

BOOK REVIEWS

Practical Orthopaedic Medicine

Corrigan B. Maitland G. D. (1983)

Butterworths, London

This book has developed as a result of post-graduate teaching by the authors and sets out to provide a practical guide to the management of problems commonly encountered clinically, in the field of orthopaedic medicine. While acknowledging that management of these musculo-skeletal problems requires assessment of the "whole" patient and an all-embracing rehabilitation programme, emphasis is placed on the clinical assessment, application of passive movement techniques (mobilization and manipulation) and the evaluation of these treatment techniques and their effects. The first part of the book considers disorders of the peripheral joints and the second, disorders of the spine.

The aim of the subjective assessment and history taking is for the examiner to understand the behaviour of the patient's symptoms and his reactions to them. These are described under the following headings: Pain (site, radiation, quality, severity, time relationships, night pain, onset, aggravating and relieving factors), pattern of joint involvement, effects of current and previous treatment, joint "irritability", progress of condition, related signs and symptoms (e.g. stiffness, swelling, locking, instability, neurological symptoms) and general history (e.g. trauma, general health, hereditary factors, social history).

The clinical examination comprises: adequate exposure of the parts to be examined and examination of the normal as well as the affected side. This is approached systematically through inspection, movement and palpation, general physical examination and X-rays. Movement, contraction, stretching or compression of the musculo-skeletal parts and their relationship to pain in the range of movement are tested using active, passive and accessory movements and isometric contractions.

In the ensuing chapters about peripheral joint disorders, relevant functional anatomy and clinical pathology are discussed together with details for examination of each joint. Special emphasis is placed on the examination of the active, passive and accessory joint movements as well as special movement techniques specific to the various joints e.g. the locking and quadrant positions for the shoulder joint and the flexion, adduction and rotation test for the hip joint. The total management for each condition is also outlined including the manual therapy techniques advocated for treatment e.g. of supraspinatus tendinitis.

In similar vein the treatment of spinal problems is discussed. Special attention is given to important aspects such as spinal movement, the intervertebral disc, spinal pain, general management of spinal problems.

This book should certainly achieve its aim to provide a practical guide to clinical management and should interest general practitioners, rheumatologists, orthopaedic-medicine specialists and physiotherapists in the role of manipulative methods in the types of clinical problems that are encountered so commonly. Furthermore it fills the long existing need by being a very readable book which physiotherapists can recommend to the general practitioners with whom they work to help understand the physiotherapeutic approach to the treatment of their patients and so encourage a team approach within the community setting.

M. J. van Oordt

Sports Injuries — A Self-Help Guide

Vivian Grisogono

John Murray (Publishers) Ltd., London 1984

pp. 294 — R22,25

This book has been written by an experienced sports-physiotherapist for the injured sportsman or woman, and is, in effect, a guide to bony and soft tissue sports-accident injuries, whether caused by trauma or overuse. It covers the body geographically in areas starting with the foot, going up to the trunk and neck, and then down the arm. In each section a brief outline of functional anatomy is followed by causative factors and signs and symptoms of various injuries, most of which are illustrated by arrow drawings.

In clear, easy-to-understand terms, emphasis is placed on 'self-help', rather than self-diagnosis or self-treatment. This makes the athlete aware of measures he or she can take in conjunction with the treatment offered by medical and paramedical personnel, including chiropodists and podiatrists.

The self-help theme also underlies the parts dealing with injury aetiology and prevention. This ranges from practical advice on shoes and socks for the prevention of blisters, the treatment of athlete's foot and subungual haematomas, to resuming training after a tibial stress fracture or a hamstring strain — advice that physiotherapists themselves don't always know how to give.

Practical suggestions are made about first-aid kits, correct methods of warming up and down, showering after sport to prevent stiffness and knowing when to curtail activity. Also in the event of viral infections or a minor injury there are suggestions how and when to apply ice and do contrast baths, when to start which type of exercise, as well as safety precautions to take regarding environment, equipment and clothing to reduce the incidence of traumatic-type injuries. Each

section concludes with a list of safe, effective exercises covering all aspects of rehabilitation, including stretching, that an athlete can do to 'help himself', without detracting from the importance of the role of physiotherapy etc.

This book provides excellent informative reading for sports enthusiasts and I would not hesitate to recommend it as additional reading material for physiotherapists and students alike.

V. L. Atlas

Physical Medicine and Rehabilitation

G. A. Okamoto, W. B. Saunders Co., 1984

This book gives guidelines for the assessment, evaluation and management of physically disabled patients. The multidisciplinary and functional approach to patient management is emphasized. Four sections cover the following: a great variety of functional problems; the concept and aspects of independent living; unique features of major musculo-skeletal disabilities; special procedures and techniques used in management. Overall, the book is practical and action orientated.

The book was written as a manual for physicians who manage patients with chronic physical disabilities. Doctors who enter or have recently entered the rehabilitation-field without prior experience, will certainly benefit from it. The same applies to medical students and housemen. On the whole the contents of this manual will help physicians gain insight into the implications of disabilities and thereby enable them to be more efficient as head or member of a multidisciplinary team, as well as in utilizing the other disciplines. Should a complete team not be available, this manual ought to help the doctor to set realistic goals for rehabilitation, to conduct more meaningful questioning, evaluation and re-evaluation and give better advice, especially in connection with non-medical problems.

In the section on functional problems the options for medical management of spasticity as well as the total management of problems due to the neurogenic bladder and bowel are outstanding. These subjects will also be of interest to members of all paramedical professions, but especially to doctors, nurses and physiotherapists who are involved in bladder and bowel training programmes in rural areas.

It is a pity, however, that in the same section the impression is created that supplying walking aids is the only choice for management of gait disorders, without the primary cause being treated. It is also a pity that a quadripod and ankle-foot orthosis are generally suggested for spastic hemiplegia. (The choice of exactly this aspect for the cover of the book is unfortunate, as it makes one doubt the content at the first glance).

Neither the principles of physiotherapy in the treatment of hemiplegia, nor the role of physiotherapy in

treatment of pressure sores are in any way covered by the book. In the section on independent living the chapter on sexual dysfunction is enlightening.

Coverage of conditions that cause chronic disability and the problems associated with each is generally good. Spinal cord injury is covered exceptionally well in a very practical way. Apart from other neurological conditions, arthritis and chronic pain syndromes are also dealt with. Referring to the last 2 conditions, it is striking that no mention is made of the role of mobilisation for relief of pain.

The section on techniques and procedures is rather disappointing. Some parts are unnecessary, or far too detailed, or too superficial, or incomplete. Not all information on the subject of manipulation is correct. The last 4 chapters are somewhat better and possibly more meaningful, particularly with regard to peripheral nerve blocks.

The addenda are useful and the index complements the proper list of contents. On the whole it is a practical and useful book.

C. P. Malherbe

NOTICE TO MEMBERS



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