

***The Chiropractor's Health Book*
Simple, Natural Exercises For Relieving Headaches,
Tension, Back Pain
Dr. Leonard McGill
Crown Trade Paperback, New York, 196 pages, \$21.00.**

The press release accompanying this book states that the Chiropractor's Health Book is the first self help guide, based on the traditional chiropractic philosophy of health and well being. The book, which states how subluxations affect health, is a main selection of the Doubleday Health Book Club, and is also being offered by the Prevention, and Men's Health Books Clubs.

With all of the self help, exercise, body-mind, wellness books that are now out on the market, this is a welcome addition, having a strong chiropractic base in its description of promoting health through these various methods.

The book provides patients with exercises, nutritional advice, and mental relaxation techniques, which are intended to normalize the nervous system function. The uniqueness of the book's approach is that it emphasizes the chiropractic philosophy, in that a healthy nervous system promotes health and wellness. This begins in the introduction when Dr. McGill describes his own early experience with chiropractic for relief of neck pain and headaches.

Dr. McGill writes in a positive upbeat fashion, which reveals his enthusiasm for chiropractic. What particularly kept my interest in the introduction was Dr. McGill's description of the historical chiropractic adjustment of 1895, when D.D. Palmer adjusted Harvey Lillard for deafness, thereby restoring his hearing. Along with a good description of the event, there are historical photographs of Harvey Lillard and D.D. Palmer. In another section of the book, there is a photograph of B.J. Palmer giving an upper cervical adjustment. It is gratifying to see a self-help book, describing to the public the birth of chiropractic and what better way to describe to the reader how powerful the chiropractic approach can be on the integrity of the nervous system then through this initial event.

The exercises, nutritional advice and relaxation techniques are well covered and is good standard advice, similar advice as covered in many other self help books, but the emphasis on Dr. McGill's book links this information back to the nervous system, which is good for the reader to understand. I particularly liked his chapter titles which gets the readers' attention, e.g. "The World's Greatest Doctor Lives Inside You, (how your nervous system keeps you healthy)", e.g. "The World's Greatest Doctor is Overloaded, (how nervous system overload creates dis-ease)".

Dr. McGill also recommends, several times, in the book to his readers to find a chiropractor who can act as their personal health coach. Each chapter ends with a blank half page with a title: "My Chiropractor Advice", where the reader can write personalized information.

The book contains many photographs and illustrative drawings which emphasize the exercises, as well as other informa-

tion covered in each chapter. Other chapters cover the importance of posture and of the pelvis.

Finally, the book ends its last few pages with the importance of consulting a chiropractor, and the benefits that chiropractic can provide. In this section, is explained the standard procedure of visiting a chiropractor, examination, consultation, x-rays, etc. Dr. McGill also mentions that if a person does have an unpleasant experience with a chiropractor, "don't give up on chiropractic, for there is a chiropractor out there just right for you and your family". He also says that even if you are referred to another type of doctor, "remember that only a chiropractor is trained to get your nervous system functioning perfectly, and though you may have symptoms requiring non-chiropractic attention, you are always better off, no matter what condition you may have, if your nervous system is functioning properly".

In summary this is a very good self-help book to provide for patients, as well as for the general reading public. Dr. McGill, in an easy reading and enthusiastic fashion, emphasizes the importance of chiropractic, the nervous system and associated methods of staying healthy through exercise, nutritional advice and mental relaxation.

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***Pelvic Locomotor Dysfunction: A Clinical Approach*
George G. DeFranca (with Linda J. Levine),
Aspen Publishers Inc., Maryland, 1996,
504 pages, hardbound, illustrated, \$94.25
ISBN: 0-8342-0756-7.**

Pelvic Locomotor Dysfunction: A Clinical Approach, by chiropractor George G. DeFranca, is one of the first textbooks dedicated solely to joint and soft tissue dysfunctions of the pelvic region. It is written for the student or manual practitioner and presents practical approaches to the clinical assessment and management of conditions of the sacroiliac (SI), sacrococcygeal and hip joints, the symphysis pubis, and the surrounding soft tissues.

