

Low Back Disorders. Evidence-Based Prevention and Rehabilitation

Stuart McGill

Human Kinetics, Champaign, Illinois, 2007

Hardcover, 328 pages \$70.95 (CDN)

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This text attempts to identify the causes of back problems and outlines how to prevent or eliminate them. Much like a patient advancing through Dr. McGill's stages of rehabilitation, the text follows a logical progression with subsequent chapters building on previously established concepts. The early chapters review the functional anatomy and injury mechanisms of the lumbar spine while challenging many commonly held beliefs and laying the foundation for the rest of text. The middle section outlines how to reduce the stressors that can cause low back disorders with guidelines for both worker and employer. The final chapters focus on a Five-Stage Back Training Program, beginning with identifying faulty movement patterns utilizing provocation tests then progressing to building stability and endurance using variations of Dr. McGill's "big three" exercises.

The text's strength lays in the author's research background and the labs that he has developed, which he frequently relies upon when determining spinal loads and when suggesting preventative or rehabilitative strategies. From a chiropractic perspective, a discussion on the role of manipulation in rehabilitation would have been valuable. Little is said about chiropractic other than noting that a small group of patients may benefit from initial mobilization while warning that many make the mistake of trying to mobilize an already unstable joint. Regardless, this text offers a systematic and evidence-based approach to addressing low back disorders that should be read in its entirety and then used as a reference tool by practitioners incorporating exercises into their treatments.

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Common Musculoskeletal Problems

Daniels, M.J. & Hoffman R.M.

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ISBN: 978-1-4419-5522-7

This handbook is designed for the health care provider who treats common musculoskeletal (MSK) conditions in the primary care setting. It is not a comprehensive text for all musculoskeletal conditions; rather it aims to provide busy clinicians with an easy to use, point of care reference.

The text contains an abundance of diagrams and figures and is organized into fourteen chapters, emphasizing basic anatomy, red flags, common clinical presentations and management. In the appendix, the authors have devised many clever algorithms and work sheets, which are downloadable, easy to use and can conveniently serve as a component of a patient's medical record.

The information is current and well referenced, but not void of limitations. For example, the Neck Pain Task Force from The Decade of the Bone and Joint Task Force was omitted in the cervical spine section in chapter two. There was little promotion of interdisciplinary care and comments on alternatives to mainstream conservative management were reserved.

Despite its few limitations, I would recommend this book to the busy primary care clinician as well as any medical or athletic training student. The review of each joint by section ushers in the necessary basics to formulating a broad differential diagnosis and appropriate management strategies. For the clinician, the text serves as a good concise reminder about diagnosis and management of MSK complaints.

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