

BOOK, CD AND TAPE REVIEWS

Boswell MV, Cole BE, eds. *Weiner's Pain Management*. 7th ed. Boca Raton, FL: CRC Press, 2006. Hardcover, 1612 pp., ISBN 0-8493-2262-6.

The intended audience for this text consists of pain practitioners and all other clinicians involved in the care of patients in pain. The intent of the book is to serve as the “first and last source” for rapid access to pain-related information.

The book is divided into 13 sections with 104 chapters in total. Section 1 provides perspectives on pain with 11 chapters discussing topics varying from a history of pain, classification of pain, neuroscience of pain, to influences of culture, family, gender, and ethnicity. Section 2 describes discipline-specific approaches to pain management with 11 chapters discussing relevant disciplines, including nursing, occupational and physical therapy, medicine, and even the role of a chaplain. Section 3 has 17 chapters discussing a variety of common pain problems. Section 4 discusses in 7 chapters relevant diagnostic tests and evaluations varying from psychological assessment to disability determination. Sections 5-9 consist of 37 chapters discussing behavioral, pharmacologic, interventional, integrative and complementary, and electrical and magnetic therapeutic approaches to pain management. Section 10 consists of 5 chapters on special populations including pediatrics, geriatrics, occupational medicine, and hospice care. Section 11 discusses in 6 chapters legal and ethical considerations relevant to pain management practice. Section 12 addresses in 4 chapters the impact of beliefs, religion, and spirituality on pain management. The final section provides in 5 chapters practical information on reimbursement and starting a pain management program or clinic. Four appendices with information on the American Academy of Pain Management, its code of ethics, patient bill of rights, and program credentialing conclude this text.

This text is a truly monumental piece of work with 145 contributors who are credible authorities in their respective fields. Although the chapter on physical therapy was a bit disappointing, throughout, the text provides recent and up-to-date references with a successful emphasis on providing both the research and pathophysiologic basis for diagnosis and management of patients with pain. Any and all topics related to pain diagnosis and management are covered in a comprehensive manner and I personally have been able to integrate a great deal of information from this book readily into my clinical practice. The stated goal of providing the authoritative source for information on this field of clinical practice has most certainly been met making this book a most relevant reference text for any clinician or researcher involved in the diagnosis, management, and study of pain.

Peter A. Huijbregts, PT, DPT, OCS, FAAOMPT, FCAMT

Browning S. *Hands On: A Clinical Companion*. Castle Hill Barns, UK: tfm Publishing Ltd., 2004. Paperback, 224 pp., ISBN 1-903378-30-3.

This book has been written as a practical handbook intended for the senior student, the experienced medical practitioner, osteopath, physiotherapist, or chiropractor. It has been designed as a quick reference guide to aid in musculoskeletal diagnosis and as a learning tool to encourage further study of those areas where knowledge is lacking.

The book contains 3 sections. Section 1 (chapters 1 and 2) discusses taking a case history and the components included in a physical exam. Chapter 3 briefly reviews posture analysis. Section 2 (chapters 4-13) contains informa-

tion on spinal and peripheral joints. Each chapter reviews anatomy, common pathologies, physical exam (covering range of motion, resting and closed packed positions), and several special tests related to each joint. The author does not comment on the reliability or validity of the tests provided. Section 3 contains 7 chapters. Chapter 14 briefly discusses gait, the muscles involved, and causes of abnormal gait. Chapter 15 reviews the neurological assessment. Muscle, joint, head, and chest pain are covered in chapters 16-19.

This book is well organized. Tables and flow charts are effective and assist well in the presentation of the material. The book includes only basic information and refers the reader to more detailed anatomy, physiology, and medical texts. As intended the book would be suitable as an early reference for those learning the skill of the patient exam.

Krista Carter, BSc PT, BSc HK, RCAMT, CAFCI

Jull G. *Whiplash Injury Recovery: A Self-Management Guide*. Brisbane, Australia: The University of Queensland, 2005. Paperback, 24 pp., ISBN 978-0-9771378-5-5. Available at: <http://optp.com/>.

