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Book review

Orthopedic Physical Therapy, 2nd edition

R. Donatelli, M. Wooden, Churchill-Livingstone Inc. New York, 1994, hardback, 778 pp., illus.

This book is intended for both novice and experienced physical therapists. It will serve as an excellent textbook for the novice therapist and as a reference for the therapist with more clinical experience.

The book is organized into four sections. The first section is titled Fundamental Principles and is divided into two chapters. The first chapter is a review of the normal structure of muscle, nerve and connective tissues and the tissues response to mechanical stress, immobilization and remobilization. Chapter 2 highlights the principles and evaluative tools the therapist needs to complete a patients rehabilitation using exercise training. It includes information on the effects of bedrest, evaluation of the patients cardiac status and the principles of exercise prescription. Included is a brief discussion of the effects of exercise training. Although this chapter is not lengthy, it covers the topics well and addresses an area sometimes forgotten by orthopedic therapists.

Section two covers the upper quarter. Chapter 3 begins with a brief review of the interdependence of functional anatomy and normal posture. This is followed by a review of the upper quarter scan. Chapters 4–11 are oriented by region and

each include a clinically relevant case study. Chapter 4 begins with the influence of the cervical spine on the stomatognathic system; the muscles of mastication, tongue, TMJ, occlusion of the teeth and all associated soft tissues. The author of this chapter states that the information he presents on dysfunctional relationships is empirically gathered and not documented in the literature. However, the information presented is valuable for the clinician, and should not be dismissed.

Chapters 5–10 progress the reader from the cervical spine through the wrist and hand, including a chapter on arthroscopy of the shoulder. All information is well organized, illustrated and includes both evaluation and treatment information. To end section two, a chapter on reconstructive surgery of the hand and wrist and a chapter on mobilization of the upper extremity are included. The mobilization information is presented in detail with fine illustrations and should be of some value to the reader as a review of techniques and principles.

Section three, the lower quarter, follows the same format as the previous section, with the first chapter devoted to structural relationships and the lower quarter screen. Again each chapter includes a case study. Following each chapter of physical therapy evaluation and treatment information are chapters outlining various related top-

ics such as surgical treatment of the lumbar spine, hip, knee and ankle. Again, at the end of this section is a finely illustrated chapter on mobilization of the lower extremity.

Of special note are Chapter 18, on the use of lumbar rotations in the treatment of low back pain with a biomechanical rationale, and Chapter 19, on the lumbar–pelvic–hip complex. These chapters are well written, and well illustrated. Chapter 19 integrates anatomy and dysfunction of the lumbar–pelvic–hip complex and presents evaluation and treatment information in a way that will be useful for the practicing clinician at all levels.

Section four, like section one, includes two chapters that do not fit in the regional model the book assumed in the middle two sections. The topics covered are orthopedic problems in the neurologic patient and soft tissue mobilization.

This text contains much valuable information for the physical therapist. Including case studies to illustrate and integrate the material in each chapter makes this book complete in its endeavor to present evaluation and treatment information that is useful. The chapters on surgical procedures, although interesting, became distracting as the reader tried to assimilate the physical therapy information. To include this information, a separate section with those topics would have allowed the reader to reference them as needed. Overall this text is well written, well referenced and easy to read. Therapists at all levels, and practicing in most settings would benefit from having this very complete text in their library.

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