

BOOK REVIEW

The Principles of Exercise Therapy.

by M. Dena Gardiner, F.C.S.P.

New edition—Price 21/-

Date of Publication, October 1st, 1957.

Here is a new edition of a well-known and appraised book on Exercise Therapy and Muscle Re-education.

Primarily it was written for students of Physiotherapy with a view to giving a theoretical background for the use of movement and exercise for therapeutic purposes.

However, all who read this book will find it useful and informative. Many practising physiotherapists will be grateful for the opportunity of being able to revise their technique for muscle work and general exercises.

In this edition is included a chapter on Proprioceptive Facilitation by Miss Monica Martin-Jones, who has given demonstrations and post-graduate courses throughout Britain in this new method of neuro-muscular re-education. It is most satisfying to see new ideas displayed alongside time honoured methods.

Exercise is playing an ever increasing part in Physiotherapy and this book explains clearly and thoroughly the many underlying principles and the practical application of Movement and Exercise.

The chapters are well set out and the diagrams explicit and attractive.

Miss Gardiner, who has taught at the London Hospital School of Physiotherapy is well qualified to write this book as she holds a Diploma of Physical Education and certificates of teaching in the Chartered Society of Physiotherapy.

Text-Book of Orthopaedic Medicine

Volume I — Diagnosis of Soft Tissue Lesions.

by James Cyriax M.D. (Cantab) M.R.C.P. (London)

Physician to the Department of Phys. Med. St. Thomas' Hospital London.

The writings and works of Dr. Cyriax will be familiar to all physiotherapists trained here or overseas. He has been prominent for many years in the field of Physical Medicine with special reference to the diagnosis and treatment of Soft Tissue Lesions. He has always pleaded strongly for accurate physiotherapy and in this book once more he stresses the necessity of accurate diagnosis and treatment.

This Volume is the third edition (revised) and many important X-ray reproductions and diagrams helpful in both diagnosing and treating specific lesions are included in the text.

Dr. Cyriax points out the need for co-operation between the doctor diagnosing the case and the physiotherapist who actually carries out the treatment.

Accurate physiotherapy for many conditions is described carefully with full routines for diagnosis and treatment. The methods of examination of joint movements and muscle function, also other soft tissues such as nerve sheaths, tendons and bursas involved, and points leading up to an accurate diagnosis of the lesion are clearly set out, along with an outline of the treatment required.

This book will prove most useful and inspiring to both qualified physiotherapists and students alike and particularly to those in Private Practice.

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