

### *Evaluation of Orthopedic and Athletic Injuries*

Chad Starkey, Jeff Ryan.

F.A. Davis, 1995, 1915 Arch Street, Philadelphia, PA 19103, 564 pages, hardcover, illustrated, \$71.50  
ISBN 0-8036-0048-8.

This book can be divided into two parts. The first, with 2 chapters, discusses the general evaluation of injury and injury nomenclature. The first chapter, The Injury Evaluation Process, includes: prerequisites for thorough evaluation, systematic approach to the evaluation of athletic injuries, clinical evaluations (ie. history, inspection, palpation, functional tests, ligamentous and capsular testing, special tests, neurological testing, and sport-specific functional testing), on-field evaluation, termination of the evaluation, universal precautions against blood borne pathogens, the roles of different health care professionals (the athletic trainer, physical therapist, emergency medical technician, and the physician), and documentation. Chapter two, Injury Nomenclature includes: soft tissue injury (musculotendinous, joint structures, articular surfaces, bony, and neurovascular injuries), and imaging techniques. The second part has 16 chapters and deals with specific regional sports injuries. The chapters are as follow: the foot and toes, the ankle and lower leg, the knee, the patellofemoral articulation, the pelvis and thigh, gait, the spine, the thorax and abdomen, the shoulder and upper arm, the elbow and forearm, the wrist, hand and fingers, the eye, the face and related structures, head and neck, environmental injury, and cardiopulmonary conditions. Part 2 chapters follow the same outline: pertinent clinical anatomy and biomechanics, clinical evaluation of the region, on-field evaluation of the region, with some chapters having an extra section on, initial management of on-field injuries. The clinical anatomy and biomechanics section only covers the pertinent aspects and is not in depth as the authors also mention in the preface. The clinical evaluation segment of a typical chapter includes: history, inspection, palpation, active, passive and resisted range of motion, criteria for return to competition, ligamentous testing, neurological testing, and pathologies and related special tests. The on-field evaluation includes: equipment considerations, on-field history-taking, and on-field functional tests. The initial management of on-field injuries segment covers the conservative treatment of two or three common and or more serious conditions of the area and only at the level of athletic therapist.

Each chapter has numerous tables, figures and photos which are a very good representation of the material covered in the book. These make the book very illustrative, systematically organized, and easily usable for quick reference. There is some ambiguity regarding the Lower Quarter Neurological Screen, page 278, where similar muscle groups strength testings are used for different lumbar nerve roots. In addition, S1 reflex testing is missed which could be a misprint since it is included in page 110.

Overall, this book is well presented and readable, and as expected with a bi-author book, there is consistency in style,

fluency and presentation. Academically this book is of good quality and is appropriate to the subject and the book readership. The content is current and makes modest reference to back up its statements. In comparison with other texts on the subject this book does not contain as much detailed information, but is favored as a quick reference and its chapter on environmental injuries. This book represents a good value for money. In my opinion, this book may not be the primary source for a clinical chiropractor, but a good supplement and certainly a very good source for athletic therapists.

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### *The Low Back and Pelvis – Clinical Applications* (A.L. Logan Series in Chiropractic Technique)

Chris J. Hutcheson.

Aspen Publishers Inc., Maryland, 1996, 188 pages.

Dr. Logan did clinical rounds at the Los Angeles College of Chiropractic since the early 1970's. He decided to write a series of texts on the clinical application of chiropractic principles, due to his experience in teaching undergraduate technique at A.E.C.C. and seeing the difficulty upper division students had in understanding when, where and why they should adjust.

His first 2 books included, Clinical Applications of the Knee, and Clinical Applications of the Foot and Ankle.

Dr. Logan passed away completing this 3rd book, but he outlined the ideas and Dr. Hutcheson has put these ideas in text book form. The book is broken into various chapters, which includes, Anatomy, Examination, Imaging the Low Back, (contribution by Joseph W. Howe), Muscle Testing, Adjusting Techniques, Conditions and Treatment, Exercises, and Appendix A – Organic Problems and the Low Back, and Appendix B – Physical Therapeutics.

This is a general text book on Chiropractic examination and technique. There are some weaknesses in this book. The first is the small number of references in each chapter, and in particular, many of them not being current for a book printed in 1997. Some chapters contain only 10 or 12 references, some as little as 2, and others having no references at all.

