

## BOOK AND MULTIMEDIA REVIEWS

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Mulligan B, Miller J, Claassen R. *Mulligan Practitioner*. London, ON: Digital Concepts, 2005. CD-ROM. Available at: [www.mulliganpractitioner.com](http://www.mulliganpractitioner.com).

Intended as an introduction and an adjunct to Mulligan concept courses, this CD-ROM has a target audience of practitioners licensed to perform these manual techniques. System requirements include a PC with a 400MHz processor, 64 MB RAM, Windows 98 OS or higher, and a sound card; use on a Mac requires a Power PC processor, 64MB RAM, and OS 10.1x or higher. The disc can be installed on only one computer.

The CD consists of three portions. Portion 1 is a text section with technical information, an introduction to the Mulligan concept, a discussion of treatment principles, a video message from the primary author, a reference list, and a help section with answers to frequently asked questions on the use of this product. Portion 2 provides a list and links with regard to products, digital aides, courses, and credentialing. The third and main portion of the disc contains 155 narrated video clips on the various techniques within this concept.

This CD is extremely user-friendly. The video clips can be organized into a list of personal favorites for quick reference. Video clips can be accessed from a title list or a list of thumbnails. Inserts in the clips on correct hand placement, excellent narrated description of salient technique issues, and written notes with each clip further facilitate incorporation of the techniques into clinical practice. Even though as noted by the authors face-to-face instruction is required for mastery and safe clinical application of this concept, the techniques demonstrated should provide a likely very useful addition to the armamentarium of any manual medicine practitioner making this CD a very worthwhile addition to the library of both novice and experienced practitioners.

Liebenson C, Ed. *Rehabilitation of the Spine: A Practitioner's Manual*. 2<sup>nd</sup> ed. Philadelphia, PA: Lippincott Williams & Wilkins, 2007. Hardcover, 972 pp., ISBN 987-0-7817-2997-0. Companion DVD.

The stated goal for this text is to provide step-by-step guidelines to rehabilitative procedures for managing spinal conditions. Espousing a multidisciplinary team-management approach to this patient group, the book is intended for a varied audience including physical therapists, chiropractors, medical generalists and specialists, trainers, and others involved in the management of patients with spinal disorders.

The book is organized into 7 parts. Part 1 introduces in 4 chapters the patient-centered paradigm central to this text. Part 2 addresses in 2 chapters the basic science behind spinal injury and pain. Part 3 discusses in 7 chapters diagnostic triage, outcome assessment, psychosocial assessment, and impairment-level and functional evaluation; two appendices provide forms for outcome and yellow flag assessment. Part 4 provides in 8 chapters information on managing the acute phase of spinal disorders with chapters on functional reactivation, the McKenzie and Brügger approaches, rehabilitation of breathing disorders, soft tissue mobilization, manual resistance techniques, neural mobilization, and joint manipulation; it also contains appendices on exteroceptive therapy and active release technique. Part 5 focuses on management of post-acute complaints with 10 chapters on topics varying from segmental stabilization, sensory motor stimulation, and yoga to weight training, nutrition, and cognitive behavioral therapy. Part 6 provides an integration and synopsis with 4 very well illustrated chapters on the practical application of the previous material by spinal region. Finally, part 7 sums up the book by discussing the implementation of the new paradigm in clinical practice with 4 chapters on the patient-doctor relationship, activity in the elderly, the role of the conservative spinal care specialist, and the implementation of guidelines. With over 750 line drawings and black-and-white photographs this text is extremely well illustrated. A companion DVD further facilitates clinical implementation of the material in the book with video clips illustrating many of the discussed physical performance evaluation techniques, sparing strategies, stabilization exercises, functional integrated training, and a discussion of the various components of the Czech school of manual medicine.

Without providing a comprehensive review of the literature, references in this book are extensive and up-to-date. Where available data on reliability, validity, and responsiveness of tests and measures are provided. The list of contributors reads almost as a "who's who" of influential clinicians and researchers in the fields of manual medicine, chiropractic, physical therapy, and other relevant areas. This text also provides a unique opportunity to become acquainted with the various manual medicine approaches developed in Europe that are normally less accessible to the English-language audience. Boxes within the text containing practice-based problems and summaries translate the information to clinical practice; learning objectives and audit boxes allow for self-evaluation with regard to mastery of the information. We likely all agree on the importance of the biopsychosocial and patient-centered paradigms when it comes to management of patients with spinal complaints. Similarly, few will dispute the importance of evidence-based practice. However, most of us have likely struggled with how to implement these paradigms into clinical practice. In my opinion, this text is by far the best example of how all these paradigms can affect our day-to-day approach to diagnosis and management of patients with spine-related complaints making this a must-have text for any clinician active in this practice area.

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