

BOOK AND MULTIMEDIA REVIEWS

Creager CC. *The Intrinsic Core Using the Soft Gym Overball*. Minneapolis, MN: OPTP, 2006. Spiral bound, 45 pp., ISBN 0-9771378-6-4. Sold with or without inflatable ball. Available at: www.optp.com.

The stated goal for this booklet is to introduce readers to using the Pilates or Soft Gym Overball as a fitness tool to support a core strengthening routine. Although not specifically stated, the intended audience for this book is a general audience.

This booklet is divided into three main parts. After a short introduction on the Pilates ball and the use of the book with regard to difficulty rating of the exercises, the author provides a chapter with 4 basic core exercises, one with 9 stretches, and a final chapter with 27 strengthening exercises. Almost all exercises are illustrated with black-and-white photographs; 4 have line drawings. A short and clear text description accompanies all exercises. A rating system classifies the exercises according to difficulty level.

With compliance as a major limitation to the effectiveness of home exercise programs and considering the popular interest in Pilates, this booklet can certainly serve as a source of somewhat different and fun exercises for patients with neuromusculoskeletal problems; however, careful instruction by a licensed health care provider in the case of use with patients would seem to be a prerequisite.

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

Skinner, HB, Ed. *Current Diagnosis and Treatment in Orthopedics*. 4th ed. New York, NY: McGraw Hill, 2006. Paperback, 756 pp., ISBN 0-07-143833-5.

The focus of this book is diagnosis and medical management of orthopaedic conditions. The intended audience for this book primarily consists of orthopaedic surgeons and physicians.

The book is organized into 13 main chapters each focusing on a major area of specialization. These main chapters are: Basic Science in Orthopaedic surgery, General Considerations in Orthopaedic Surgery, Musculoskeletal Trauma Surgery, Sports Medicine Disorders, Diseases and Injuries of the Spine, Musculoskeletal Oncology, Adult Reconstructive Surgery, Orthopaedic Infections, Foot and Ankle Surgery, Hand Surgery, Pediatric Orthopedic Surgery, Amputations, and Rehabilitation. The chapters are then further broken down based on the various conditions and subspecialties. There were adequate pictures and tables, all of which were clear and uncluttered.

This book covers the majority of common orthopaedic conditions with each condition covered in depth with references limited from 2000 onwards. What is extremely convenient is that the references pertinent to each topic are listed immediately after the text. The editor noted that the organization provided a bit of a challenge due to the overlap in the specialization areas; however, a clear table of contents and index allows the reader to quickly locate relevant material. The book certainly serves its intended purpose as an up-to-date reference and will make for a great resource for therapists who wish to understand current medical practice and its limitations. However, due to its very limited discussion of the physical therapist's role in patient care it will likely be less useful as a resource on treatment planning for direct patient care.

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McMahon PJ, ed. *Current Diagnosis and Treatment in Sports Medicine*. New York, NY: McGraw-Hill, 2007. Paperback, 287 pp., ISBN 978-0-07-141063-2.

This work is intended to be a portable reference book for all clinicians caring for athletes. Chapters are organized in a consistent manner so that each condition may be read in a straightforward manner. The opening chapter covers medical aspects of sports medicine and addresses medical issues that are associated with significant morbidity/mortality, commonly seen or unique to physically active individuals. Subsequent chapters are devoted to hip and pelvis problems, knee injuries, lower leg, ankle and foot injuries, shoulder injuries, and elbow wrist and hand injuries. The final five chapters address spinal injuries, concussions, the youth athlete, the female athlete, and rehabilitation principles. Each of the clinical chapters provides a review of pathophysiology, clinical findings, treatment and return-to-play information. Where pertinent, issues such as complications and prevention are included. The treatment and return-to-play sections are concise yet manage to address many key principles in the rehabilitation process. Also, the final chapter of the book explores rehabilitation principles further, as if to reinforce the goals of each preceding chapter. The list of conditions covered is comprehensive and evidence-based recommendations are made throughout.

The concussion chapter is valuable especially with regard to the discussion of special tests and clinically important signs of concussions. The authors support an individualized management of concussions over one or more of the many concussion management guidelines. The chapter on the youth athlete was particularly good. At 63 pages, it is by far the longest chapter and the authors review conditions

affecting both upper and lower extremities. Excellent tables and diagnostic images are included to assist the reader through the differential diagnostic process.

This text is intended to be a ready reference book that covers many conditions. However, for the clinician looking for a comprehensive text, including detailed pathophysiology, biomechanics and arthrokinematics, specific manual therapy techniques, or comprehensive return-to-sport progressions, this book may fall somewhat short of expectations. The reference section usually includes only two or three sources for most of the listed conditions. To conclude, despite its shortcoming this text is a very good resource book: comprehensive, concise, and potentially useful for clinicians in the clinical and acute care settings.

