

Therapeutic Electrophysical Agents, Evidence Behind Practice. Second Edition.

Alain-Yvan Belanger

Lippincott Williams & Williams, Baltimore, Maryland, 2010

Hardcover, 504 pages \$76.90 (CDN)

ISBN: 0-7817-7001-7

Despite the widespread use of therapeutic modalities, many studies have cited the paucity of quality research supporting their use. This text uses an evidence-based approach to guide the practitioner's use of these agents illustrating how to integrate research into practice. The new textbook format – though less portable than the previous pocket-size edition – allows for more information and photographs to be included. It is a well-organized reference text designed to be used in an educational setting with clear learning objectives outlined at the beginning of each chapter and critical thinking questions at the end.

The first part reviews how tissue injury, the healing process and pain modulation dictate the selection of therapeutic agents. The second part clearly outlines the physiological effects of each modality, describing the indications, treatment parameters, contraindications and risk factors. Each modality is afforded a separate chapter with case studies utilized to walk the reader through an evidence-based approach to resolution of a clinical problem. The final part of the text consists of practical guidelines including information on purchasing units, avoidance of complications and maintenance of devices.

While it may be argued that a text that is research-dependent is outdated soon after publication, this book is nonetheless a valuable reference tool. It presents the strength of evidence and justification for usage of each modality and illustrates how this information should be combined with experience to facilitate clinical decision-making.

C. Danny Myrtos BSc, DC
Bay-Bloor Chiropractic
77 Bloor Street West (Lobby)
Toronto, Ontario
M5S 1M2

Netter's Sports Medicine

Eds – Christopher C Madden, Margot Putukian,

Craig C. Young, Eric McCarty

© 2010 by Saunders, an imprint of Elsevier Inc., 800pp.,

CAN \$125.00, Hardcover

ISBN: 978-1-4160-4922-7

This book is based on the book “The Team Physician's Handbook,” but includes more appropriate best practice suggestions based on more recent research and advances in treatment strategies. Geared towards the sport clinician, Netter's Sports Medicine deals with the roles, ethics and responsibilities when dealing with a sports team.

The most unique feature of this book is found in Section VIII, which has chapters to separate specific sports. Current research and statistics are reported about the incidence and type of injuries, commonly involved in each sport. At the end of each chapter, a list is featured of recommended readings for further education about that particular sport. This section is an outstanding source of information for the sport clinician, wanting to know the basic premise, and biomechanics for different sports.

Being a book in the Netter Collection, this textbook includes many of the famous illustrations and anatomical diagrams from Dr. Frank Netter, which are well known in the rehabilitation world. Various radiographic photographs are also plentiful in this textbook, allowing the reader to gain a further understanding of specific injuries.

This book could be used as a quick reference guide to any athletic situation, however it could be argued that the book contains too much information is is difficult to locate the information necessary. The book is very meticulously organized though, using colour coding, a detailed index and thorough headings throughout the text. The reader is guaranteed to learn something new each time this book is opened.

Jenn Turner BPHE(Hons), DC, ART, Graston
CCSS(C) Resident
Director. Moveo Sport and Rehabilitation Centre inc.
Director, Optimum Sport Performance & Health Centre

Conservative Management of Sports Injuries.
Second Edition.

Edited by Thomas E. Hyde, Marianne S. Gengenbach
Jones and Bartlett Publishers, Sudbury,
Massachusetts, 2007
Lippincott Williams & Williams, Baltimore,
Maryland, 2010
Hardcover, 1173 pages \$170.50 (CDN)
ISBN: 0-7637-3252-4

This text is a review of sports injuries and their management using conservative methods. It is edited, and authored by numerous contributors, primarily chiropractors. It is divided into four sections beginning with a review of the basic concepts of sports injuries and rehabilitation. I particularly enjoyed reading about the role of joint manipulation and soft-tissue techniques; topics which are all too often omitted from similar texts. The second section takes a systems approach to sports injuries explaining the relevant anatomy, mechanics of injuries, evaluation of injuries and rehabilitation approaches. The third section outlines the special considerations that should be afforded to the female, young, senior and extreme athlete. The final section consists of chapters on diagnostic imaging, nutrition and performance-enhancing drugs.

