sized guide is divided into 16 chapters: the first 4 chapters outline the basics of orthopaedics, medical screening, patient examination and pain; the next 11 chapters highlight assessment and treatment protocols for specific anatomical regions of the body; and the final chapter charts individual muscles with their origins, insertions, actions and innervations, as well as provides a summary of special tests for each anatomical region.

The user-friendly format proficiently follows a logical progression of regional examination protocols and specific orthopaedic tests. The text is exceptionally referenced with ample use of clear, concise tables, charts and diagrams. Highlights include post-op pearls for the shoulder, hip and knee; outcome tools; red flags and clinical prediction rules for spinal manipulation. The specificity and sensitivity of all diagnostic tests are included, which warrants this guide a useful tool in validating procedures to third parties.

Overall this text provides good value for money as a provisional aide to both students and clinicians in health care that use manual therapies. It will however, need to be continually revised as and when more current research becomes available.

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Skeletal Imaging: Atlas of the Spine and Extremities,
2nd edition

John AM Taylor, Tudor H Hughes, and Donald Resnick
Maryland Heights, Missouri: Saunders, 2010.
1136pp. ISBN 978-1-4160-5623-2

Attempting to limit their work to a single volume, while still providing a comprehensive overview of the important musculoskeletal conditions can be a difficult task. These accomplished authors have successfully met these two principle objectives. The second edition of *Skeletal Imaging* provides updated case images and a synthesis of the new literature published since the first edition.

The text is organized 17 chapters. An introductory chapter provides an overview of general concepts of musculoskeletal imaging and systemic skeletal pathologies, organized into effective tables. The remaining chapters are arranged by anatomical region with numerous images, tables, and limited text describing the normal anatomy, variants, and pathology specific to the area.

The images are large and a primary strength of this text. Each one is labeled for ease in interpretation and accompanied with a thoughtful and well-written legend. The focus is primarily on plain radiographs with some accompanying corresponding cross-sectional imaging (CT and MRI) when appropriate. Within each chapter introductory text and intermittent tables provide a more focused discussion of the various pathologies. The tables are organized well, with numerous associated images to aid in understanding, as well as, references to direct the reader to other resources.

This is an excellent text, that will serve the chiropractic student, resident or clinician well. The scope is comprehensive, with a focus on the commonly seen pathologies. Given the format, there is less room for some topics and as such, tumours and metabolic bone disease, differential diagnosis, and advanced imaging modalities receive less attention; representing the only weakness of the text. Overall, the authors have produced a great read and a welcome addition to your collection of musculoskeletal imaging resources.

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Essentials of Dermatology for Chiropractors
Michael R. Wiles, Jonathan Williams, Kashif A. Ahmad Jones and Bartlett, 2011
226 pages, paperback, \$69.95

Essentials of Dermatology for Chiropractors is a reference for diagnostic screening, early recognition and timely referral of dermatological conditions. The authors are experts in the field of chiropractic and dermatology.

The importance of dermatology to chiropractors is introduced in 10 chapters. Skin health is discussed followed by a summary of biology and pathophysiology and an outline of history and physical examination. One hundred skin disorders chiropractors may encounter are discussed as well as dermatological therapeutics.

I commend the authors on providing a dermatology resource and recommend this book as a reference for differential diagnosis; it is well indexed and includes a table grouping conditions by lesion type for quick reference. This book is successful in emphasizing the description of lesions using dermatological terminology for interprofessional communication. The format was disorganized at times, with bullets placed under the wrong heading and repetition of information. Material would be easier to follow if conditions were organized by lesion type or severity. Illustrations, although adequate, don't always provide sufficient detail or illustrate the full spectrum of the condition. Management strategies are not presented in an evidence-based manner and it is difficult to find references to particular claims, for example the management of herpes zoster using spinal manipulation. A second edition could provide more efficient organization and an evidence-based presentation of management strategies.