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Rahn RS, Rahn A. *Carpal Tunnel Syndrome 90% Misdiagnosed for Patient & Provider*. 2nd ed. Clovis, CA: Roger S. Rahn Chiropractic Professional Corporation, 2006. Paperback, 125 pp.

Rahn RS, Rahn A. *Treatment for Carpal Tunnel Syndrome & Thoracic Outlet Syndrome*. Clovis, CA: Roger S. Rahn Chiropractic Professional Corporation, 2005. DVD, 53 min. Available at: www.DrRogerSRahn.com

The book is intended mainly for the patient diagnosed with carpal tunnel syndrome (CTS) but some chapters are written specifically for health care providers. However as to its main purpose, the authors suggest that patients should use it as a teaching tool for their chiropractor, physical therapist, or massage therapist. The DVD is more clearly intended for health care professionals involved in the care of patients diagnosed with CTS.

The main premise of both the book and the DVD is that frequently CTS is not a local problem but rather that it is due to neurovascular compression in the thoracic outlet leading to both venous congestion in the arm including the carpal tunnel and a multiple crush syndrome masquerading as or predisposing to CTS. The book starts with patient testimonials followed by 8 chapters and 11 appendices. The chapters provide a discussion of the epidemiology, proposed pathophysiology, and current treatment for CTS and then contrast this to the authors' view on etiology, differential diagnosis, and management. The authors' own clinical research is presented in a separate chapter in support of the proposed approach. The appendices discuss relevant ergonomic considerations, stress reduction, and nutritional strategies and also provide the authors' hand examination protocol and home exercise program. Two appendices extend the treatment principles discussed for CTS to neck pain, headache, and leg pain. The DVD has three sections: after an introductory section on proposed etiology, it provides information on a simple differential diagnostic examination and then illustrates the suggested treatment program consisting of trigger point release, myofascial mobilization and massage, lymphatic drainage techniques, modalities, and thrust and non-thrust joint manipulation.

This book does not provide a comprehensive review of relevant literature nor does it address issues of reliability and validity of the tests and measures presented. The authors' own study is an uncontrolled case series with non-validated outcome tools. Certainly the book but --to a lesser extent-- also the DVD do not provide sufficient information to replicate the diagnostic and management process proposed by the authors. The book serves its intended purpose as a patient education tool but, as with many texts with a mixed intended audience, is of limited value to health care providers. Despite these limitations, the authors are to be commended for a grassroots attempt at clinical research. The test for carpal instability and the suggested splint are innovative and the holistic approach suggested certainly interesting. In summary, this text and the DVD may be of interest to clinicians that frequently see patients with a diagnosis of CTS and who are interested in some additional, albeit not evidence-based, diagnostic and management techniques.

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Wilmarth MA, ed. *Current Concepts of Orthopaedic Physical Therapy*. 2nd ed. LaCrosse, WI: Orthopaedic Section, APTA Inc., 2006. Binder with separate paperback monographs, 554 pp. Available at: <http://orthopt.org/independent.php>.

The intended audience for this independent study course consists of physical therapists. The stated goal for this course is to provide knowledge on current concepts and physical therapy patient management using current evidence.

This course is divided into 12 monographs. After the introductory monograph on clinical reasoning and evidence-based practice, separate monographs are dedicated to the different body regions. Although not all quite the same format, these monographs generally discuss anatomy, biomechanics, examination, physical therapy and differential diagnosis, and intervention. Every monograph provides learning objectives and detailed case scenarios to help integrate the material discussed into clinical practice. The contributing authors are all recognized expert clinicians and researchers in the field of orthopaedic physical therapy. The monographs are extremely well illustrated with an abundance of black-and-white photographs and line drawings; throughout, tables allow easy access to the data presented. The references used are up-to-date and reflect current best evidence. In most monographs the authors provide quantitative data on diagnostic utility of tests and measures. Four monographs contain appendices that include information on differential diagnosis, examination formats, medical screening questionnaires, and outcome measures. A final examination allows the reader to test mastery of the material presented and the opportunity to earn continuing education credits with several US state boards of physical therapy.

This course certainly meets its stated goals and will be of great interest to all evidence-based musculoskeletal health care providers, both novice and experienced. It could also easily serve as the basis for a course in neuromusculoskeletal diagnosis and management in an entry-level physical therapy program. In summary, this course provides a highly worthwhile integration of clinical expertise and current best evidence in the area of orthopaedic physical therapy diagnosis and management.

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