This booklet has been written as a self-management guide intended for those who have suffered a whiplash injury. The book aims to aid in an individual's recovery from whiplash trauma and is designed to be supplemental to a health professional's care. This self-management guide contains information on whiplash-associated disorders, recovery, and tips to allow the person to participate in their own recovery. Information is provided to assist in neck care during activities of daily living and an exercise program is provided to aid in an individual's recovery. The information and advice in the guide is based on a research project in which the author participated in 2001, titled: *The physiotherapy management of chronic whiplash-associated disorders (WAD II): A randomized clinical trial*.

The book is well organized and easy to follow. It provides practical advice useful for those recovering from whiplash. Clear pictures are provided with step-by-step exercise instruction. It is an excellent research-based reference for individuals to consult to help with their recovery from whiplash injury.

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Leach RE. *The Chiropractic Theories: A Textbook of Scientific Research*. 4th ed. Philadelphia, PA: Lippincott, Williams & Wilkins, 2004.

The stated goals for this book are to provide its readers with a thorough understanding of chiropractic theory, knowledge of research methodology, and the ability to tell good from poor research. The intended audience for this text consists of chiropractic physicians.

This book consists of five sections. Section 1 contains four chapters with information on chiropractic terminology, history, theory, and philosophy. Section 2 consists of three chapters on research and its specific application to chiropractic. Section 3 discusses the vertebral subluxation complex as the central hypothesis in contemporary chiropractic with 11 chapters discussing theory and research related to aspects relevant to this central hypothesis. Section 4 discusses the wellness and social theories as alternative paradigms for chiropractic practice and research. The final section discusses in two chapters the experimental and clinical support for the vertebral subluxation complex hypothesis, disproved and untested chiropractic hypotheses, and avenues for future chiropractic research.

Comparing the first edition I read many years ago with this most current one provides a promising perspective on the development of chiropractic as a profession willing to subject itself to scientific scrutiny in an attempt to optimize patient care. I did note that the information on physical therapy contained in this text is at times inaccurate and limited in perspective to the US but this does not detract from the fact that the author and various qualified contributors provide a comprehensive review of relevant literature and do not shy away from critical review of once firmly held beliefs. This text provides an introduction to research methodology of benefit to any manual medicine clinician. Chiropractic and other manual medicine clinicians will benefit from the clear description of the various theories underlying manipulative interventions that have clearly crossed professional boundaries. Manual medicine clinicians not familiar with chiropractic will find this a valuable text in that it provides such a well-organized review

of chiropractic history, terminology, theories, and research. Researchers will likewise value the operational definitions and the comprehensive review of the literature provided. In summary, this text is a worthwhile addition to the library of chiropractic researchers and clinicians but it will also be of great interest to other clinicians seeking to understand the basic tenets and research status of chiropractic.

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McKenzie R. *Treat Your Own Back*. 8th ed. Raunati Beach, New Zealand: Spinal Publications Ltd., 2006. Paperback, 72 pp., ISBN-10: 0-9582692-3-8. Available at: <http://optp.com/>.

This book is intended as a self-management tool for individuals with mechanical low back pain (LBP). Specifically, it is intended to show individuals how to manage acute episodes and prevent recurrence of mechanical LBP. The book exclusively refers to the McKenzie method of diagnosis and treatment of mechanical LBP.

The book is divided into 9 chapters. Chapter 1 primarily discusses myths about back pain. Chapter 2 explains basic anatomy and function of the spine, normal posture, mechanical back pain, and pain location. A checklist is provided for individuals to determine if their back pain can be successfully self-treated with the McKenzie approach. Chapter 3 discusses common causes of LBP in sitting, standing, lifting, and lying postures and includes information for individuals to self-correct these often-assumed faulty postures. Chapters 4 and 5 outline the McKenzie method and describe the recommended exercise programs for acute episodes, recurrence, and prevention. Chapter 6 details what to do in the event of acute LBP including exercises to perform and activities to avoid. Chapters 7-9 comment on LBP in special situations, medicine, bed rest, and acupuncture and again review exercises to do in the event of acute mechanical LBP.

The book is well organized, has been recently revised, and includes recent references. Many pictures are included within the text to aid in an individual's understanding of the material presented. The book does an excellent job at explaining how common everyday faulty postures may contribute to an individual's symptoms. As intended, the book serves to provide individuals with valuable information to become independent in the management of mechanical LBP using the McKenzie method.

