

Musculoskeletal Manipulation – Evaluation of the Scientific Evidence

J.S. Tobis & F. Hoehler

Charles C. Thomas, Illinois, 1986 101 pages

With this monograph the authors did not intend to provide an indepth textbook on musculoskeletal manipulation. They rather represented a summing up of their experience and interpretation of the data obtained from the first controlled clinical trial of manipulation to be reported in the United States (Buerger and Tobis, *Approaches to the Validation of Manipulative Therapy*, 1977).

This text contains nine chapters. Each offering a short review on areas pertinent to spinal manipulative therapy. The first four chapters deal with the historical perspective on manipulation, etiological factors of functional back pain, techniques of manipulation as well as indications and contraindications for manipulative therapy. In the next two chapters, guidelines for valid controlled clinical trials are presented and evaluated and a review and analysis of all the published reports that have appeared in refereed journals concerning trials evaluating spinal manipulation are included. The subsequent chapters focus on theories concerning the effectiveness of spinal manipulation.

In summary, this text does not give a detailed discussion of all the areas presented. This was not intended, and for those who wish to pursue the material further, a comprehensive list of references has been included.

This is an excellent, little book, summarizing the present status of spinal manipulative therapy, that can easily be read from cover to cover in two evenings. It is, therefore, most valuable to both the educated novice seeking fast and concise information on spinal manipulation, and also to the experienced practitioner who is looking for a "summary of the facts".

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"Injuries to the Throwing Arm"

Edited by Bertram Zarins, James R. Andrews
and William G. Carson Jr.

WB Saunders, Toronto, 1985

330 pages, \$48.95

While many publications continue to rehash the standard literature, it is truly refreshing to discover one that presents a contemporary view on the management of musculoskeletal injuries. This book is the essential aid for clinicians desiring a thorough understanding of shoulder and elbow injuries. Although its title implies an emphasis on afflictions to the throwing arm specifically, the material is easily applicable to all conditions (of the elbow and shoulder) including those unrelated to sports activity.

The text is divided into five parts, the first of which discusses the

mechanisms and biomechanics of the throwing motion. Ironically, for a book which is otherwise brilliantly presented in all respects, the opening chapter is disappointing. Here, despite the author's gallant attempt to enlighten the reader on human mechanics, a substitution of brief, for concise definitions results in an incoherent slur of terminology.

In contrast to the opening chapter, the rest of this book is comprehensive. Parts two and three are comprised of sections on the shoulder and elbow, respectively. Topics of discussion include: functional anatomy, case histories, examination procedures, differential diagnosis and specific mechanisms of injuries as they relate to throwing. The most common injuries are represented in single chapters, in which, salient features of a history, examination, treatment and preventative management program are provided for each condition. Additional chapters are allotted for discussion of plain film x-rays, arthrotomography, arthroscopy, surgical management, and rehabilitation of the injured arm.

Part four offers a meticulous, yet, pragmatic approach to on- and off-season conditioning, power-training, warming-up, and cooling-down protocols for athletes. The fifth (and final) part of this book analyses the affect of the throwing motion in sports other than baseball. Tennis, waterpolo and swimming injuries are considered with an emphasis on the latter.

Each chapter of this book is a comprehensive publication on its own permitting quick, complete reference to specific topics of interest. At the same time, the immaculate integration of content between sections confers an ease of readability to its, otherwise, structured format. The excellent photographs and illustrations are just another feature of this fine publication.

At first glance, this book will appear to be too specialized for use by the general practitioner but, in actual fact, its thoroughness is only made obvious by the lack of comparable information in other standard references. Certainly, with a current resource such as this at hand, a diagnosis for upper extremity pain is not so elusive.

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"Personal Injury: A Medico-Legal Guide to the Spine and Limbs"

D.J. Ogilvie-Harris and G.J. Lloyd

Canada Law Book Inc., 1986; Toronto.

372 pp., hardcover, \$60.00

This unique book, authored by orthopedists, is intended for legal and health professionals dealing with personal injury cases. It consists of four parts: Doctor/Lawyer Interaction, and Assessment of Injury and Disability; General; Specific Anatomical Locations; Problem Areas. Each part consists of several chapters, each subdivided into sections. This organizational scheme facilitates the retrieval of specific information, saving the reader time yet avoiding a fragmented presentation of the contents. The book's scope – neuromusculoskeletal injuries – is highly relevant for chiropractors in particular.

Most of this "handbook" details the pathological anatomy, symptomatology, sequelae and management of post-traumatic lesions and syndromes of the neuromusculoskeletal system concisely and quite comprehensively. Though primarily intended to benefit the lawyer, these latter three parts of the book may at least remind the physician of (if not introduce him to) some frequently neglected facets of personal injuries; e.g., significance of pre-existing degeneration; multi-factorial functional assessment; abnormal response to pain; special features of pediatric injuries. Because of the book's organization, any of the latter topics could be quickly located without having to peruse through sections on anatomy, evaluation, etc. Lawyers should benefit from the abundant illustrations of normal and pathological anatomy.

The first part should be most valuable to the physician. The authors comment upon the components of a complete medico-legal report. Physicians who are inexperienced in testifying before a court would benefit from the second chapter which suggests how to prepare the medical witness for the ordeal. The authors consistently present

adequate detail to cover the subject matter thoroughly, stopping short of losing the reader in those intricacies of either law or medicine, which are best left to the textbooks of the respective profession.

The authors have prepared an effective meld of the legal and medical aspects of personal injury cases. Only those members of the legal or health professions who are experienced in the medico-legal aspects of personal injury cases, and who are satisfied with the level of expertise they have attained, would not benefit from reading this book. Though a Canadian publication, this book is universally applicable; it lacks the legal detail which might restrict its utility to those working within the Canadian legal system. This is a useful book for the chiropractor interested in developing his understanding of the medico-legal aspects of personal injury cases and his reporting skills.

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