

## BOOK AND MULTIMEDIA REVIEWS

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Monaghan M. *Spinal Manipulation: A Manual for Physiotherapists*. Nelson, New Zealand: The Copy Press, 2001. Spiral bound, 114 pp., ISBN 0-473-07478-8. Companion CD-ROM. Available at: <https://mulliganconcept.ca/products.php>.

The stated goal for this book is to meet the requirements of physical therapists in their study of technique application related to spinal palpation, mobilization, and manipulation. After a short introduction on practical matters and terminology, the author proceeds from the upper cervical spine down to the sacroiliac joints. For each spinal region, he first introduces palpation, followed by mobilization, and then high-velocity thrust techniques. In total 24 techniques are discussed in a succinct yet comprehensive manner. This narrative is complemented by 97 clear black-and-white photographs. The companion CD-ROM provides clear individually accessible video clips, where the author narrates and demonstrates most techniques included in the text.

Not intended to discuss matters related to diagnosis this book provides a no-nonsense discussion of the technical aspects of spinal manipulation. Some of the techniques discussed were new to me but this book and the companion CD-ROM have allowed me to incorporate them into my clinical practice. Techniques are introduced in a natural, logical sequence. The illustrations and narrated video clips greatly enhance the text. Locking techniques in the mid and lower cervical spine especially allow for very comfortable application of techniques. This text would certainly benefit students, novice, and experienced clinicians in all manual medicine professions.

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Wiles M. *Strategic Planning for the Chiropractic Practice*. Sudbury, MA: Jones and Bartlett Publishers, 2008. Paperback, 154 pp., ISBN-10: 0-7637-5085-9. Available at: <http://www.jbpub.com/catalog/9780763750855/>.

Intended for students and clinicians, this book is a hands-on guide to developing a complete strategic business plan for the chiropractic clinic. Ten chapters lead the reader from the vision statement to the mission statement, and then strategic, tactical, and operational level planning. Clinical and business examples, actual pen-and-paper assignments, four appendices providing two complete business plans, a template for a strategic plan, and an executive summary of steps used to create the strategic plan, in addition to entertaining and relevant quotes complement the material introduced.

Although clearly intended for and well-targeted to chiropractors and providing at times interesting insights into establishing the chiropractic clinician as a family health care provider with an emphasis on maintenance treatments, this clear step-by-step, easy-to-read introduction to business planning will certainly also hold interest for non-chiropractic clinicians.

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Triano JJ, Kawchuk G, eds. *Current Concepts in Spinal Manipulation and Cervical Arterial Incidents*. Clive, IA: NCMIC, 2006. Paperback, 118 pp., ISBN 1-892734-14-1. Available at: <https://www.ncmic.com/CE/Pubs.aspx>.

The stated purpose of this monograph is to provide a full perspective based on the best available information to evaluate the potential risks and benefits of cervical manipulation. The implied audience for this monograph consists of chiropractors. Nine chapters discuss normal and aberrant anatomy of the cervical arteries, biomechanics of the cervical spine and manipulation of the neck, mechanisms of vertebral artery injury, information on the Abbreviated Injury Scale, the suggested causal relationship between vertebral artery injury and manipulation, and the diagnosis and management of cerebrovascular events. Appendices include a suggested patient information sheet, a discussion of "medical misuse" of the literature, information on mortality and morbidity associated with common medical treatments, a table with data on a literature review on adverse events associated with manipulation covering the period 1934–2000, and an additional review covering the period 2001–2004.

This monograph has various shortcomings: at times it is written in a rather defensive manner; some assumptions with regard to other manual medicine professions do not attest to a position of interprofessional respect; and specific data on literature search strategies are absent. However, with 675 references and discussion of varied topics relevant to cervical artery dysfunction and manipulation, I would still recommend this text as a good introductory point into this controversial topic for interested clinicians from all manual medicine professions.

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IAOM-US. *Diagnosis-Specific Orthopaedic Management of the Hip DVD*. Minneapolis, MN: OPTP. Two-disc DVD set. ISBN 0-9771378-0-5. Available at: [www.optp.com](http://www.optp.com)

This product is intended for physical therapists and students and is designed to teach the best internationally developed and validated clinical diagnostic tests and non-operative treatment techniques. The stated premise of the International Academy of Orthopaedic Medicine is that a “precise clinical examination and diagnosis is essential for the success of any treatment technique”. The DVDs are easy to navigate with chapters following a consistent order starting with surface anatomy and proceeding through exam, testing, and treatment. Finally, a reference list and a list of additional readings are offered at the completion of the DVD.

Having myself been educated in Canada and having recently completed the peripheral orthopaedic division levels it was beneficial to see another perspective on examination and treatment. The standouts are the surface anatomy section and the joint-specific treatment techniques. Detailed surface anatomy is an often-ignored aspect of instruction and this was, therefore, a welcome and thorough refresher. The treatment session is presented very well, with positioning and clinical relevance easily appreciated with the technique performed in “real-time”. I would recommend this DVD to students and experienced practitioners alike.

Ian Trenholm, BPE, BScPT.

IAOM-US. *Diagnosis-Specific Orthopaedic Management of the Knee DVD*. Minneapolis MN: OPTP. Two-disc DVD set. ISBN 0-9764757-6-6. Available at [www.optp.com](http://www.optp.com)

This product is one in a series of 12 DVDs available from the International Academy of Orthopaedic Medicine–US. The DVD is intended for physical therapists and is very well laid out. This DVD, like the DVD for the Hip, is approximately 2 and half hours in length and set up in chapters beginning with surface anatomy and finishing with treatment techniques. Techniques are presented individually allowing the viewer to select the appropriate one from the menu at one’s convenience.

The knee instability testing section is valuable, as additional tests for the posterior cruciate ligament are shown. Moreover, clinical tidbits and thoughts on positive tests provide insight into a potential clinical hypothesis. The inclusion of weight-bearing mobilizations and neuromuscular retraining emphasizes the stated objectives of both a manual therapy and a movement approach to the treatment of the knee. Overall, this DVD is easy to use and is of value to physical therapists as both a teaching tool and a resource.

Ian Trenholm, BPE, BScPT.