

### ***Contemporary Conservative Care for Painful Spinal Disorders***

**Edited by Tom G. Mayer, Vert Mooney, and Robert J. Gatchel  
Lea and Febiger, 200 Chester Field Parkway,  
Malvern, PA., 19355 USA.  
\$122.25. ISBN 0-8121-1344-6.**

Chronic low back pain represents the most expensive benign condition in industrialized countries, and is the number one cause of disability in individuals less than 45 years of age. The continued growth of this disorder attests to the inadequacies of both allopathic and alternative forms of health care in their understanding and subsequent treatment of this complex entity. Given that the natural history of low back pain is in most cases both relatively short-lived and benign, critical appraisal of the efficacy and effectiveness of the available treatment options must necessarily occur.

*Contemporary Conservative Care for Painful Spinal Disorders*, edited by Tom G. Mayer, Vert Mooney, and Robert J. Gatchel, boasts a collaboration of specialists from such fields as psychiatry, orthopedics, physiotherapy, research, dentistry, osteopathy, ergonomics, chiropractic, and psychiatry. Each specialist provides valuable and unique insights into the multi-faceted aspects of chronic low back pain.

The text is organized in a comprehensive manner into eight sections in an effort to review all of the major issues in current spine care. Each section follows logically from that which precedes it, with topics ranging from an overview of degenerative spinal problems, the anatomy, physiology, and biochemistry of spinal disorders, acute and subacute patient care options, surgical decision making and treatment, rehabilitation, and special issues in spinal care such as ergonomic considerations in the work place. Each section is further subdivided into several well referenced and up-to-date chapters, with contributions to each given from a different perspective of the health care team. For instance, in the section concerning acute spinal care, Scott Haldeman, MD, PhD, DC briefly discusses the philosophy, the science, and the art of chiropractic treatment for low back pain.

The content of this work is such that at its conclusion the reader, be they student, primary care practitioner, or specialist, will develop an appreciation for such areas as the epidemiological perspectives of lumbar spinal disorders, the physiological and anatomical basis for exercise, the determinants of chronic disabling pain, and the utility and benefits of advanced spinal imaging techniques. Also, the effectiveness of non-invasive treatment options such as bed rest, exercise, drug therapy, spinal manipulative therapy, traction, and spinal orthoses are discussed with reference to their documented therapeutic efficacy, skill in application, and patient compliance.

Given the above considerations, this book represents an excellent contribution to the literature regarding the complex issue of low back pain and as such its purchase is highly recommended.

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### ***Painful Cervical Trauma; Diagnosis and Rehabilitative Treatment of Neuromusculoskeletal Injuries*** **C. David Tollison, John R. Satterthwaite Williams & Wilkins, Baltimore, 1992 492 pages, RRP \$99.25, ISBN 0-683-088337-6**

In this book, David Tollison has attempted to outline the current treatments for cervical musculoskeletal injuries and pain. To complete such a task, he gathered an interdisciplinary panel of 48 experts. His intention was to create a textbook that is helpful to health professionals confronted with patients affected by neck pain, and to individuals like attorneys and claim adjusters involved in dealing with the consequences of such disorders. This innovative approach could have potentially led to a bench-mark textbook on painful cervical trauma. This text, however, did not live up to my expectation mainly due to the poor quality of the first section.

The 31 chapters are divided into four sections. The first section deals with the diagnostic foundations like functional anatomy, biomechanics, imaging techniques and other methods of assessment to finally cover an array of conditions. While this section had all the ingredients to be interesting and informative, it fails to be so. There is so much redundancy between the chapters and so little substance that I felt like skipping this section all together. Furthermore, some of the chapters are poorly referenced and include obvious mistakes that should have been picked up. To my knowledge, the C1-2 articulation does not have a disc!

The second section reviews the different therapeutic techniques offered by health care providers including chiropractic manipulation, medications, physical therapy modalities and more invasive therapies. Moreover, the director of a pain rehabilitation centre presents in a practical way, his approach to treating chronic pain. This section presents a broad spectrum of treatment for patients with traumatic neck pain. The quality of the chapters in this section is much superior; evidence that the topic areas were researched. The different authors, hence, provide the reader with distinctive quality material. The chapters are also more extensively referenced.

The third section addresses specific treatment strategies for a variety of painful cervical disorders like whiplash, fibromyalgia, different arthritides, neurologic disorders, headache and temporomandibular pain. The assortment of disorders described in this part of the book provides the reader with a good overview of disorders affecting the neck. Coupled with the previous section, it provides a good set of differential diagnoses and present several management choices.

