

## Book Reviews

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**Gould's Pathophysiology for the Health Professions**, 5th edition. K.C. Vanmeter, R.J. Hubert, Saunders, 2014. ISBN: 978-1455754113

Gould's Pathophysiology for the Health Professions provides an introduction to pathophysiology for students from a variety of health professional academic programmes. This is the fifth edition and contains updated features including: updated information on specific conditions; expansion of specific disorders of each body system; a broader emphasis on all allied health professionals is incorporated; the use of a 'building block' approach from basic concepts to the pathophysiology of disorders; updated figures and tables and updated and additional resources. The authors of this book are Dr. Karin C. VanMeter, Lecturer in Biomedical Sciences in Iowa State University, Iowa and Robert J. Hubert, Laboratory Coordinator, in the department of Animal Sciences in Iowa State University, Iowa.

The book is organised into five sections which include: Basic concepts of Disease processes; Defence/Protective mechanisms; Pathophysiology of Body Systems; Biological factors contributing to Pathophysiology and Environmental factors and Pathophysiology.

Sections contain between three and six chapters. At the beginning of each chapter, learning objectives and key terms are identified. Throughout each chapter, there are 'apply knowledge' and 'think about' questions. Case studies, a chapter summary, study questions and additional resources can be found at the end of most chapters.

The preface describes book as an introduction to pathophysiology for students in a variety of health professional academic programs. From my own personal background as a Physiotherapist and as a Lecturer on Physiotherapy, Speech and Language Therapy and Occupational Therapy academic programs, I would agree with this. This is indeed an introduction and additional information is required to make the topics more health professional specific.

This is clearly advised in the user guidelines. I particularly liked the brief review of anatomy and physiology in each chapter. Each review is clear, concise and relevant to disorders that followed. I think the variety of question formats such as 'apply knowledge', 'think about' and 'case studies' will be beneficial to students self-evaluation of topic knowledge prior to proceeding in the chapter. Although no DVD comes with the book, weblinks in the resources section at the end of each chapter are useful for students in further reading on the subject.

As an educator, I would recommend this text to students studying health professional courses. In particular, I refer to students that have the basic understanding of anatomy and physiology (year two students) and intend to further study the pathophysiology of disorders that they will come across in their profession. In addition, I would also recommend this book to qualified health professionals or clinical departments as a resource and review text for clinical practice.

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**Manual Therapy for Musculoskeletal Pain Syndromes**, C. Fernandez-de-las-Penas, J.A. Cleland, J. Dommerholt (Eds), Elsevier, 2016. ISBN 978-0702055768

Manual therapy has evolved and developed rapidly over the last couple of decades and over this time, it has emerged as a scientific, multidisciplinary, evidence-guided approach to rehabilitation medicine. As a consequence of this, the deliberation of its use at times in managing upper, lower and spinal pain syndromes can be a challenge. To this end, the guidance of specialist practitioners in their field is an inherent part for the development of clinical competencies and decision making in manual therapy.

This text book is designed to provide the reader with an evidence and clinical-informed approach to the use of manual therapy for musculoskeletal pain syndromes and to bridge apparent disparities in therapeutic opinions, from over ninety contributors! The authors have successfully achieved this and have presented a phenomenal piece of work in this text book. It is divided up into eleven parts, each dedicated to an anatomical region and its associated pain syndrome. Also covered in detail are the treatment options for soft tissues of upper and lower quadrants and the clinical implications of neurodynamics for both quadrants. Each chapter is a collaboration of work from renowned specialists in the area and with evidence-based approach and their personal experiences documented.

Part five, for example, is dedicated to “The hip region in lower extremity pain syndromes”. It describes both common and not so common pathologies associated with the joint, each in-depth with the correlated patho-mechanics, clinical examination, manual therapy treatment options, rehabilitative essentials and prognosis for same. There is a chapter dedicated to joint mobilisation and manipulation of

the joint adjoined with figures and images to facilitate a more comprehensive understanding. Finally, there is a chapter describing therapeutic exercises for the joint and lower quadrant. The programmes provided are descriptive, clinically reasoned and current, with referenced work as recent as 2014. It offers diverse and adaptable programmes to enhance individualised rehabilitation options for clinicians to choose from.

This book represents the prodigious and expanding works that have been and are continuing in manual therapy and rehabilitative medicine and is a credit to the authors and their community of contributors. It is an invaluable resource for musculoskeletal practice and I recommend it on the book shelves of every musculoskeletal clinician and educator.

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