

BOOK REVIEWS

Title: *Science, Theory and Clinical Application in Orthopaedic Manual Physical Therapy. Volume 1: Applied Science and Theory*

Authors: Ola Grimsby, Jim Rivard

Publisher: The Academy of Graduate Physical Therapy Inc.

Year: 2008

Type-paper/hard: Paperback

Pages: 532 pages, 275 illustrations

ISBN #: 978-0-615-25451-7

Focus of Book/Intention: Volume 1 reflects two foci. The first aspect of the textbook introduces exercise rehabilitation and response to exercise for bone and collagen repair. The first section also concentrates on properties of cartilage, vertebral disc, and muscle physiology. This section also introduces clinical neurophysiology, models of pathology, and nutrition. The second section explores the topic of exercise mechanics, including resistance theory, localization, and compliance and adherence. This section integrates the science of exercise rehabilitation discussed within the first section with the applied information within the second.

Intended Audience: The text is targeted toward Orthopaedic Manual Physical Therapists, however, all healthcare practitioners who are directly involved in patient care would benefit from the content.

Description: The paperback text (volume 1 of the series) includes 18 chapters that are interrelated. Although the series is coordinated, volume 1 stands alone in its unique content.

Strengths: Firstly, this textbook is incredibly detailed and is a written representation of years of carefully constructed efforts. Its obvious strength is the marriage of science and applied exercise prescription between sections 1 and 2. Other strengths include a terrific history of exercise chapter (chapter 1) with interesting photos and illustrations. In addition, there are a wealth of exercise techniques

that are introduced with useful suggestions for modifications to reflect weakness and compensations, with appropriate dosage and prescriptive parameters. The text is also professionally illustrated graphs and tables.

Limitations: Although not truly a limitation, the text is not for the faint of heart or for those looking for a recipe approach to exercise. The text is designed to elevate knowledge in the advanced clinician and should be used only by those who are dedicated in improving their skill set and knowledge.

Unique Characteristics: The text fills a gap in orthopaedic manual therapy literature by scientific providing guidance for the techniques and prescriptions, as well as carefully suggested modifications for general exercises that clinicians' apply.

Summary: Clinician's interested in knowing the theory of exercise, how exercise remodels tissue, and how exercise can be prescribed in a manner that is more specific, should consider volume 1 of this text series.

*Chad Cook PT, PhD, MBA,
OCS, FAAOMPT*

Title: *Manual of Neural Therapy According to Huneke*

Author: Peter Dosch, MD, Mathias Dosch, MD

Publisher: Thieme

Year: 2007

Type-paper/hard: Hardback

#Pages: 398

ISBN: Americas 978-1-58890-363-1,
Rest of World 978-3-13-140602-6

Focus of Book/Intention: To offer information on all aspects of neural therapy for individuals in the clinical and classroom environments.

Intended Audience: Physicians other healthcare providers interested in neural therapy.

Description (chapters/format): The

book is divided into three major parts: Theory and Practice of Neural Therapy According to Huneke, Encyclopedia of Neural Therapy, and The Techniques of Neural Therapy.

Strengths: 130 illustrations to assist the reader in the understanding of the information. Case studies are offered throughout to assist in the practical application of the material.

Summary: This is a high level textbook that limits the application of the majority of material to physicians specifically involved in the administration of neural therapy. However, clinicians may appreciate the knowledge provided on theory, pathology, pain, connective tissue, and other areas.

Amy E Cook MS, PT

Title: *Rehabilitation for the Postsurgical Orthopedic Patient 2nd ed.*

Author: Lisa Maxey, PT, Jim Magnusson, PT, ATC

Publisher: Mosby Elsevier

Year: 2007

Type-paper/hard: Hardback

#Pages: 542

ISBN: 978-0-323-03474-6

Focus of Book/Intention: The focus of this book is to offer postoperative rehabilitation knowledge for clinicians working with orthopedic patients. The purpose noted by the authors is to give clinicians the most thorough evidence-based information of postoperative orthopedic rehabilitation.

Intended Audience: Clinicians that are involved in postoperative orthopedic rehabilitation.

Description (chapters/format): The textbook is divided into four main sections. Part one offers an introduction to pathogenesis of soft tissue and bone repair as well as soft tissue healing considerations after surgery. Part two through four covers common surgeries for the upper extremity, spine, and lower extremity.

Some of the surgeries covered include acromioplasty, SLAP repair, anterior cervical discectomy and fusion. ORIF of the hip, ACL reconstruction and ORIF of the ankle. Each chapter gives the indication/considerations for surgery, the surgical procedure itself, rehabilitation concerns, guidelines for a rehabilitation program, and potential complications. The guidelines for rehabilitation are divided into the evaluation phase, phases of rehabilitation, and suggested home maintenance.

Strengths: The book offers multiple

tables and images to assist the reader in understanding the covered material as well as various case studies for each procedure.

Unique Characteristics: A CD is included that gives the reader a review of soft tissue, videos of selected orthopedic surgeries, and Home Maintenance Program handouts that one can download and modify for each individual patient. The authors also included three appendices with tables and images. Appendix A: Transitioning the throwing athlete back to the field, Appendix B:

Transitioning the jumping athlete back to the court, and Appendix C: New approaches in total hip replacement: the anterior approach for mini-invasive total hip arthroplasty.

Summary: This is a book clinicians should consider if they are interested in understanding the phases of surgery, postoperative healing, and the rehabilitation process for orthopedic patients.

Amy E Cook MS, PT