

BOOK AND MULTIMEDIA REVIEWS

Hillman SK.

Interactive Functional Anatomy.

2nd ed. London, England: Primal Pictures, 2006. DVD-ROM.

ISBN 978-1-904369-64-6.

Available at: www.primalpictures.com.

This DVD-ROM provides its user with eight different views of the human musculoskeletal system, four of which include the arterial and nervous system. Images are in full color and cannot only be rotated 360° in more than 30 separate steps but can also be built up in 15 steps starting with the bony skeleton across views showing muscle attachment sites, ligaments, and progressively more superficial muscle layers to a full surface anatomy view. Clicking on the various structures in all images provides explanatory text and links to muscle function and gross motor movement animations and live action and surface anatomy movies. All text, movies, and images on this DVD are exportable to a PowerPoint presentation or to a computer hard drive and all text and images can be printed out. The software also contains a viewer that allows one to set up slide shows within the program. Additional features include a self-test quiz function where one can set question type, difficulty level, and body region as well as 35 printable patient information sheets.

This software is extremely user-friendly and intuitive in the way it operates; still, a well-designed help function is available. A contents tab allows easy access to all content including a separate folder with all movies in an easily exportable format. The only drawbacks to this DVD are the absence of depictions of the venous system and the lack of depth of explanation and references in the patient information sheets provided. This DVD would be an invaluable –not to mention fun-reference to educators in the health sciences but would also serve students and clinicians in this area.

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IAOM-US.

Diagnosis-Specific Orthopedic Management of the Foot and Ankle DVD.

Minneapolis MN: OPTP, 2007.

Two-disc DVD-set.

ISBN 0-9771378-13.

Available at: www.optp.com.

The International Academy of Orthopedic Medicine-US presents this DVD-set as part of a series of 12 DVDs on the examination and management of various body regions. The DVDs emphasize an evidence-based approach to the examination, diagnosis, and treatment of the joints described. Navigation of each DVD is made easy, as the various chapters are presented on a menu screen enabling the user to peruse the topics of most interest. The intention of the DVD-series is to facilitate self-study in the clinic, classroom, or at home. Each 2-DVD set is approximately 2-2.5 hours in length and includes a reference and suggested reading list.

The surface anatomy section of this DVD-set is invaluable: Osseous, inert, and contractile tissues are identified on the medial, lateral, and dorsal aspect of the foot and ankle and provide a good review of the structures subsequently tested. The restoration of subtalar joint supination/pronation is excellent with curved glides described that take into account the translatory and angular motions present. Curiously, no mention or examination of gait is included. Presumably this is due to the scope of such an undertaking; however, in my opinion even a basic exam of the pertinent aspects of locomotion would have been appreciated. Despite this shortcoming the DVD most certainly is valuable to clinicians of all skill levels and will serve as an excellent reference.

Ian Trenholm, BPE, BSc PT

Stanborough M.

Direct Release Myofascial Technique.

Edinburgh, Scotland:

Churchill Livingstone, 2004.

Hardcover/spiral-bound, 185 pp.

ISBN 978-0-443-07390-8.

Stanborough M.

Direct Release Myofascial Technique:

The DVD Series.

Boulder, CO: Stanborough Educational Group, 2006. Eight-DVD set.

Available at: www.myo-fascial.com.

The intended audience for this text and companion DVD-set consists of manual therapy practitioners of various backgrounds. The intent of the book is to present a systematic workbook approach to direct technique myofascial release (MFR).

The book is divided into two sections. The first section contains an introductory chapter, a chapter discussing various hypotheses for the mechanism of action of MFR techniques, and three chapters discussing practical aspects of applying these techniques. The second section consists of 8 chapters that discuss MFR direct technique for the lower extremities, pelvis, trunk, intra-oral structures, cervical region, head and face, and upper extremities with a separate chapter discussing management of patients with headaches. These technique chapters are organized by anatomical structure and provide clear and concise descriptions of patient and therapist position, technique performance, and comments on indications and the overall place of the technique in patient management. The author also includes helpful examples of relevant verbal instruction and visualization. Each technique is illustrated with clear, black-and-white photographs. Each chapter also contains a supplement describing modifications of techniques for pediatric patients in a similarly organized and transparent fashion. An index allows easy access to techniques and topics in the book. The companion 8-DVD set provides well-narrated video clips of all techniques using patient demonstration and anatomical models; the DVDs allow easy thumb-nail access to techniques of interest.

Reviewing these products it becomes clear that direct technique MFR is part of the art rather than the science of manual therapy. The author presents no reliable and valid tests to guide application of the various techniques and suggested indications are based solely on pathophysiological and pathobio-mechanical hypotheses. However, considering the nature of the evaluative process and the interventions involved this lack of a research basis should come as no surprise nor does it devalue the book and its companion DVD-set. These products provide a very clear and well-organized description and illustration of direct technique MFR and combined or separately will allow any reader to begin applying these techniques in clinical practice. The author eloquently and at times in a humorous way shares his obvious extensive clinical expertise and many experienced manual therapists will be able to relate to described experiences and observations not easily caught within the context of scientific research. What especially struck me in this text was the potential for these techniques

with their combination of manual contact, active patient movement, and visualization to be used as a tool for movement re-education. I recommend these products to any experienced manual therapy practitioner seeking to expand his or her therapeutic repertoire.

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Groopman J.
How Doctors Think.
Boston, MA: Houghton Mifflin
Company, 2008. Paperback, 319 pp.
ISBN 978-0-618-61003-7.

It is a very rare book indeed aimed at both patients and health care professionals that serves its intended purpose for both audiences but this text exploring clinical reasoning and expertise succeeds wonderfully well in both helping patients communicate more effectively with their health care providers and in making professionals become aware

of cognitive errors that may affect their diagnostic and management decisions. Using real-life patient examples the author explores anchoring, availability, and attribution errors that plague clinical reasoning. Although the effects of pharmaceutical company marketing strategies on decision making is less relevant for therapists, issues such as prevalence bias, satisfaction of search, but also the defensive medicine practiced due to the threat of patient legal action will be all too familiar. Professionals with an interest in clinical reasoning will find the notes section, in essence an annotated bibliography of relevant peer-reviewed material in these areas, very informative. In this era of evidence-based practice where Bayesian analysis seems to dominate diagnostic decision making, this text provides a discussion of human factors that should be read by any clinician seeking to critically evaluate and improve his or her own performance.

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