The focus of the text, the SI joint, has received much attention in the recent literature with results of studies suggesting that low back pain of SI joint origin is an uncommon, but real, clinical entity. The question is whether a new textbook devoted to this and other conditions of the pelvis can provide insight and clarity, and be a valuable reference tool for the practitioner.

The text is divided into eleven chapters with a central theme stressing the importance of using a holistic approach with each patient. Each chapter is, for the most part, well written, and is complemented by figures and diagrams which enhance the understanding of the concepts and manoeuvres described. Clinical cases scattered throughout the text help to focus the reader on the clinical applicability of the information presented. Each chapter of the text is well referenced, and the index is complete and usable.

The first two chapters lay the groundwork with basic musculoskeletal anatomy and mechanics of the pelvic area. Included in these chapters are briefings on developmental anatomy of the SI joint, surface anatomy of the area, and a literature review of pelvic motion which progresses from Hippocrates' belief that the SI joint is immobile, to results of more recent studies.

Chapters three, four, and five describe the history taking, general clinical considerations, and examination of a patient presenting with an apparent mechanical pelvic complaint. These chapters also include sections on basic chiropractic principles, differential diagnoses for pelvic mechanical dysfunction, and a verbose section on leg length inequality.

The final six chapters are devoted to the management of pelvic dysfunction including mobilization, manipulation, soft tissue therapies, and rehabilitation. In my opinion these chapters offer the most significant contribution of the available literature on pelvic dysfunction, with descriptions of numerous therapeutic techniques and their rationales.

However, the text is not without deficits. In some cases, there is lack or oversimplification of information which is necessary to provide a complete reference for the practitioner dealing with a complaint of the low back "below L5", such as radiographic investigation and interpretation. The graphics are useful, though it would be helpful for quick reference if the figures stood on their own without requiring referral to the text for complete understanding. Finally, although the author mentions that the usefulness of motion palpation techniques has been questioned, he fails to acknowledge similar queries regarding the SI joint pain provocation testing. On page 230, Dr. DeFranca says the tests can "reliably localize ... a problematic sacroiliac joint", although recent literature contradicts this.

Overall, this text provides an almost complete overview of an uncommon, but real clinical entity. It is more comprehensive than that which is currently available in textbooks addressing multiple causes of low back pain. Therefore, it is my opinion that this book would be an asset to the manual practitioner who wishes to embellish his/her knowledge of, and treatment repertoire for, dysfunction of the pelvic locomotor system.

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Practical Joint Assessment Upper Quadrant.
A Sports Medicine Manual
Anne Hartley,
Mosby-Year Book, Inc. 1995, 345 pages,
ISBN 08151-4237-4.

This book is composed of five chapters and an introduction. The introduction deals with the guidelines for use of the text, general assessment guidelines and history taking. Chapters one through five address the assessment of the temporomandibular joint, cervical spine, shoulder, elbow and forearm, and wrist and hand. Each chapter follows a similar format. Issues relevant to history

taking including the mechanism of injury and possible injured structures are discussed, followed by the characteristics of pain and their possible significance. The effect of the injury on function, important observations when examining the patient, as well as the diagnoses and sources of referral that must be ruled out, are each considered. Functional tests which include range of motion testing and special tests which include orthopedic tests are illustrated. Accessory movements of the joints are described when applicable. Each chapter ends with a section of palpation of pertinent structures. On the left side of the page are questions, signs and symptoms, and general instructions, including hand placements for examination procedures. The right-hand column consists of possible interpretations of the signs and symptoms and functional or special tests.

Line drawings throughout the text are helpful in demonstrating and clarifying testing procedures, anatomical structures and mechanisms of injury. The index is complete and well presented.

The text is suitable for the student in the Sports Injury Management program in athletic therapy and for certification candidates of the Canadian Athletic Therapist Association. It may also prove to be a helpful resource to the clinician who wishes to quickly review assessment of a joint of the upper quadrant.