The text is designed around a site-specific approach to sports injuries drawing upon the expertise of its multiple contributors. While this format is largely effective, it is at times detrimental to the organization of the text. For example, separate chapters on conservative rehabilitation of injuries, manipulation and diagnostic imaging would have been better integrated into the main body of the text. Also, rather than listing all the conservative treatment options available to the practitioner, every injury or system could have included recommendations on how each method could be applied to it.

Despite these minor limitations, this is a well-referenced review of sports injuries and their management. Both sports chiropractors and those treating “weekend-warriors” will find many practical applications to the information contained within it.

C. Danny Myrtos BSc, DC
Bay-Bloor Chiropractic
77 Bloor Street West (Lobby)
Toronto, Ontario
M5S 1M2

The Science and Clinical Application of Manual Therapy
Hollis H. King, Wilfred Janig, Michael M. Patterson,
editors
Churchill Livingstone Elsevier publication, 2011
ISBN: 978-0-7020-3387-2

This hard-cover publication is based on the International Research Symposium on ‘Somato-Visceral Interaction and Autonomic Mechanism of Manual Therapy’ held in 2008 in Fort Worth, Texas. The text then covers the current state of knowledge of the effects of somatic stimulation of manual therapy on visceral and autonomic functions at all levels of the neuraxis.

The editors brought together an impressive cadre of clinicians and scientist from the fields of osteopathic medicine, chiropractic, massage therapy, physical therapy as well as scientists from laboratories around the world. Reading the list of contributors inspires one to read what the latest scientific evidence is in somato-visceral interactions.

The book is divided into four sections, and chapters within each section cover a wide range of exciting and up to date research results and clinical pearl on management strategies. This is an invaluable text for all students and practitioners of manual therapies as it provides the prevailing theories on how manual therapies influence the physiological interactions of health and various disorders. Furthermore, it provides directions in the search for the scientific underpinnings of the obvious clinical successes of the various forms of manual therapies.

Zoltan Szaraz, DC, FCCRS(C)
Associate Professor, retired, CMCC
Private practice, Agincourt Chiropractic and Rehab,
Toronto, Ontario

Movement: Functional Movement Systems: Screening, Assessment, and Corrective Strategies
Gray Cook
On Target Publications, Santa Cruz, California, U.S.A.
2010
Hardcover, 407pp, Regular Price \$68.98 (Canadian)
ISBN: 978-1-931046-72-5

Movement describes a system of screening, assessment and correction that is applicable to the entire field of health and fitness professionals. The first section discusses why movement screens are necessary and outlines problems with the current diagnostic systems used within musculoskeletal care. Great care is given to describing when movement screening is appropriate and when it should be modified or omitted completely. The second section details the Functional Movement Screen (FMS) and the Selective Functional Movement Assessment (SFMA). Common mistakes are discussed and instruction is given on seamless integration into daily practice. Both systems are accompanied by clear pictures, a companion website and an appendix full of resources. The final section delves into managing the results of the FMS and SFMA with corrective exercise. However, this is not a 'cookbook recipe' and only the principles and methods of corrective exercise are detailed. *Movement* is often repetitive, is selectively referenced. Overall, *Movement* is an excellent education on the basic tenets of human movement as well as a description of how to screen and correct dysfunctional patterns. A must read for those who have learned the basics of physical examination and rehabilitation protocols and are looking to take their clinical skills to the next level.