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Loose Your Mummy Tummy
Tupler J & Gould J.
De Capo Press (member of Perseus Books Group), 11 Cambridge Center, Cambridge, MA, 02142, USA; 2005.
Soft Cover, 140 pages, CAN \$15.60
ISBN 0-7382-0981-3

In this book, the authors discuss a self-named pre and post partum technique that claims to "flatten your stomach NOW." Tupler (an RN, certified childbirth educator, and fitness instructor) and Gould (an author, book publicist and Tupler's former client) include eight chapters in their book which describe the anatomy, the first two weeks postpartum, recovering from surgery and other traumas, other body parts, injury prevention, performing other exercises, a 30-minute workout and final helpful postpartum tips.

With a celebrity-supermodel authored preface and an OB/GYN's introduction, the technique has many enthusiasts. The authors claim a very high prevalence of "mummy tummy" or rectus diastasis, as well as good outcomes using their technique, but there is no reference for these claims. The technique appears to be a combination of abdominal hollowing/ bracing and focuses on reactivating the transversus abdominis, as well as other familiar stretching, core strengthening and pelvic floor exercises. The authors also address rarely discussed exercises to avoid increasing diastasis. Their advice on postpartum ergonomics and prevention of injuries is very useful. Unfortunately, they do not reference the existing published core rehabilitation evidence.

While I recommend this book to clinicians, I would also suggest they provide patients with other current evidence-based references to complement it.

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Exercises for Back Pain: The Complete Reference Guide to Caring for Your Back through Fitness
Smith, W
Hatherleigh Press, Ltd., (member of Random House),
www.hatherleighpress.com; USA; 2009.
Soft cover, 139 pages, \$17.00 CAN
ISBN 978-1-57826-304-2

In *Exercises for Back Pain*, Smith provides a balanced approach to back pain prevention and rehabilitation. The book has seven chapters and three appendices, including: the causes of back pain, recent research findings, long-term back health, the benefits of exercise, exercise precautions, exercise programs and progressions, a healthy back quiz and stress screening, a health chart, and references and resources.

The book includes references from most of the leading researchers in the field and breaks down the concepts into more reader-friendly descriptions. Smith also takes a more holistic approach, including relaxation exercises, as well as discussing longevity, aging, and active patient participation. The photos provided a good visual aid to the exercise descriptions. Disappointingly, Smith does not discuss chiropractic as a treatment option for back pain. Also, the exercise progression may advance a little too rapidly for some participants. Finally, he discusses the importance of abdominal bracing before doing the exercises, but does not describe HOW to perform it.

In conclusion, I would recommend this book to readers who want to actively participate in their care as a written and visual aid to our usual clinical rehabilitation advice.

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Functional Soft-Tissue Examination and Treatment by Manual Methods. Third Edition.
Edited by Warren I. Hammer
Jones and Bartlett Publishers, Sudbury, Massachusetts,
2007
Hard cover, 775 pages \$189.90
ISBN 0763733105

A growing trend amongst chiropractors including soft-tissue therapy in their treatment toolbox, coupled with an ever-increasing body of research has led Dr. Hammer to update his textbook. The first section consists of an overview of soft-tissue examination and response of tissues to manual therapy. The second section is a review of the anatomy, examination and treatment of the lumbar spine and extremities. The functional diagnosis charts included here for each region are valuable practice aids. The new chapter on the lumbar spine is a thorough and up-to-date review of instability and exercise rehabilitation. The final section consists of a detailed explanation of the various manual treatment methods available to the practitioner with several topics new to this edition. The description of techniques can serve as an introduction to the respective fields or as a refresher for the experienced practitioner. Another highlight of this section is the summary of the clinical implications of Janda's work. While the majority of the text is extensively referenced and effectively illustrated, I was disappointed in some chapters that had little evidence supporting their efficacy and central concepts. In addition, the text's different contributors from various disciplines creates a disconnect between certain chapters rendering some topics redundant. Despite these minor shortcomings, the text is a thorough and well-referenced review that can be read cover-to-cover, or used as a reference text.

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