

SPINAL MANIPULATION

(Fourth Edition)

J.F. Bourdillon and E.A. Day

William Heinemann Medical Books, London, 1987

distributed in Canada by Prentice-Hall Canada Inc.

250 pages, \$55.00

Spinal Manipulation, now in its fourth edition, is written by J.F. Bourdillon and E.A. Day, two medical physicians specializing in orthopaedic surgery and physical medicine respectively. These authors have a special interest in manipulative therapy for spinal disorders and have attempted to write a complete practical guide to spinal manipulation.

The book is divided into fifteen chapters, covering a wide range, though not complete, of spinal disorders. It begins with three well-written chapters discussing history, anatomy and general considerations in spinal manipulation. These introductory chapters give the reader a good understanding of a basic approach to a patient, and entice the reader to proceed on an interesting topic. The next eight chapters deal with the examination and treatment of regional areas including the cervical, thoracic and lumbar spines, the pelvis and the thoracic cage. This was the most disappointing section of the book. Primarily descriptive in nature, it describes static malpositions of bones, and outdated listing and classification systems. Also within this section, long-lever techniques continue to be presented as safe and effective methods of spinal manipulation. The final four chapters discuss the plan of treatment, the cause of pain, clinical observations, and the validation of manipulation. This potentially powerful conclusion lacks cohesiveness and, again, current thoughts. Literature searches obviously have not been completed, and chiropractic references are noticeably lacking. In their closing chapters, the authors do not expand fully enough with credible evidence to truly support or refute spinal manipulation as being beneficial in the treatment of spinal disorders.

Throughout the text, I found myself either fitting in references that were lacking, or seeking references to unsupported statements. Anecdotal claims abound. The only contraindications discussed are osteoporosis, infection and tumor, all determined by radiographic findings. Yet, when discussing diagnosis, the authors state that there is "no laboratory or X-ray investigation that will help in making the diagnosis". Certainly one must agree that contraindications are just as important to your diagnosis as indications. The authors also make another statement which is rather surprising; that no high velocity low amplitude manipulations be performed in the upper cervical spine. This statement is made, as are others throughout the book, with no substantial reference or background. They even go so far as to suggest that a Wallenberg's test should *not* be performed due to the dangers of vertebral artery accidents.

Overall, I found the book interesting to read, as it is always interesting to read about old and different (and some new) techniques for manipulation. Recently, however, a knowledge and understanding of tissue pathology and biomechanics has taken chiropractic away from these static concepts. Unfortunately, as is demonstrated in this text, some authors fail to keep pace with the rapid advances in manipulative

therapy, and this oversight results in the publication of outdated and uninformed material. Reading this book reaffirmed in my mind the thoroughness of the Chiropractic Education System and brought to reality the dangers and inadequacies of learning manipulation from a text. Chiropractic has developed substantially beyond the level of this text, and I recommend that the reader look elsewhere for an explanation of the more current methods and rationale of spinal manipulation.

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THERE IS ALCHEMY IN THE CREATION OF CHIROPRACTIC

Gaucher-Peslherbe, Pierre Louis

La Chiropractique: Contribution a l'Histoire d'Une Discipline Marginalise

Le Mans, France

Jupiles 1985

(English, ms. translation by Elizabeth Weeks)

History is usually exciting only to the historians and those who would be serious students of it. Chiropractic, battered and embattled for the majority of its 92 years, has concentrated upon survival and the politics of acceptance in the North American experience that was its seedbed.

The historians who have bothered with any attempt to explore its beginnings have largely written for the true believers of the insular community of practitioners, patients and friendly politicians that emerged with the culture of chiropractic. Thus only Chittenden Turner in 1931 may be accorded any distinction as a "serious" author, although his sympathies easily surface.

Possibly because of this lack of scholarship few in the profession today have given any consideration to the writings of Daniel David Palmer. His thousand page 1910 opus is easy to dismiss but in many ways is the key to the controversy of early chiropractic.

