

# BOOK REVIEWS

**Title:** *Mosby's Expert 10-Minute Physical Examinations 2<sup>nd</sup> ed.*

**Author:** Multiple authors

**Publisher:** Elsevier, Mosby

**Year:** 2005

**Type-paper/hard:** Paperback

**#Pages:** 423

**ISBN:** 0-323-02880-2

**Focus of Book/Intention:** The focus of the book is to provide gestalt methods of examination of patients, "head to toe" in a 10 minute timeframe.

**Intended Audience:** Medical practitioners (e.g, physicians, nurse practitioners, physical therapists, PAs etc).

**Description (chapters/format):** The workbook is divided into 11 chapters, sequestered into body regions and specific topics (e.g., health history, vs. special needs, vs. clinical reasoning).

**Strengths:** This textbook provides clinical tips and tools for first encounter clinicians of patients with a variety of disorders. I particularly found the organ palpation, body mass index charts, suggestions involving patients with special needs, and general health measures useful. The chapter on documentation is pragmatic but useful for the inexperienced clinician.

**Limitations:** Although fashioned as a handbook, the text requires reading and consumption prior to use. Thus, the 10 minute physical examination requires much more preparation (reading, understanding, synthesis) to master a 10 minute exam.

**Unique Characteristics:** As manual therapists, any tool that provides use for assessment of visceral-based dysfunctions is a useful tool.

**Summary:** For students, the material is a nice supplement for one's education. For

clinicians, it's a useful tool in an environment that provides a wide variety of patient conditions.

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

**Title:** *Sports-Specific Rehabilitation*

**Author:** Robert Donatelli, PhD, PT, OCS

**Publisher:** Churchill Livingstone Elsevier

**Year:** 2007

**Type-paper/hard:** Paperback

**#Pages:** 352

**ISBN:** 13 978-0-443-06642-9

**Focus of Book/Intention:** The intention of this book is to offer clinicians treating athletes a scientifically-based approach for evaluation and treatment of the musculoskeletal and neuromuscular systems.

**Intended Audience:** Healthcare providers that offer rehabilitation to athletes to return to their respective sports.

**Description (chapters/format):** The book is divided into eight sections. The sections cover the following areas: basic science of soft tissue; muscle physiology: the foundation for exercise prescription; muscle fatigue, muscle damage, and overtraining concepts; pathophysiology of overuse injury in the athlete; core evaluation: sports-specific testing of the upper and lower core; physiological basis of exercise specific to sport; and special considerations for the athlete. Two appendices are included; appendix A offers differential diagnosis concepts for orthopedics. Appendix B includes cases reports designed for determining medical and soft tissue diagnoses and treatment approaches.

**Strengths:** The book includes clinical application boxes throughout that offer research to support practice decisions. There are also over 191 images of the activities and graph data to enhance com-

prehension of the material and multiple tables offering evaluations, special tests calculations, and other valuable information.

**Summary:** *Sport-Specific Rehabilitation* assists in filling the void of current research for the rehabilitation of athletes. Dr. Donatelli and the other authors offer best-practice information for clinicians treating athletes.

*Amy E Cook, MS, PT*

**Title:** *Painful Yarns: Metaphors and Stories to Help Understand the Biology of Pain*

**Author:** Lorimer Moseley

**Publisher:** OPTP

**Year:** 2007

**Type-paper/hard:** Paperback

**#Pages:** 113

**ISBN:** 978-0-9799880-0-4

**Focus of Book/Intention:** Pain Physiology

**Intended Audience:** Clinicians and Patients who experience pain.

**Description (chapters/format):** Let me preface this book review by saying that I loved everything about this book. The idea is terrific, the author is witty, and the material is germane to every practicing clinician in any country of any background.

That said, the chapters are divided into "stories involving personal experiences" that are metaphors of the biology of pain. If you have an inkling of humor in your bones or if you have lived life with a passion at 1/100<sup>th</sup> of the level as Dr. Lorimer Moseley you will relate to the stories. Each story is strange, funny, obtuse, reflective, and downright wacky. Lorimer's story telling capacity is uniquely connecting. What makes each story even more compelling is the tie in with the biology

of pain. Not the biology of pain that we learned during our medical degrees but the type that comes from years of seasoning and introspection.

**Strengths:** The greatest strength is the marriage between the way we as clinicians see pain and the way our patients could potentially relate to the biology of pain. The “yarns” merge the two derivations into common ground for all parties. You won’t know that you are learning anything and you won’t realize until

you have completed the textbook that the material endorsed symbolisms of pain. The book doesn’t expand into the complexities of pain that one may find in traditional texts but summarizes key elements to useful bytes of information.

**Limitations:** The book is too short; you will want more. Worth noting is that from my understanding, the author and publishers are working on a follow up to this book. I read it in a day because I couldn’t put it down.

**Unique Characteristics:** If you are not a fan of textbooks on pain (who is?) then this is a great substitute. Even if you read this and don’t extract anything that is useful for your patient care, the enjoyment of the material is worth the time. Lorimer Moseley is a hoot!

**Summary:** Buy it. If you don’t like it, it’s a safe bet that you were the last kid picked on the playground during recess.

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