The chapter on Adjustive Techniques contains only 2, and considering the large increase in the last several years of books written on spinal manipulation, by the chiropractic, osteopathic, and physiotherapy professions, there should have been a much larger reference listing for this chapter. More up to date references could have been used, for example, in Appendix A, Organic Problems in the Low Back, there is a discussion of the Meric System and spinal levels and organs that are influenced at these levels. The book uses the Biron, Wells and Houser 1939 text book, Chiropractic Principles and Technique, as a reference. Although this is a good book, there are many, more

current examples that could have been used to illustrate the spinal organ dysfunctions, for example, Sato, Leach, Gatterman, and Levitt.

Dr. Joseph Howe's section, however, is an excellent chapter on imaging the low back, which includes many x-ray images, as well as CT and MRI scans. Dr. Howe's chapter is filled with references, totalling 136. This chapter is in sharp contrast, as mentioned in the overall content of the book.

The book contains simple line illustration drawings, as opposed to photographs, to illustrate the teaching procedures and content described in the book. The preface mentions that Dr. Logan felt that simple line drawings could more accurately focus the emphasis needed and that more sophisticated photographic illustrations may present too much confusing information. I would disagree with this, and would have preferred photographic illustrations which appear to be standard in most current text books on spinal manipulation and treatment.

In conclusion, this book is a good attempt at outlining Dr. Logan's work on technique, but there are many more textbooks on Chiropractic technique that I prefer.

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*Liebman's Neuroanatomy,  
Made Easy and Understandable, 5th ed.*  
S. David Gertz.  
Aspen Publishers, Inc., 1996,  
200 Orchard Ridge Drive, Suite 200,  
Gaithersburg, Maryland 20878,  
190 pages, softbound, illustrated \$45.00.  
ISBN 0-8342-0730-3

This text is aimed at students about to embark into the realm of neuroanatomy. The author claims the book will provide all the materials needed for students to feel confident and competent in the field, and promises to deliver this in a simple, breezy, and personal style.

Written concisely, this text concentrates on the essentials. A couple of chapters on the microscopic and macroscopic basis of neuroanatomy are followed by twenty chapters devoted to single pathways (i.e. the motor and sensory tracts), systems (i.e. the vestibular and autonomic systems), or neuroanatomic regions (i.e. the hypothalamic and cortical areas). Diagnostic tests

appropriate for each pathway, system, or region are included, thereby assisting the reader in the clinical application of the neuroanatomic material presented. Clinical and historical notes at the end of each chapter help to restore flagging attention. A summary chapter offers an abridgement of common neuropathic conditions, classified according to aetiological origins (vascular, infectious, traumatic, etc.). The text ends with an extensive appendix section containing a glossary of terms, a summary of muscles actions and their nerve supplies, a table of the principal signs of cranial nerve dysfunction, an atlas of normal and pathologic computed tomography scans of the brain, and sample examination questions and answers. A light section tops it all with "did you know?", "odds and ends", and "the greatest discoveries in medicine".

An author attempting to present neuroanatomy in a simplified and easy manner risks omitting important details, and this text is a case in point. Even someone with perfunctory knowledge of neuroanatomy will note annoying gaps (such as the omission of certain key pathognomonic signs of lower motor neuron lesions) and minor errors (referring to the Babinski sign as a reflex, and conflicting information regarding nerve supply to certain muscles). The breezy nonthreatening style adopted by the author sometimes reads unsophisticated and cavalier. The drawings meant to simplify the complicated topography of neuroanatomy are often simplistic, decreasing their usefulness.

Nonetheless, this text will no doubt have some value as an adjunct to a chiropractic student's neuroanatomy course. It would be most useful to read prior to lectures, as an introductory overview. However, the usefulness of this text will decrease proportionately with increasing command and comprehension of the field of neuroanatomy. This is not an enduring text to serve as a career-long reference text.

In my opinion, students should beware of the seductive promise of an easy approach to understanding neuroanatomy. I recommend other texts, such as deGroot's "Correlative neuroanatomy" (a Lange medical book series), and Wilson-Pauwels, Akesson, and Stewart's "Cranial nerves: anatomy and clinical comments" (B.C. Decker Inc.), which don't pretend to painlessly take you through an overview of neuroanatomy, but instead present this information in a well-organized, intelligent, and illustrative manner. These texts unapologetically present neuroanatomy for what it is: an enormous body of knowledge essential for the proficient health care practitioner.

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