

**UPPER CERVICAL SYNDROME**  
*Chiropractic Diagnosis and Treatment*  
edited by Howard Vernon,  
Baltimore: Williams and Wilkins, 1988,  
253 pages, \$63.00.

In the preface to the *Upper Cervical Syndrome*, Vernon describes dysfunction as "functional derangements of the vertebral column and their effects via the intact but disturbed nervous system". The resulting 'cervical syndrome' is well-known to most chiropractors empirically but, until now, has had only scant description in the literature (usually when describing the sequelae of whiplash injuries). The suboccipital area is complex from an anatomical, biomechanical and neurological perspective and this may be much of the reason the topic has never before been properly addressed in the literature. This work is the first of its kind to tackle the subject in its entirety; a formidable task and a credit to Dr. Vernon and the 13 contributors.

The book explores, from a chiropractic perspective, dysfunction in the craniovertebral spine and covers three broad areas, including anatomy, pathomechanics and treatment, and clinical syndromes. These are dealt with in three separate sections comprising 12 chapters. The first section, titled Normal Anatomy and Physiology, begins with a chapter by John Duckworth reviewing the relevant anatomy of the suboccipital region. Don Henderson and Marilyn Staines follow with a chapter on radiography of the region, while chapter three by Don Fitz-Ritson covers neuroanatomy and neurophysiology. Chapters 4 and 5, written by Adrian Grice, deal with normal and abnormal mechanics of the upper cervical spine and bridges section one with section two; titled Applied Chiropractic: Pathomechanics and Clinical Management. This section includes the sixth and seventh chapters, by Bruce Fligg and Zoltan Szaraz on motion palpation and adjustive techniques, respectively. The third section, titled simply "Clinical", deals with headaches (a chapter each by Barbutto and Vernon), followed by a chapter on autonomic nervous disturbances with upper cervical implications, by David Burnarski. Chapter 11 is in two parts, the first by Henderson and Cassidy is a discussion and case studies of vertebrobasilar accidents and manipulation, followed by an annotated literature review of the subject by Allan Gotlib and Hymo Thiel. The final chapter, by Alan Terret describes the interesting "neck-tongue syndrome".

This book is well written, informative and easy to read. Having a text that is consistent in style and form can be difficult when there are several contributors, but Vernon has edited well and the text flows smoothly. The material in the book is very well referenced; the bibliography is extensive and current. Henderson and Cassidy's chapter on vertebral artery syndrome is important reading and timely considering the present attention to vertebrobasilar accidents and informed consent. The literature review by Gotlib and Thiel provides an up to date reference list on the topic. The third section of the book ("Clinical") is the strongest, in particular Vernons' chapter on vertebrogenic headache in which he presents considerable material in a smooth and interesting writing style.

*Upper Cervical Syndrome* does have one or two weak spots. The chapter on neuroanatomy, although well written and referenced, is too detailed to glean the necessary points. The reader becomes bogged down in detailed description of interneural connections and projections

so that one is tempted to give up and skip to the next chapter. I also thought it a little odd that so much space was allocated to the topic of neck-tongue syndrome. I wondered if this interesting but relatively rare phenomenon merits an entire chapter. Lastly, the book lacks a concluding chapter, that draws together the various components of this complex topic into a condensed synopsis, which would be useful especially in a text written by several authors.

In conclusion, this is an important text that admirably addresses upper cervical spine syndromes. This is the first text to deal with this topic and it is well researched and referenced. The strengths far outweigh the few shortcomings, and it should be considered mandatory reading for all cervical spine manipulators.

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**CLINICAL RHEUMATOLOGY**  
*Gene V Ball and William J Koopman,*  
Toronto: WB Saunders Company, 1986,  
367 pages \$64.75.

These two well-known rheumatologists have compiled 38 chapters in 367 pages to publish an excellent concise textbook on clinical rheumatology. They have intentionally limited the amount of material on radiology and treatment methods, and concentrated their discussion on the clinical diagnosis of the various rheumatological disorders.

The text can be divided into three areas of discussion: background/basic sciences; rheumatological diagnoses; and regional pain diagnoses. The first ten chapters discuss in depth, the biochemistry and physiology of the immune system; with separate chapters on the complement system, the inflammatory process, and the structure of collagen in cartilage and bones. Chapters 11-35 describe the various rheumatological conditions, from rheumatoid arthritis to fibrositis. The last three chapters discuss chest pain, back pain, and pain.

The book describes the clinical patterns of the major rheumatological conditions in a brief, concise format that is easy to understand and read. The detail spared in these chapters does not take away from the usefulness of this text. A more comprehensive list of references to each chapter, however, would help the reader find additional sources if more detail were required.

Overall, I found the book informative and educational. This book, though not as complete as some other texts, offers invaluable information to the practicing clinician with special interest in the rheumatic diseases.

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