The last section addresses several important medico-legal issues. Difficult concepts like disability and impairment are defined according to different organizations like the American Medical Association, the Workers' Compensation Board and Social Insurance. Guidelines are also offered to help determine the degree of disability and impairment. Furthermore, two chapters are dedicated to medical depositions and court appearances from the claimant's counsel and defense counsel's perspective. This section is very innovative and instructive and is the most appealing section of this text.

In summary, the first section is considered useless while the others are more informative. Overall "Painful Cervical Trauma" makes an interesting contribution to the literature on neck pain especially with



regards to the medico-legal issues and the fact that it presents all forms of treatment available to patient with neck pain. The text will be particularly useful to professionals, namely lawyers and claim adjusters, as well as to health practitioners having to deal with the medico-legal aspects of cervical trauma. To the practitioners in general, I would recommend to wait for the second edition, hoping that the weak chapters will have been replaced.

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### ***Conservative Care of Low Back Pain***

**Arthur H. White and Robert Anderson  
Williams and Wilkins, 1991**

**428 East Preston Street, Baltimore, Maryland 21202, USA  
\$94.50. ISBN 0-683-09007-0**

A number of randomized controlled clinical trials have demonstrated that spinal manipulative therapy can help some people improve faster than any other form of treatment. It has not been established beyond empiricism, however, that manipulation, in and of itself, changes the long term prognosis of back pain of mechanical origin. Those who practice what has been referred to as "conservative therapy" may find it attractive to look no further than their patients physical discomfort and impairment, thereby avoiding the difficulties which arise from less tangible variables. However, as we are becoming increasingly aware, the psychosocial and demographic features of the back pain patient correlate with treatment outcome better than do the physical parameters which are commonly measured in clinical practice. The diagnosis and design of a treatment plan will therefore only be complete if those who treat back pain remain cognizant of these less apparent features.

"Conservative Care of Low Back Pain", edited by Arthur H. White and Robert Anderson, familiarizes the reader with the dilemma associated with the evaluation and treatment of the chronic back pain sufferer. The book represents the collaboration of specialists, each of whom contributes in his or her own field of expertise, such that their combined work serves as both an instruction manual as well as a reference source for those who practice conservative care.

For those wishing an introduction to an active approach to therapy, the basic principle underlying most chapters is the creation of patient independence rather than dependency. The text is divided into nine inter-related sections, each of which is further subdivided for a total of 38 well referenced and up-to-date chapters. Topics such as the institution of back school, rehabilitation of the injured worker, ergonomic advice in an effort to prevent the occurrence or re-occurrence of back pain, psychological assessment of the chronic low back pain sufferer, and an introduction to various conservative treatments whose efficacy has been established are presented in a logical and concise fashion. Chiropractors will also benefit from reading a chapter written by John Triano, DC, in which he addresses the issue of standards of chiropractic practice and the merits of a logical and effective approach to managing the low back pain patient.

The completeness of this book is such that at its' conclusion the

reader, be they student or specialist, will have learned comprehensive and effective methods for the evaluation and treatment of both the physical and psychological constituents of low back pain. The reader is also provided with management approaches beyond standard chiropractic care which can be utilized to more effectively help patients cope with their afflictions. All in all, this work is an excellent contribution to the field of conservative therapy and as such its addition to both the student and practitioners' library is highly recommended.

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### ***How to Write & Publish A Scientific Paper*** **3rd Edition**

**Robert A. Day, Author**

**Phoenix. New York Oryx Press, 1988, 197 pages**

Not getting enough respect? Professional development stagnating since those political contacts dried up? Does your letter carrier keep forgetting to deliver that keynote speaker invitation? Well then, maybe its time to get some respect and get "published"! That's right! Get out those case studies, that n of 1, the randomized controlled trial of the effects of manipulation on life expectancy you've been working on and submit it to your favourite journal. Oh, but you say, you're not sure how to? You needn't worry. Robert A. Day will address every aspect of writing and publishing a scientific paper in his book "How to Write & Publish a Scientific Paper".

Day has used his considerable experience as an educator and editor to outline the development and preparation of a scientific paper from start to publication. Chapters 1 through 3 define scientific writing and its origin. Chapters 4 through 12 examines the constituent parts of a scientific paper and discuss the preparation of the title to the proper way of citing references. This is followed by instruction in the correct method of preparing effective tables, illustrations and charts. Day then describes how to prepare a manuscript for submission, unravels the mystery of the review process and provides useful insights on how to deal with editors. The publishing process and use of reports is then highlighted. In chapters 20 through 25 Day examines the specific requirements in preparing review papers, conference reports, book reviews, thesis and poster presentations. He completes his book by discussing issues concerning ethics, rights and permissions, the use and misuse of English, warns authors to avoid jargon and instructs in the proper use of abbreviations. Six extremely useful appendices summarize abbreviations, common errors in spelling and style and accepted abbreviations and symbols.

