

BOOK AND MULTIMEDIA REVIEWS

Title: *Foam Roller Techniques: For Massage, Stretches and Improved Flexibility*

Authors: Michael Fredericson, Yamamoto TL, Fadil M

Publisher: OPTP

Year: 2005

Type: Spiral bound

Pages: 47

ISBN: 0-9764757-3-1

Focus of Book/Intention: This text is a guide to self-massage and stretching using foam rollers, balls, straps, and wedges. The authors aim to provide a resource for management of soft-tissue tightness, improvement of flexibility, decreasing muscle tension and pain, and prevention of injury.

Intended Audience: This book is intended for therapists who wish to instruct clients in self-massage or stretching techniques following hands-on treatment, whether in the clinic or as part of a home program.

Description (chapters/format): In the introduction the authors describe benefits of massage and trigger point release and provide recommendations for the use of foam rollers for self-massage and stretching. The authors give indications for stretching, including progression of flexibility but also caution with regard to over-stretching.

Strengths: The book is well organized into upper and lower body techniques and each page lists the body part followed by the specific muscles targeted. Black and white photos clearly demonstrate the techniques accompanied by specific instructions and anatomical sketches showing the muscle attachments.

Limitations: The book has a clearly clinical emphasis and no research to support the material presented is provided.

Summary: This book provides the clinician with a clinical management approach that with only a few simple pieces of equipment may allow patients to maintain a flexibility program, which may ultimately prevent further injury. The pictures and diagrams can also serve as a patient education tool with regard to the specific muscle groups that may become hypertonic and shortened in common clinical conditions.

Kim Andersen, BSc PT, CAFCI

Title: *Length Tension Testing of the Upper Quadrant/ Tension Testing of the Lower Quadrant*

Authors: Paolo Sanzo, Murray MacHutchon

Publisher: Active Potential Rehabilitation Services

Year: 2007

Type: Spiral bound

Pages: 138/108

ISBN: 978-0-9784203-0-7/978-0-9784203-1-4

Focus of Book/Intention: The intent of the texts is to provide clear descriptions and illustrations of length tension testing techniques for the muscles of the upper and lower quadrants.

Intended Audience: Orthopaedic manual therapists with a specific emphasis on students going through the Canadian Physiotherapy Association Orthopaedic Division postgraduate curriculum.

Description (chapters/format): Both texts start with a 1-page introduction discussing the place of length tension testing in the diagnostic process, muscle hypertonicity and contracture, and endfeel. The upper quadrant text then provides techniques for the cervical spine, temporomandibular joint, thoracic spine, shoulder, elbow, and wrist and hand. The lower quadrant text includes techniques for the lumbar spine and pelvis, hip, knee, and foot and ankle.

Strengths: All techniques are illustrated with clear, full-color photographs and a standardized description of therapist and patient position and action involved. The authors include alternate positions for nearly every muscle tested.

Limitations: These texts do not provide a discussion of the relevant basic or applied research or anything but a cursory discussion of the pathophysiologic rationale of muscle length tension testing. Nor do they discuss psychometric properties of the tests introduced. If anything, the subjective components in many of the tests underline the difficulty of establishing reliability sufficient for clinical use. In all fairness though, this is not the intent of these texts.

Summary: As intended, these texts provide an excellent, well-illustrated, and near-comprehensive description of length tension tests, which in my opinion is a welcome addition to examination techniques in orthopaedic manual therapy (OMT) that too often focus exclusively on joint structures. Most of the test positions can easily be adapted into treatment techniques thereby greatly expanding therapeutic options. The clear de-

scriptions provided in these unique texts could to some extent form a basis for future standardization of these techniques. In summary, these texts should appeal to OMT clinicians, who realize that in addition to the science underlying OMT practice, there still is a place for more intuitive clinical reasoning.

*Peter Huijbregts, PT, DPT, OCS,
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Title: *Examination of the Shoulder: The Complete Guide*

Authors: Edward G. McFarland

Publisher: Thieme Medical Publishers

Year: 2006

Type: Hardcover

Pages: 304

ISBN: 978-1-5889-03716

Focus of Book/Intention: The stated goals for this text are to be a complete handbook of examination of the shoulder and to also provide a critical evaluation of said examination.

Intended Audience: All clinicians involved in the management of patients with shoulder complaints.

Description (chapters/format): The text discusses in 7 chapters the general principles of shoulder examination, shoulder range of motion, strength testing, rotator cuff disease and impingement, instability and laxity, examination of the biceps tendon and SLAP-lesions with the final chapter on the acromioclavicular and sternoclavicular joints. The focus of this book is on evaluation and diagnosis; no information on prevention and management is included. A DVD organized by book chapters and further divided by test or concept complements the text.

Strengths: The organization of the chapters mostly follows the normal assessment sequence. The visual material included in the book is extremely useful with clear pictures and statistical charts. The DVD provides clear instruction on

the many different tests, especially helpful for those with complicated handling.

Limitations: Although the book is comprehensive in description of tests and consistent in providing relevant and current references, many tests are included with lengthy descriptions and photographs that are unsupported by research and, therefore, not recommended by the author. Some of the tests unsupported by research have also made it to the video segments, where the lack of supporting evidence is not consistently mentioned.

Summary: This is not a text for beginners, as the book provides vast amounts of information without guidance on how to organize this into a comprehensive evidence-based assessment, but it will be of use to the more experienced clinician with an interest in the evaluation of patients with shoulder complaints.

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