

Chiropractic Therapy—Diagnosis and Treatment
English Language Edition
Edited by Marian Gengenbach, D.C.;
Manfred Eder, M.D.; Hans Tilscher, M.D.
Aspen Publications, Rockville, 1990
Hard cover, 220 pages.

Dr. Gengenbach (of Logan Chiropractic College) has used her considerable language skills to translate an excellent German text, "Chirotherapie", by two German medical doctors, into English. We have seen various journal articles, over the years, translated from the German, often very poorly (and, of course, one is not often impressed by the English abstracts in "Manuelle Medizin") but I have never seen a better German-English technical translation. Dr. Gengenbach has not only captured the technical quality of the information presented, but she has also given us a hint of the poetry of the language ("the ligamentous apparatus of humans is vengeful. It averages itself for hardship through chronic pain.").

Having praised the linguistic character of the book, there are a few concerns about possible misinterpretation about the content of this text. Before commenting on this concern, I feel that a forward by the German authors would have been wise. This would have given us their "blessing", as it were, as well as to give us a hint of their opinion about their "medical text" being construed as a "chiropractic text". The text's original name, "Chirotherapie", does not translate exactly as "chiropractic therapy", in the political and professional sense. "Chirotherapie" is a German term encompassing manual medicine, and evolved from interest in this area by physicians in the 1950's. It currently also includes the more recent interest in reflex methods, post-isometric relaxation, and "muscle-energy techniques". In a sense, it is a catch-all term to describe all current interest in manual therapy in non-English Europe. Indeed, the text states: "Chiropractic therapy = reflective therapy" (pg. 55). This type of conceptualization may lead to confusion, unless the reader knows that the authors are *not* chiropractors and that the title, "Chiropractic Therapy", though it may describe some of our professional activities, does not describe chiropractic practice, *per se*. In fact, of the 49 listed references, only one (Illi's text) is chiropractic. (Another brief mention about our profession is found on page 4, "This occupational group, which was founded and trained by a store merchant named David D. Palmer showed sectarian traits and isolated itself from osteopathy and conventional medicine.") Official recognition of our profession is not yet forthcoming in Germany, or in their major publication, Manuelle Medizin, and it is a bit of a paradox to see this text, which is obviously made to look "chiropractic".

Looking at the content now, I have to say that the book, though short, covers almost all the major topics of interest to chiropractors (with the notable exception of somato-visceral interaction, even though Korr is listed as a reference). For this reason, it is not only a brief comprehensive review of all we do, but it gives a current "European" flavour to the material. I really liked Dr. Gengenbach's use of small boxed captions and summaries which help keep the information organized and focused. Educators will like this book for this reason, and I would think it should become a second year reference text for chiropractic students.

With the small (but growing, I am happy to say) number of "chiro-

practic" texts available, contemporary chiropractors should add this book to their libraries. I am sure with the wealth of "gems" and information compressed into the 220 pages, everyone can learn something new from this book.

My only concern, as has been stated above, is that chiropractors (and others) won't misinterpret the title and begin proclaiming, "Look - a chiropractic book written by MD's". On the contrary, this is a text on manual medicine, authored by medical specialists, and the title of which may be (loosely) translated as chiropractic therapy.

Michael R. Wiles, DC, FCCS(C)

Anatomical Basis of Low Back Pain
L.G.F. Giles, M.Sc., D.C., Ph.D.
Williams & Wilkins, Baltimore, 1989.
Hard cover, 197 pages, \$55.76

The complex problem of low-back pain represents a diagnostic challenge for any health professional. When there is no obvious pathology present, the etiology of low-back pain is debatable and its therapy often theoretical. These decisions are often based on the understanding of the pathophysiology of low-back pain which is enhanced by the comprehension of the clinical anatomy of lumbar spine. Dr. Giles, by offering a glimpse into the microscopic anatomy of the lumbar spine, gives us such a look at the etiology of low-back pain.

In this textbook, the author presents the results of 10 years of postgraduate investigation into the gross and histologic anatomy of the posterior elements of the lumbosacral spine. First, the author introduces the reader to the problem of low-back pain and then reviews with him/her the general anatomy of the lumbar spine. This literature review is followed by the presentation and discussion of the author's research on zygapophyseal joint inferior recess "menisci" and inclusions. Lumbar spine posterior joint's synovium innervation is also demonstrated. The last part of the textbook is a summary of Dr. Giles' clinical investigations, more specifically in the field of leg length inequality associated with low-back pain.

The 14 chapters are well written and illustrated with excellent historical sections and artist's diagrams. The descriptive anatomy of the zygapophyseal joint's structures and of the lumbosacral spine innervation is most helpful. As a clinician, I found that the technical part of the chapter dealing with the nerve study techniques and their results, too detailed. Dr. Giles also presents his work on the pathologic changes affecting the motion segment, which is directly relevant to clinical practice. Pelvic unlevelling and leg length inequality are common findings in the physical examination of a patient with low-back pain. Even though the use of heel-lift as treatment of leg length inequality is still controversial, Dr. Giles in his chapter dealing with low-back pain and the result of treatment, offers a rationale for the use of shoe-raising.

For the clinician, this book is highly recommended for a better understanding and appreciation of the pathogenesis of low-back pain. For the researcher, the text is an admirable source of reference and inspiration for further studies.

Pierre Cote, DC
Resident II, CMCC

The Musculoskeletal System – Physiological Basics
James Gibson Gamble, MD, PhD
Raven Press, New York, 1988, 186 pages, \$44.35.

This short book, as the author states, is geared solely for clinicians, not for basic scientists. However, one might mention that it also has definite value for the student. Because it has been organized with the busy clinician in mind, each chapter, a topic on its own, has been kept brief and concise. The author has kept statistical and technical data to a minimum, concentrating on concepts and functional relationships, all of which are copiously supplemented by diagrams and tables. To facilitate a more rapid understanding of the text, a glossary of terms is included at the end of each chapter. In order to demonstrate the clinical relevance of each section of the book, the author links the material being discussed with various musculoskeletal disorders. A bibliography is appended to each chapter.

The first chapter deals with the structure and function of DNA, RNA, genes and chromosomes, whilst the second deals briefly with the

structure and function of subcellular organelles and cells of the musculoskeletal system. Chapter three is concerned with the embryology and growth of the musculoskeletal system whilst the fourth deals with collagen, proteoglycans, elastin, etc. Chapter five is concerned with bone morphology, and biology, whilst the sixth covers joints, synovium, and articular cartilage. Chapter seven deals with nerves and muscle whilst the next chapter is concerned with mineral metabolism and metabolic bone diseases. The book concludes with a section on inflammation, immunology and healing. The Subject Index is well detailed.

The serious student would probably consider the information in this book somewhat superficial. However, for the chiropractor who wants an updated refresher course on the tissues he deals with in daily practice, and for the student who wants to brush up before an exam, I can highly recommend this little text.

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