D.D., after all, did not rush into print to leave us the *Chiropractor's Adjuster*. Several of his students and his son B.J. preceded him or published in that same year of 1906 when the first *Science of Chiropractic* was issued. Both Palmers had a style that courted controversy, teemed with maxims and satire and many times irrelevancies, but as Turner observed, the Founder "revealed a genius that must have impressed his most offended colleagues."

Chiropractic was essentially an American experience, given birth by a Canadian. An English medical historian said over two decades ago that it was "a most remarkable social phenomena ... gone virtually unexplored (Inglis, 1965)." Now a French chiropractor and historian, Pierre-Louis Gaucher-Peslherbe, has produced what is essentially a monumental work on the life and times of D.D. Palmer and a penetrating portrayal of the social, cultural and medical environment in which he was a dissenter.

It is difficult to summarize the highpoints of the Gaucher-Peslherbe manuscript of over 300 pages, which he defended as a thesis at the Ecole des Hautes Etudes en Sciences for a doctorate in history in 1983. It is replete with documentation, and there are few relevant sources of 19th and 20th century medical literature that have not been sought out.

* Book Review editor, Dr Z Szaraz, DC

This may be the most remarkable aspect of his work: the emergence of D.D. Palmer as a splendid self-taught anatomist and physiologist in the twilight of the 19th century. The Founder was, according to Gaucher-Peslherbe:

"... a pedagogue to the depths of his soul. He does not use a single word that might be unfamiliar to his readers without defining it in precise detail."

Wardell, in his paper at the Seventh Annual Conference, made liberal references to the author as "the most sophisticated historian of pre-chiropractic spinal manipulation," a designation that should withstand those "regular school," critics who might challenge it, given the opportunity to read the manuscript. Gaucher-Peslherbe lays to rest the theory of the elder Palmer as an ignorant folk practitioner and portrays him, as Wardell says, "as a self-educated scholar with an excellent working knowledge of the medical and scientific theories of the period."

Palmer, his French biographer contends, was not one to display his erudition, and did so only when provoked, and "if one of his (D.D.'s) statements was challenged, there followed a barrage of quotations that must have made the questioner wish he had never opened his mouth or taken up his pen." He then adds:

"We may well ask, how many American or even European doctors of the day would have been able to quote in the same breadth Cabriolus, Morgagni, Cheselden and Fallopius, especially on so specialized a subject. For someone who is often presented as uneducated, it is a remarkable achievement.

Not only do we gain new respect for the intellectual level of "Old Dad Chiro," but we gain through this work an insight into the tortured last decade of his life as a prophet unheeded in his own community of believers as well as under continual harassment by the medical establishment wherever he located.

Gaucher-Peslherbe writes that 1908 was the year in which The Founder "realized that the profession was escaping him: it was developing not only without him, but also at times in opposition to him, and many of his former pupils had parted company with him." Of the many tragic ironies in the life of D.D. Palmer, it may be that the master pedagogue was unable to retain direction of the schools he founded in Iowa, Oregon, California and Oklahoma and was in constant controversy with Langworthy, Carver, Davis and his son B.J. He experienced bitter betrayal:

"In some cases, they went so far as to suggest that he did not understand what he was doing, in the hope of claiming for

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themselves the honor of being recognized as the founders, if not the discoverers, of the new science."

Knowing the mind of Daniel David Palmer will make the chiropractic of a centennial decade more understandable, concluded Gaucher-Peslherbe. "To understand why we do what we do," he concludes with a quotation from Albert Camus: "If we renounce a part of what is, we must renounce our own existence."

We can only hope that this masterful work will be published and find a wide audience in the English-speaking world.

Russell W. Gibbons
Editor, Chiropractic History

NEUROMUSCULAR DISORDERS
A Guide for Patient and Family
Steven P. Ringel
Raven Press, New York, 1987
153 pages \$15.20

Steven P. Ringel, a noted specialist in neuromuscular disorders, writes this book as a vehicle to improve communication between the patient (and family) and the doctor. Though oversimplified in places, Ringel uses well placed literacy quotes and personal anecdotes to make a difficult subject understandable to the lay reader.

