

BOOK AND MULTIMEDIA REVIEWS

Butler D, ed. *The Neurodynamic Techniques*. Adelaide City West: Noigroup Publications, 2005. Paperback/spiral bound, 98 pp., Companion DVD, ISBN 0-9750910-1-8. Available at: www.noigroup.com.

The intended audience for this product consists of health professionals interested in integrating neurodynamic assessment and treatment techniques into their clinical practice. It is recommended that the DVD and book be used in conjunction with NOI education seminars or the book, *The Sensitive Nervous System*.

The book and the 110-minute companion DVD follow a similar format. After an introduction discussing 9 key points of neurodynamic assessment and treatment, they both describe anatomy and palpation, assessment, passive mobilization techniques, and self-management for all major upper and lower quadrant nerves and also spinal cord and meninges. Examples provided for the self-management techniques include both gentle and more aggressive techniques. Techniques for the accessory, axillary, suprascapular, trigeminal, and occipital nerves are also included. Illustrations in the book are in black-and-white with the exception of Netter plates illustrating anatomy of the nerves discussed. The DVD is indexed allowing for easy location of techniques and provides high-quality video material of David Butler narrating and demonstrating all techniques.

Not intended as a stand-alone product or as a text providing the scientific basis for this approach, the book and companion DVD nevertheless provide likely the best description and illustration of neurodynamic techniques available on the market today. The illustrations and video material are extremely well done and serve to further clarify well-written, step-by-step descriptions of at times complex techniques. The suggested self-management techniques cover a spectrum of patient presentations and encourage a playful and innovative approach to management of neurodynamic dysfunctions making this product a must-have for all neuromusculoskeletal health care providers.

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Burke PM, Phelps VA, Sizer PS. *Stabilization & Functional Exercise: A Patient Workbook*. Tucson, AZ: IAOM-US, 2006. Paperback, 50 pp., ISBN 0-9662858-6-7. Available at: www.optp.com.

This booklet is intended as a patient education tool introducing the cervico-thoracic-lumbar stabilization and functional exercise (CTL-SAFE) method for whole spine restabilization. It introduces concepts related to spinal anatomy, instability and restabilization, and a fairly unique combination of 6 functional, low-tech exercises. Five appendices discuss activating and functionally using internal stabilizers, a low-tech aerobic exercise option to be used in conjunction with this program, end range loading, and spinal movements. A glossary of terms and exercise documentation sheets complete the booklet.

The booklet is well illustrated and provides good descriptions of relevant biomechanics and training physiology written in patient-friendly language. It also engages the reader by way of self-assessment questions throughout the text. The use of goal setting and measurable outcomes should assist with increasing patient compliance. With the authors leaving room for the therapist to add exercises tailored to the individual patient this product may be a worthwhile component of the management of patients with spinal disorders for those clinicians who subscribe to a role for the local in addition to the global stabilizing systems.

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Moseley GL. *Painful Yarns*. Minneapolis, MN: OPTP, 2007. Paperback, 113pp., ISBN 978-0-9799880-0-4. Available at: www.optp.com.

This truly is a unique book and one that I read in one sitting, not something I can say of most books in my library on the biology of pain. The book consists of 11 stories—perhaps better described at times as tall tales—that are not only hilarious but in the end manage to convey a valuable insight with regard to pain biology such as the protective

role of pain, the complex nature of pain perception, adaptive processes due to pain, central sensitization, and the role of interpersonal dynamics in pain management. References and a suggested reading list complete the book.

With the author, I find that story telling is a powerful tool when helping patients with especially chronic pain complaints. Not opposed myself to embellishing my stories here and there I gladly acknowledge having met my master in the craft of story telling in this author. I would recommend this book to my patients but also suggest therapists should read it purely for enjoyment simply to see the lighter side of what can be a difficult part of clinical practice. With the author inviting contributions for future editions this is a work in progress and I look forward to seeing where it leads.

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Murphy DR, Ierna GF. *Cervical Spinal Stabilization Exercises*. Minneapolis, MN: OPTP, 2006. Paperback, 24 pp. Available at: www.optp.com.

This patient education booklet, written by two physicians, is divided into 5 sections. Section 1 describes supine exercises using the occipital float or a pillow and weight bearing active range of motion and phasic exercises, the latter aimed at functional integration of cervical, thoracic, and shoulder motion. Section 2 describes supine, prone, and sidelying isometric and isotonic exercises. Section 3 provides standing isometric and isotonic neck strengthening exercises using a ball. Section 4 describes a whole spine stabilization exercise progression in quadruped position and the final section describes two postural exercises, the Brügger and wall angel exercises. Each exercise is described in a succinct yet clear manner and 1 to 4 black-and-white photographs illustrate every exercise. For most exercises, emphasis is placed on a preparatory activation of the deep cervical flexor muscles. Throughout the booklet, there is room for the clinician to indicate duration and repetitions. With 33 low-tech exercises allowing progressive cervical stabilization routines in various positions, this booklet is an option for clinicians seeking to provide patients with this type of educational material.

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Murphy DR, Liebenson C, Ierna GF. *Lumbar Spinal Stabilization: Floor Exercises*. Minneapolis, MN: OPTP, 2001. Paperback, 20 pp. Available at: www.optp.com.

This patient education booklet written by three physicians is divided in 6 parts first describing preparatory exercises consisting of pelvic tilt and abdominal bracing variations, followed by dead bug, bridging, quadruped, lunge and squat, and prone exercises. All exercises are low-tech in that they require no equipment. The exercises are described succinctly yet clearly and they are each illustrated with 1 to 4 black-and-white photographs. Each exercise has room for hand-written instructions allowing the clinician to tailor the exercise program to the patient.

Although the authors describe abdominal hollowing, the basis for all exercises is abdominal bracing with the low-level general muscle activation proposed by McGill for lumbopelvic stabilization. All exercises are done from a position described as spinal neutral but the illustrations show this to be a flat back posture. The exercises described are very basic, but having the choice of 35 exercises that allow for progression of spinal loading in various positions should make this booklet an option for clinicians seeking such a handout for their patients.

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