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Pettman E. *Manipulative Thrust Techniques: An Evidence-Based Approach*. Abbotsford, Canada: Aphema Publishing, 2006. Paperback, 230 pp., ISBN 1-59971-873-1, companion DVD. Available at: www.erlpettman.com and erlpettman@shaw.ca

The stated goal of this book is to present a cross-professional view of the history, development, principles, and practice of manipulative therapy and also to encourage an inter-professional dialogue with the aim of providing a more secure environment for both patient and therapist. The stated audience for this book consists of professionals interested in learning physical therapy manipulation techniques.

The book contains 9 chapters. Chapter 1 provides a well-referenced overview of the history of manipulative therapy and an insightful discussion of the principles and practice of manipulative thrust technique with attention to definition, indications, contra-indications, and risks associated with this type of intervention. Chapters 2-9 then discuss thrust techniques specific to the craniovertebral, mid-cervical, uncovertebral, cervicothoracic, thoracic, costovertebral, lumbar, and sacroiliac regions. These chapters all provide succinct descriptions of relevant regional biomechanics, multiple beautiful anatomical line drawings, a great number of clear step-by-step color photographs, and very clear textual descriptions of the steps involved in setting up and performing the various techniques. A companion indexed DVD provides further clearly narrated and visual clarification of the techniques included in this book.

Despite its subtitle, this book does not provide --nor aim to provide-- a comprehensive and systematic review of the relevant literature making it an evidence-informed rather than truly evidence-based book with its emphasis on the author's clinical experience and expertise. However, this in no way devalues this text as it provides the reader with invaluable insights into the clinical reasoning and technical expertise of a clinician that truly epitomizes the

ideal of a reflective practitioner who is not only an undeniable clinical authority in the field but also a gifted educator in that this book provides perhaps the clearest descriptions of spinal manipulative thrust techniques I have ever seen. In summary, this book and its companion DVD is a must-have in the library of any professional with an interest or expertise in manipulative therapy regardless of professional persuasion.

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Phillips RB. *Joseph Janse: The Apostle of Chiropractic Education*. Chicago, IL: Self-Published, 2006. Hardcover (ISBN 1-880759-78-0) or paperback (ISBN 1-880759-77-2), 492 pp., companion DVD. Available at: <http://fcer.org/>.

The author, Reed B. Phillips, DC, PhD, was a student during Dr. Janse's tenure as president of the National College of Chiropractic. He was greatly influenced by Dr. Janse and years after his graduation, during a time when he was himself president of another chiropractic educational institution, he undertook the task of chronicling the life and times of one of his life heroes, Dr. Joseph Janse.

The book details the history of the Janse family from the early 1800s, their conversion to the faith of the Church of Jesus Christ of Latter Day Saints, and their subsequent move from the Netherlands to the United States, where they settled in Utah. Following the introductory chapters discussing Dr. Janse's paternal family, there is a short chronicle of his mission as a Mormon, which is followed by the family story as told by his wife, Gloria Janse. The remainder of the book details Dr. Janse's professional life as one determined to achieve his dreams and goals. Phillips reveals Dr. Janse's never-ending quest for new knowledge through research, and perhaps most importantly, his unwavering commitment to improving chiropractic education. As we trace his truly Herculean accomplishments, we find Dr. Janse defending the chiropractic profession, building a new campus completely dedicated to chiropractic education, spreading the chiropractic story across the globe, and finally ending his career as president-emeritus of the National College of Chiropractic. In the latter chapters of the book, some of the details of Dr. Janse's transition from president to emeritus status are revealed and the author has included some selected writings from the prodigious number authored by Dr. Janse. Also included with the book is a DVD with nearly 1.5 hours of video of Dr. Janse's life and teaching.

Joseph Janse was a man who made a difference in the development and advancement of the chiropractic profession—a fact recognized and honored by many, whether from his alma mater or another—and this book will be of great interest to many in the field of complimentary and alternative medicine and those with an interest in the history of manual medicine. It is clear that Dr. Janse will be noted by historians as one of the true pioneers of the chiropractic profession.

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