The reader flows smoothly and quickly through a well organized discussion of diagnosis, treatment, long term care, and patient coping strategies of neuromuscular disorders.

If the book can be faulted it is in the chapters on physical therapy, nutrition and exercise. For a guide meant to be read by a patient or a family of a patient with a neuromuscular disorder, one would have expected a complete and thorough discussion of what can be done in the home. Most notably lacking is discussion of the benefits of joint mobilization and manipulation, muscle tonus and its relation to joint pain, and the different nutritive supplements available to these patients. There is also no mention of electrotherapy and its benefits for muscle tone and pain control.

The book merits purchase for inclusion into the practitioner's lending library. By sharing this material with a patient with this type of disorder, the patient can get a quick understanding of their disorder and make better decisions in regards to their future health management.

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NEUROMUSCULAR DISEASES
Jaap Bethlem and Charlotte E. Knobbout
Oxford University Press, Toronto, 1987
158 pages \$29.95

Jaap Bethlem's second book on neuromuscular diseases presents a brief, concise text on the pertinent aspects of diagnosis, natural history, and treatment. The book is written for all health professionals and is easily understandable and affordable.

Three introductory chapters on classification, genetics, and treatment give the reader a basic understanding of neuromuscular diseases. Further discussion of muscle complaints and muscle function tests give

practical, applicable knowledge to the practising clinician. The remaining text takes individual disorders and provides a concise yet complete description of them. Etiology and natural course, typical patient presentation, clinical findings and special tests required for the diagnosis are included. Clear black and white photographs help the reader identify characteristics of the disease.

The book noticeably lacks a strong conclusion and the reader is left feeling unfulfilled. Overall, however, the instructive content and smooth style make for easy reading of a vast and difficult subject. As a handy, quick reference, condensed text, the book would serve the chiropractor well. It should not, however, replace any in-depth specialist literature already available.

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RADIOLOGY OF SPINAL CURVATURE
DeSmet, A.A.
Mosby 1985
ISBN Number: 0-8016-1264-0

As the Chief of Skeletal Radiology at University of Kansas Medical School, Dr. DeSmet and his contributing authors have assembled an excellent volume on spinal curvatures. The title might suggest that this book only belongs in the library of a radiologist, but that would be an unfortunate misconception.

Rather, the text is an easy-to-read contemporary discussion of many aspects of a topic so traditionally associated with our profession. The text begins with a chapter on idiopathic scoliosis. Here, terminology, curve description, epidemiology and pathogenesis are clarified. Radiographic evaluation is then discussed, covering such areas as technique, curve evaluation/measurement and radiation risks. Chapter three covers special imaging techniques and their indications - tomography, myelography, computerized tomography and magnetic resonance imaging. In addition, imaging of various spinal pathological conditions is explained.

The fourth chapter is extremely relevant clinically, and is entitled 'spinal orthosis treatment'. Indications, mechanical principles, radiographic evaluation, effectiveness and complications of bracing are presented, as well as the use of electrical stimulation. Surgical correction of spinal deformity, more specifically, posterior or anterior fusion are explored in chapter five. Surgical technique as well as instrumentation are dealt with clearly and concisely.

Chapter six covers the radiological evaluation of surgical complications. The remaining chapters discuss types of secondary scoliosis, kyphosis, lordosis and spondylolisthesis. The final chapter presents a 3-dimensional analysis of spinal curvature. The text closes with a glossary of terminology which is accepted and approved by the Scoliosis Research Society.

In all, Radiology of Spinal Curvature provides the reader with an enjoyable, readable synopsis of an important topic. It is a valuable resource as a quotable reference text, and the authors are to be commended. This text should be on every modern practicing chiropractor's bookshelf.

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