

Chiropractic Management of Spine Related Disorders. Second Edition. Meridel I. Gatterman. Lipplincott, Williams & Wilkins. USA. 2004 ISBN 0-683-30240-X

My life would have been a bit easier if, when I was a chiropractic student, certain things would have been available to me. While a computer (with spell check!) and the Internet come immediately to mind, Dr. Meridel Gatterman's newest edition of her book *Chiropractic Management of Spine Related Disorders*, first published in 1988, would have also proven to be invaluable to me back then. Organized into fifteen chapters, Gatterman, along with many experts in their respective fields, provide a thorough and integrative approach to understanding many features at the core of the chiropractic profession.

The most attractive feature of this book, especially to a chiropractic student, is the manner in which each chapter weaves topics such as anatomy, embryology, physiology, examination procedures (generally orthopedic in nature) and therapy (with an appropriate emphasis on manual therapies) into a clinical tapestry. The first few chapters discussed topics of a more expansive nature, such as 'functional anatomy', 'kinesiology' and 'principles of chiropractic'. Gatterman and her colleagues have also tackled issues germane to chiropractic practice but seldom found in most textbooks; specifically, 'patient safety' and a chapter entitled 'in the patient's interest'. This last chapter broaches several topics of particular importance in these times manifested by both health care accountability and overt litigiousness, such as health promotion, rational or evidence-based care, a patient-centered paradigm and the importance of the doctor-patient relationship.

Sandwiched between these generalized topics is the core of the textbook. Distinct chapters discussed separate segments of the spine (pelvis, lumbar, thoracic, cervical), moving from basic anatomy to biomechanics to management of the more commonly encountered clinical conditions affecting that particular region. Other chapters discussed related topics, such as 'postural complexes' and 'muscles and myofascial pain syndromes'. I particularly liked the chapter on adjunctive procedures. That chapter, with its simplistic format, provided the reader with the ability to first comprehend and then compare the most commonly used adjunctive therapies to each other, ranging from electrical modalities to acupuncture to bio-

feedback. For a chiropractic student, this book would be a welcome addition to a personal library because it cuts across several courses offered at any chiropractic college, providing what students often ask for, but sometimes struggle to find, from a college curriculum- a glimpse of the 'big clinical picture'.

This book is not without its' controversies. In particular, in chapter 6 entitled 'Chiropractic Radiography', authors Drs. Cynthia Peterson and Gatterman, in addition to a comprehensive review of the subject at hand, take strong exception to the use of X-rays or other imaging techniques for the sole purpose of subluxation identification so often favored by many adherents of structural-based Technique Systems. Being familiar with many of these Techniques, I am sure some of the proponents would take exception to this stance, with or without justification. Either way, this chapter provides an important perspective on this issue and makes for very interesting reading.

It is hard to find anything not to like about this book. It is well referenced, well illustrated, comprehensive and integrative. I would preferred Dr. Vernon's chapter on 'cervicogenic headaches' to have gone into greater detail, delving into topics such as migraine and rebound headaches, but this is a vast area of study and only entices me to purchase his own book *The Craniocervical Syndrome*.

The reader has no doubt noticed that I have emphasized the usefulness of this book for chiropractic students, while offering little in the way of opinion for its' usefulness for field practitioners. This is because it is often difficult to know for what purposes the 'average' field doctor would like to put a textbook. After all, most practitioners obtain a high level of clinical success by virtue of their own clinical experience and may find a recommendation to purchase a reference book to be an insulting, backwards step: an indictment that he or she is out of date, for example. However, as a means to review several courses at once, as a means to obtain a working knowledge of the 'biopsychosocial approach' currently very much in favor in health care, and as a means to readily access the accrual of evidence-based knowledge on spinal disorders, a practitioner would be hard pressed to find a better textbook.

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Ultimate Back Fitness and Performance

Stuart McGill

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This text was written by Dr. Stuart McGill, professor of spinal biomechanics at the University of Waterloo; the importance and sheer volume of his work certainly should not be news to Canadian chiropractors. This is Dr. McGill's second book, his first, "**Low Back Disorders: Evidence-Based Prevention and Rehabilitation**" has been favorably reviewed (and deservedly so) elsewhere (JCCA 2003; 47(2):150–151). In this text, Dr. McGill focuses more on applications to athletes with respect to task evaluation and exercise program design with the goal of producing optimum performance. This book discusses much of Dr. McGill's research and provides insight into his thought process as a consultant for elite athletes seeking to reduce pain levels and improve performance. Dr. McGill does not use a "cookie cutter" approach to do this, his approach is systematic, but can be thought of as more of a "thinking Doctor's" way of evaluating athletes and designing exercise programs.

UBF&P consists of three parts, made up of twelve chapters. The first part, Scientific Foundation, provides a knowledge base in spinal exercise science, functional anatomy of the lumbar spine, normal and injury mechanics of the lumbar spine, and back belts. Part Two, Individ-

ualizing Programs, contains chapters on the fundamental principles of movement and causes of movement error, injury prevention and proofing, and evaluating/qualifying the athlete/client. The third and final part, Building the Ultimate Performer – Putting it all Together, includes chapters on developing the core program, developing strength, power and agility, and a final chapter consisting of several case studies. A great deal of pertinent research is discussed along the way.

The material in the book is highly relevant to the clinician and is presented in an informative and entertaining manner. It is excellently illustrated with an assortment of visual aides (pictures, charts, graphs) to help Dr. McGill convey his points. The only concerns are the lack of an index for quick reference, and in editing: a few spelling and formatting errors were noted. These concerns are minor and do not affect readability. When one considers that this book is self-published to help keep costs to the reader down, Dr. McGill should be applauded for his effort.

Dr. McGill has again produced an enlightening and reader-friendly book that I highly recommend. It is targeted towards sports clinicians and coaches, but will be useful for any clinician with an interest in preventing or rehabilitating low back injuries or in working with athletes or occupational athletes towards optimizing performance and designing customized exercise programs.

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