

**Physicians' Guide to
Professional and Personal Advisers**
by W. Boroson, Medical Economics Books
Oradell, 1985
223 pages, \$18.95

Health care is becoming an increasingly complicated and competitive market today. However, most health care providers tend to shy away from the business side of their practice and frequently turn to "experts" for help.

This soft cover working manual is written by a senior editor of Medical Economics magazine. It helps you to choose the right advisers for your professional and personal needs.

The manual is divided into two parts. The five chapters in part one deal with general guidelines and principles on how to decide on the importance of various advisors, how to evaluate and how to choose them.

The next fifteen chapters make up part two of the book, which devotes a full chapter to each type of advisor or counselor you may need. These include accountants, practice management consultants, lawyers, stockbrokers, financial planners, insurance agents, architects and interior designers, real estate agents, physicians, and many more. Each chapter addresses important and critical questions as to: which types of advisors to avoid, what are the traits of a good advisor, how to get the best advisor and how to get the most out of him. Each chapter includes a checklist for the particular advisor, against which one can compare one's current cadre of counselors.

In general, this manual will provide you with a compendium of "common sense" knowledge and ideas – the ones that we usually fail to consider in the first place. The book's theme and the low price make it especially attractive to the new graduate.

Haymo Thiel, DC
Clinical Sciences Resident, CMCC

Book review
Overuse injuries: in Clinics
in Sports Medicine Vol. 6 No. 2 Apr 1987
Published by: W.B. Saunders Company.
Non-subscription - \$30.00 (Cdn.);
Subscription price for 4 issues - \$79.00 (Cdn.)

Saunders's clinics are an excellent series of up-to-date clinical information on a variety of topics. One of the most recent issues of the series on Sports Medicine is titled, The Overuse Injuries. On over 400 pages of clinically relevant information, the authors present the biochemical and biomechanical considerations in the development of overuse injuries. For each overuse injury, the relevant anatomy is detailed, the characteristic findings on history and physical examinations are presented, and the approach to treatment is described, stressing problems that may be encountered in the course of each overuse injury.

The emphasis is primarily placed on sport related injuries; however, they are clinically relevant to a general population as well. The chapters describe injuries such as tennis elbow, shin splints, iliotibial band friction syndrome, plantar fasciitis, low back pain in athletes, chronically inflamed bursa and tendons, and a very interesting chapter on traction apophysitis, which has for many years been classed as osteochondroses.

Each chapter is extremely well written with clinically oriented discussions including short description of anatomy, followed by detailed diagnostic and physical examination procedures, including x-ray. In the treatment programme, special consideration is given to conservative management in all of the conditions. In addition to the physical treatment outlined, recommendations to preventive measures are well detailed which would include exercises, stretching programmes and simple advice to patients to prevent further injuries.

I found this series among the clinics published by Saunders, to be one of the most interesting and clinically useful issues, highly relevant to a general practice in chiropractic. A highly recommended text.

Z. T. Szaraz, DC, FIACA
Associate Professor, CMCC

Temporomandibular Disorders:
Classification, Diagnosis, Management
(Second Edition)
by Weldon E. Bell
Yearbook Medical Publishers Inc., Chicago, 1986
329 pages

Since the inception of Costen's Syndrome in 1934, the treatment of temporomandibular joint disorders has been largely empirical and almost invariably, controversial. In the same way that philosophical dissonances have added colour to the scope of chiropractic, the proponents of conflicting theories regarding the etiology of TMJ dysfunction has, over the years, ensured a perpetual turnover of so called "vogue" treatment procedures. This book however, avoids many of the problems associated with other more polemical writings on the subject. By considering all of the various approaches from a scientific perspective, the author manages to present an integrated, rational approach to the classification, diagnosis and treatment of temporomandibular joint disorders.

This book is an excellent reference for all TMJ enthusiasts; its content is informative, extensive and current.

The organization of material is typical of any comprehensive text. The opening chapter provides an overview of the history of problems of the temporomandibular joint, and is followed by detailed sections on fundamental orthopaedics, functional anatomy and physiology of the masticatory system. A treatise on the symptoms of masticatory disorders is then succeeded by chapters on "proven etiologies", classifications, examination, diagnosis and treatment. For the sake of completeness, the long-term results of management, as well as, medico-legal considerations are included in the final chapter.

The obvious disappointment of this book is its failure to acknowl-

* Book Review editor, Dr Z Szaraz DC

edge a role for mobilization and manipulation in the treatment of capsular restrictions of the TMJ. In fact, the only emphasis on manual therapy is provided in a brief discussion on the treatment of myostatic contractures through passive stretching. What a shame it is that the author's precise elaborations on the etiology, diagnosis and complications of capsular restrictions are not followed-up with perhaps the logical, if not, obvious form of treatment!

Contrary to, still, popular belief TMJ dysfunction syndromes are not all one in the same. As the author so appropriately emphasizes, manifestations of dysfunction are as diverse as the etiologies underlying them.

This text adds a sobering clarity to a topic frequently oversimplified in the literature; it is a must for any clinician desiring a genuine competence in the diagnosis of TJM disorders. Although the sections

on treatment are obviously written with the dentist in mind, the included objectives (of treatment), and the information regarding diagnostic approaches are essential to anyone's repertoire. As previously mentioned, there is no discussion on the role of manipulative therapy, however, through vivid substantiation of the multiple causes of dysfunction, the author clearly (although unintentionally) demonstrates the need for a multidisciplinary approach to treatment. The principal value of this text, to chiropractors at least, lies within its wealth of diagnostic information. Inevitably it will be the clinician's diagnostic proficiency which will ensure appropriate management of the patient.

Jeffrey A. Quon
Clinical Sciences Resident, CMCC

LAST OF A SERIES

PATIENT^{vs} OPERATOR

• or you're both important •



Most massagers are designed for patients not the doctor. Thumper® is designed for you both. Self-balancing, its own 8-pound weight supplies all the needed force. Its large area coverage massages both groups of paraspinal muscles simultaneously; lets you treat both thighs or calves at once. Small areas can be reached by tilting Thumper, using only one of the massage spheres. Four power settings change the amplitude of massage not merely the RPM.

Thumper is sold in one place only, the factory that makes it. This lets you deal directly with experts. Our staff will be glad to answer any questions you may have, about Thumper or massagers in general. We've been solving Chiropractors' massage problems since 1978. How can we help you?

Try Thumper at no risk. Take the first 30 days with Thumper as a test. If you're not completely satisfied, return it for a full refund. You can't lose. Thumper is backed with a 3-year professional warranty on parts and labour.

\$399 (Professional Discounts Available)

Call Toll Free 1-800-387-4211 ext. 24

In Canada call collect 0-416-477-5222 ext. 24



By mail, send to address below. Personal or company cheques require 18 days to process.

Wellness Innovations Corp., Dept. B
1241 Denison St., #40, Markham, Ontario
L3R 4B5

thumper.
Professional Body Massager