

## BOOK REVIEWS

**REHABILITATION MEDICINE.** By Howard A. Rusk, M.D., Professor and Chairman of Physical Medicine and Rehabilitation, New York University—Bellvue Medical Center, New York, 2nd Edition, Publishers: Mosby.

This new edition of Krusen's book furnishes an impressive presentation of basic rehabilitation principles and procedures correlated with their clinical application. *Comprehensive in scope*, it is a well balanced blend of theoretical and clinical information.

It serves as a guide through the complexities of rehabilitation and contains accurate, up-to-date descriptions of the current concepts and practice employed at the renowned Department of Physical Medicine and Rehabilitation at the New York University—Bellvue Medical Center in New York City. It discusses the philosophy and need for rehabilitation and the principles of therapeutic exercise and muscle re-education. It deals with specific problems such as metabolic diseases, neurological disorders, cancer, pulmonary problems, musculoskeletal problems, paraplegia or quadriplegia. Its discussions of the rehabilitation problems of children and geriatric patients are among the most definitive in print and incorporate the medical, social, vocational and physiological aspects.

Obtainable from Medical Distributors, P.O. Box 3378, Johannesburg at a cost of R13.25.

**CONCEPTS IN REHABILITATION OF THE HANDICAPPED.** By Dr. Krusen. Published by Saunders.

Here is a brief unique new book written by one of the leading Specialists in the field of Physical Medicine and Rehabilitation which should be of interest to all Physiotherapists. It describes the challenge of rehabilitation and today's response. It explains the development of the rehabilitation team, of modern practice, and of research.

The author also outlines the unsolved problems, touching on both immediate and long-range needs. Trends now developing in rehabilitation of the handicapped are described, and a final chapter recommends the broad actions which should be taken promptly—to help the disabled patient.

Physiotherapists will find in this book much helpful information on managing their chronically ill and seriously disabled patients.

Dr. Krusen's explanation of the need for increased co-operation and understanding between physiotherapist, surgeon, psychiatrist, the social worker, and the occupational therapist indicates what comprehensive rehabilitation of a handicapped patient can really mean and accomplish.

The book is obtainable from Medical Distributors, P.O. Box 3378, Johannesburg, at a cost of R0.85.

**VERTEBRAL MANIPULATION.** By G. D. Maitland, A.U.A. Published by Butterworth & Co. Ltd., 1964. 146 pages. Price R3.75, plus 15 cents delivery charge. Butterworth & Co. (South Africa) Ltd., 33-35 Beach Grove, Durban, Natal. P.O. Box 792, Durban. Phone 23867 and 62094.

Mr. Maitland, who is a member of the Chartered Society of Physiotherapy and of the Australian Physiotherapy Association, has made a thorough study of the techniques of spinal manipulation. He was influenced in this thinking by Mennell, Cyriax and Stoddard, but has retained his own sound, objective and individual approach. He favours the more gentle type of oscillating movement done at the limit of the range, as advocated by Dr. Mennell, particularly as a basis for teaching physiotherapy students and as a starting technique in clinical practice. He prefers to call them techniques of "mobilization" rather than "manipulation" as he considers the latter to be a more forceful, less localized manoeuvre. In doing so, he supports the welcome recent trend among physiotherapists to regard manipulation as a form of passive movement, carried out with equal gentleness, safety, knowledge and control to those passive move-

ments that have been used by physiotherapists for several decades. He also discusses the place of traction and manipulative techniques in the clinical field.

He states that physiotherapists treat only cases referred for manipulation by a medical practitioner who has examined the patient and diagnosed the disorder as suitable. The techniques selected by the physiotherapist are based upon signs and symptoms, and a reassessment of these is made after each procedure. The manoeuvres are carried out without discomfort to the patient, gently at first; only after a thorough assessment, trial manoeuvre and reassessment calls for a more forceful manipulation is this attempted. By using this approach, he renders manipulation as safe as massage, and in fact safer than some exercises used as a routine in all physiotherapy departments.

To quote from the preface: "The text has been planned to lead the reader in logical sequence from the examination of the different inter-vertebral levels, to the techniques of mobilization applicable in each case. The way is then prepared for the further development into the more forceful manipulative procedures and their application. Guiding principles of treatment follow, and are then applied to specific case histories in the final chapter."

The diagrams, and also the tables which illustrate the primary uses of the techniques and the sequence of selection are useful. A comprehensive index concludes a book which must surely be welcomed by all physiotherapists interested in the field of vertebral manipulation. It is the first textbook on the subject written by a physiotherapist.

Mr. Maitland is a part-time tutor in physiotherapy at the University of Adelaide, Australia. He has always been very aware of the problems of teaching vertebral manipulations. Teachers of physiotherapy should therefore welcome this reference book, particularly as the new, revised syllabus of training for the Chartered Society of Physiotherapy, and the proposed revised syllabus for the National Diploma in Physiotherapy in South Africa both include manipulative techniques.

B.W.

## BOOKS RECEIVED

**THE A.B.C.'s OF ATHLETIC INJURIES AND CONDITIONING.** By Alfred Barnett Ferguson Jr. and Jay Bender. Published by The Williams and Wilkins Company, Baltimore 2, Maryland, U.S.A., 1964. Price \$9.25.

Review to follow on above publication.

## Vacancies

**UNITED CEREBRAL PALSY ASSOCIATION OF SOUTH AFRICA**

**CLINIC IN KLERKSDORP, W. TRANSVAAL**

Physiotherapist required. Full particulars write to: The Secretary, P.O. Box 1097, Klerksdorp, Western Transvaal. Phone 2-5102.

**ST. GILES REHABILITATION CENTRE, SALISBURY, RHODESIA**

Physiotherapist required at St. Giles Rehabilitation Centre, Salisbury, Rhodesia. Experience in Cerebral Palsy essential. Salary according to experience. Write P.O. Box A 224, Avondale, Salisbury, Rhodesia.

## PHYSIOTHERAPIST

Applications are invited for the post of part-time physiotherapist at the Gold Fields East Native Hospital, Dunnottar. Apply to:— The Senior Medical Officer, P.O. Box 14, Dunnottar, Telephone 734-2135.

**PRIVATE PRACTICE, EAST LONDON**

Assistant Physiotherapist (female) required in private practice in East London, to commence 1st May, or later. Good salary, with bonus paid half-yearly, and pleasant working conditions. Partnership offered to suitable applicant.

Write to Miss P. Chatterton, M.C.S.P., 24 St. James' Road, East London.