Dr. Jason Izraelski BSc, DC
CMCC Sport Science Resident

Assessment and Treatment of Muscle Imbalance: The Janda Approach
Page P, Frank C, Lardner R
Human Kinetics, Windsor, Ontario, Canada 2009
Hardcover, 314pp, Regular Price \$67.33 (Canadian)
ISBN: 978-0-7360-7400-1

A resource describing the theories and practices of the late Dr. Vladimir Janda was lacking until three of his disciples came together to fill this void and provide a look at the man who helped develop the ideas of muscle imbalance and sensorimotor training. The descriptions of physical examination and treatment provide cursory overviews of many tests and treatment techniques that are not detailed enough for new students of manual therapy to fully grasp, but work as an overview for more experienced practitioners. Janda's own movement pattern examinations are included, but the authors do a poor job of describing their execution and implementation. Diagrams, illustrations and charts are used extensively to help summarize key information in a succinct manner. The text is well referenced, but they are all in-text, and many sections include more references than information. The authors have done a commendable job of summarizing Dr. Janda's work into an accessible, easy to read text. It is most useful for students who have basic practical and theoretical background knowledge in manual therapy, and practitioners looking for more information on Janda's theories. Overall, it is a good evidence-based look into the mind of one of the most well-respected physical therapists of our time.

Dr. Jason Izraelski BSc, DC
CMCC Sport Science Resident

Essential Radiology for Sports Medicine
 P Robinson (Ed.), 1st Edition, 2010, 256pp, CAN \$250.00,
 Hardcover, New York, New York, Springer,
 ISBN: 978-1-4419-5972-0.

Essential Radiology for Sports Medicine provides an in depth understanding of advanced imaging as it pertains to the musculoskeletal system for sports practitioners. While this text is intended for the radiologist, sports clinician, or respective residents it is an exceptional resource for any sports practitioner aiming to improve their ability at interpreting special imaging in the athletic population.

The text consists of eleven chapters including topics such as knee, hip, pelvis, ankle and foot injuries, osseous stress injuries, shoulder, elbow, hand, and wrist injuries, postoperative imaging in sports medicine, muscle injury and complications, sports-related disorders of the spine and sacrum, and ultrasound-guided sports intervention. Internationally recognized musculoskeletal experts have contributed to this text. It contains 387 images, 24 in colour, with emphasis on MRI, CT, and Ultrasound, permitting easy comprehension of material. Each chapter is well supported by up to date research and referenced appropriately.

Although costly, this text exceeds my expectation as a concise guide to advanced imaging due to significant detail. I recommend Essential Radiology for Sports Medicine for any sports practitioner interested in understanding the anatomy, pathological processes, and advanced imaging related to sports injury formation and to any sports practitioner interested in enhancing their complete understanding of advanced imaging.

Michelle A. Laframboise, BKin (Hons), DC

Clinical Sports Nutrition 4th Ed.
 Louise Burke, Vicki Deakin
 McGraw Hill, North Ryde Australia
 735pp
 144.95 CAD
 ISBN: 9780070277205

The fourth edition of Clinical Sports Nutrition is written by Louise Burke, the head of the department of Sports Nutrition for the Australian Institute of Sport, and by Vicki Deakin, senior lecturer and head of Nutrition and Dietetics at the University of Canberra. Contributions have also been made by leading sports dieticians, physicians, and academics. The text is written for students interested in a career in sports nutrition, as well as professionals in sports nutrition and medicine.

New additions to the fourth edition include chapters on exercise and the immune system, antioxidants and the athlete, food services for athletes and nutrition for travel. Updated position statements by the ACSM and IOC have been included. No information on nutrition and athletic injuries is provided.

The text is written in language that is very readable for anyone with a background in the subject matter and does an excellent job of summarizing the raw science without burdening the reader with too much detail. Where further detail may be warranted, references are provided for the reader to guide them to appropriate literature to delve deeper into a given topic.

The main strengths of this text are its readability and the wide range of topics within sports nutrition that it covers. Future editions should include information regarding nutrition for the injured athlete and more visually appealing images.

Jason Porr, BSc (Hons) HK, DC
 CMCC Sports Sciences Resident