The book is well presented and readable. The innovative presentation allows the reader to develop a systematic approach to assessment, raises important issues in assessment, and allows a quick access to areas of interest. Yet, in my opinion the format also lends itself to repetition, arbitrary distinctions and at times excessiveness. For example, the interpretation of non-specific signs and symptoms, and factors in the history may not vary considerably with a body region but requires continuous repetition with this format. In addition, the format may also suggest that pain sensitive structures can be distinguished when there is numbness versus tingling, dullness versus achiness or grating as opposed to crepitus and grinding. Some readers may also find excessive the author's description of all the structures which may become injured when each region is involved in trauma in various directions as well as the author's account of all the structures involved in each of the active, passive and resisted movements of the joint.

The book is sparsely referenced with chapter bibliographies containing generally dated articles and textbooks substituting for a more detailed, orthodox reference section. In addition, I had difficulty locating some of the author's references. The result is that the book does not convey the impression of being guided by the latest developments in sports medicine.

The book is generally weaker than more comprehensive books in its class. The text is reasonably priced (\$56.75 Canadian) but purchase of its accompanying counterpart on the lower quadrant brings the combined price more in to the realm of competitor texts. The text therefore represents only fair value for the money.

Once again, the text is a good introductory text with an innovative format that is well suited for the student athletic

therapist for whom it was originally intended. The purchase of the book by these students and the libraries of their teaching institutions is appropriate. Those who desire a more advanced understanding of joint assessment should access a more comprehensive book.

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Chiropractic Manipulative Skills

David Byfield, DC, editor,

Forward by A Grice, DC, FCCS(C),

***Published by Butterworth-Heinemann Ltd, 1966,
Oxford, UK,***

256 pages, cost \$94.25 CAD.

Although it has been stated in many a context, the phrase "practice makes perfect" as a general rule has several caveats. It is not only a question of practice in and of itself, but it is the *what, why, and how* one practices the art of spinal manipulation

that ultimately leads to the achievement of clinical competency. That is the topic of this recent work by Dr. David Byfield.

This soft-covered volume is divided into 11 chapters and three appendices. Topics include educational aspects of teaching and learning manipulative skills, biomechanical considerations in manipulative skills training, the physiology of skills performance, postural considerations for the doctor, hand-arm-shoulder positioning skills, thrusting skills, patient positioning skills, and chapters presenting manipulative skills for the pelvic, lumbar thoracic and cervical regions. The appendices deal with identification of important spinal landmarks, recommendations for sequencing manipulative skills, and a summary of cardinal rules for manipulation.

The premise upon which this text has been written is that the learning of the art of manipulation involves the mastering of a multitude of psychomotor skills, all of which taken together and used correctly allow the practitioner to execute smooth, proficient and orchestrated manipulative procedures. In this text, these skills are broken down into their basic components, described in understandable detail, and demonstrated with sequential photographs and diagrams. Beyond this, the actual (diversified) manipulative techniques are presented, visually demonstrated in a similar way, with descriptions building upon the physiological and biomechanical concepts developed in earlier chapters.

A major strength of this text is the emphasis given to doctor and patient positioning, areas in which students of manipulative therapy are often in need of attention. Another strong asset to the credit of this text is the thoroughness and completeness of the references. It is readily apparent upon first reading that the authors have reviewed the literature, and are presenting current clinically relevant information.

A book of this nature could well have consumed several volumes and been very expensive. Instead, Dr Byfield has brought together a diversity of clinically useful information and personal experience, provided sound, well referenced rationale, and presented it in a clear, concise and informative format. *Chiropractic Manipulative Skills* is appropriate reading for educators, students and field practitioners who practice spinal manipulative therapy. It is not, of course, a substitute for supervised training with feedback from qualified experts; in fact the authors make a very strong case for this type of education. Nevertheless, in my opinion, this text should certainly find its way into the educational arsenal of chiropractic colleges, other schools of manipulative therapy, and students and practitioner's libraries worldwide. It is very readable, complete and to the point; truly an excellent reference.

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