

BOOK REVIEWS

Title: *Manual Mobilization of the Joints, Vol. III. Traction-Manipulation of the Extremities and Spine: Basic Thrust Techniques*

Authors: Freddy M. Kaltenborn, Traudi Baldauf Kaltenborn, Eileen Vollowitz

Publisher: Norli/OPTP

Year: 2008

Type: Paperback

Pages: 107

ISBN: 978-82-7054-073-0

Focus of Book/Intention: The stated purpose of this text is to present a safe and effective alternative to rotational manipulative techniques deemed high-risk by the authors.

Intended Audience: Although primarily intended for entry-level physical therapy students, the book targets as its audience any student of joint manipulation.

Description (chapters/format): The book is divided into five chapters and an appendix. After a 1-page review of terminology relevant to traction-manipulation techniques, chapter 1 discusses further relevant terminology, the role of the “audible pop” with manipulation, and the four goals of evaluation. Chapter 2 discusses details related to the clinical application of traction-manipulation techniques including endfeel, actual resting position, line of drive, quickness, amplitude, grade, timing, force, treatment progression, and post-manipulative care. Chapter 3 provides traction-manipulation techniques for all peripheral joints, whereas chapter 4 and the 2-page chapter 5 discuss spinal and temporomandibular techniques. The appendix provides an historical perspective on the use of manipulation within medicine and physical therapy.

Strengths: The book is concise yet comprehensive and provides superbly illustrated and described techniques for virtually every joint in the body. The historical description is strengthened by the fact that the main author played a major role in said history giving the reader, as it were, a front-row seat. The appendix also provides insights in the

early history of physical therapy as of 1813 that is not common knowledge in English-language countries. Based on his vast clinical and teaching experience, the main author provides an in an unassuming but eloquent way a description of the qualitative aspects of diagnosis and management within orthopaedic manual therapy that in my opinion is unparalleled in the literature and reflects what we as orthopaedic manual therapists feel but may have not been able to put into words.

Limitations: This is not a research-based text. References are limited to historical references and the techniques are not presented with supporting outcome research. The author did not include techniques for the sacroiliac joint, as he deems these techniques beyond the entry-level. Some of the techniques were new to me and may present a challenge for the entry-level student. No evidence is presented to support the authors’ claim that the techniques presented are indeed safer than the rotator techniques. In all fairness, this text was not intended as an evidence-based text but rather as an experience-based presentation of techniques and concepts.

Summary: This book could easily serve as the main text for a manipulation course in the entry-level physical therapy curriculum but the insights shared in this book by the author who is arguably the “father of orthopaedic manual physical therapy” will be of interest to entry-level and experienced clinicians alike.

*Peter Huijbregts, PT, DPT, OCS,
FAAOMPT, FCAMT*

Title: *Against the Tide: Back Pain Treatment—the Breakthrough. An Autobiography*

Authors: Robin McKenzie, with Ron Bybee

Publisher: Dunmore Publishing

Year: 2009

Type: Paperback

Pages: 180

ISBN: 978-0-958269-26-1

Focus of Book/Intention: The autobiography provides a reflective view of changes in philosophy, challenges, and successes encountered by Robin McKenzie.

Intended Audience: Clinician, patients, and students are all potential readers.

Description (chapters/format): The book is divided into 13 chapters and an epilogue. The book is chronological and involves both a reflection of clinical milestones and life milestones for Robin McKenzie. The book provides a reflection of critical life changing moments in Robin McKenzie’s career based on his viewpoint. A number of color photos are embedded throughout the book.

Strengths: The book’s major strength is the discussion of how and why the origins of the MDT approach were developed. What I feel is the most genuine and heartfelt, was how McKenzie and Bybee reflect on each discovery in a clinician’s viewpoint; using clinical references and encounters that are germane to everyone who has practices. Another is the “who’s-who” that are discussed during the book entirety. The amazing interactions with movers and shakers in our industries are discussed in detail.

Limitations: The book is not a textbook nor is it guised as such. If one is looking for a book on the philosophy of the MDT approach, other books should be targeted. If one is looking for the ruminations of a pivotal figure in rehabilitation, then this book is a must read.

Summary: I really enjoyed this book. I am amazed at how New Zealand has produced such important figures in physical therapy and would recommend this book as an enjoyable read.

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