Recent chiropractic educators and researchers have stressed the need for involvement of the field practitioner in the documentation of chiropractic phenomenon occurring in clinical settings. Part of the reluctance of the field practitioner to publish may be the result of the mystique of the publication process. Day has done a wonderful job of demystifying the process and provides an excellent guide for the preparation and submission of manuscripts. Furthermore, it is done in an extremely informal and humorous manner. Day has drawn on his past experi-



ences to help describe the do's and don'ts of manuscript preparation and uses numerous cartoons, anecdotes and stories to illustrate important aspects in a funny and entertaining manner. While the preparation and development of manuscripts may not be a particularly amusing endeavor, this "how to" guide certainly is.

This text may be most appropriate for those embarking on their first preparation of a scientific paper, however it is also relevant to those who publish on a regular basis and wish to improve their preparation and submission skills. Chiropractors with no interest in performing scientific writing may also gain further appreciation of the effort involved in producing scientific literature. Chiropractors contemplating reading this book should be forewarned that Day has been mostly involved in microbiology and this is referred to extensively in this text causing some to wonder as to its relevance. However, the process of producing good microbiology research is also the same for producing good chiropractic research. I highly recommend this book for those interested in preparation of chiropractic papers, those already involved in academic writing or those wishing to understand the process further.

*Now, how large of a sample size are we going to need for that life expectancy study?*

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Stoney Creek, Ontario

***Dynamics of Clinical Rehabilitative Exercise***  
**Stephen M. Ordet, DC and Leonard S. Grant, DC**  
**Williams and Wilkins, 428 East Preston Street,**  
**Baltimore, Maryland 21202.**  
**\$74.25. ISBN 0-683-06654-4**

The majority of patients who present to a chiropractors' office do so because of pain or disability which is musculoskeletal in origin. Although the administration of passive treatment, in the form of manual therapy, electrotherapy, and the like, has been shown to be beneficial for short term relief. On its own, this type of treatment has not been shown to prevent or retard the future occurrence of pain. Rehabilitative care is designed to improve flexibility, strength and endurance with the ultimate goal of decreasing the incidence and severity of future disability. The secondary benefits which derive from introducing this type of therapy include both habit and lifestyle changes as well as an improvement in the overall fitness level of the individual. Ordet and Grands' text: "Dynamics of Clinical Rehabilitative Exercise" is designed to provide the astute clinician with a basic knowledge of rehabilitation therapy. By using this text, clinicians could guide their patients through exercises which are specific to their complaint. In the author's own words, "it is a guide to determine which exercises are best suited for the rehabilitation of the patient's condition".

The text can essentially be subdivided into three sections, the first of which discusses the basic concepts of anatomy, histology, physiology, biomechanics, and pathophysiology of muscle, ligament, tendon, and nerve tissues. Section two concerns the clinical considerations involved in implementing a rehabilitation program which is patient and condition specific. The third section outlines the anatomy and range of motion of

each of the regions of the body, with brief descriptions of several exercises for each area. These descriptions include a breakdown of the area affected, the mode of action, and the primary intent of performing the exercise. Also included in this section are photographs of the exercises performed in the correct fashion. The text concludes with a chapter on exercise therapy for patients with scoliosis, and another which addresses aquatic exercise.

"Dynamics of Clinical Rehabilitative Exercise" is well organized in terms of its' presentation of general background information leading to the depiction of region-specific exercise. The text also provides exercises which can be performed without the use of expensive high-tech equipment, and as such allows their performance in the office or at home. The addition of photographs permits both the clinician and patient to be confident that the exercise is performed appropriately.

The lack of adequate and up-to-date references in a book of this nature causes one to believe that many statements are based on opinion rather than fact. Obviously, given the progressive scientific nature of the chiropractic profession, and that of conservative therapy on the whole, studies and results which were presented ten to fifteen years ago may no longer be factual today. Also, if the text is intended to be an introduction to rehabilitation, the reference list must, by definition, be more complete.

I would recommend this publication as a good introductory source for the field practitioner or student who is interested in rehabilitative exercises for the extremities. However, for those wishing a more comprehensive approach to spinal rehabilitation there are other sources which I feel are more appropriate.

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