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## Book review

### **Occupational Disorders of the Upper Extremity**

Lewis H. Millender, Dean S. Louis, Barry P. Simmons, Churchill Livingstone Inc., 1992, New York, 308 pp., \$63.00.

Occupational Disorders of the Upper Extremity addresses the physical, psychological and social problems that accompany upper extremity work-related disorders. The authors present this book as a guide for physicians to help manage these problems, however, it also serves as an excellent reference for therapists and other professionals who are involved in the management of work-related disorders in the upper extremity.

The book is divided into four sections. Section I provides the reader with an historical perspective of work-related injuries with a discussion of the epidemiology of cumulative trauma disorders and biomechanical studies. Treatment strategies for the successful management of upper extremity disorders are presented with support for the use of a multidisciplinary team. The job analysis is discussed with considerations in assessing ergonomic stresses resulting from work.

Section II presents a description of the workers' compensation system including levels of disability and compensation, and variations on disability systems. The perspectives of the insurance company, the plaintiff, and the employer are also presented. This section also discusses how the system plays a role in an injured worker's anger and resentment which may lead to chronic pain and result in a long disability. The section includes an interesting chapter on the Australian

experience with these upper extremity disorders. A practical approach to workers' compensation is presented demonstrating how employers can exercise control over workers' compensation expenses. The role of physicians and attorneys is also discussed in this section.

Section III provides the reader with an approach to the evaluation and management of work-related injuries. The author divides work-related disabilities into three categories and presents management approaches for each. She section discusses disorders of the upper extremity in detail including the recovery prognosis and related medical, non-medical, legal, psychological and socioeconomic factors to be considered in the management of each of these diagnoses.

Section IV discusses rehabilitation of the injured worker. The roles of the therapist (specifically in the area of work hardening), the rehabilitation specialist and the vocational rehabilitation specialist are reviewed in this section. The physician's role in impairment evaluation based on the American Medical Association guidelines is also presented in the final chapter.

Occupational Disorders of the Upper Extremity provides the reader with an extremely comprehensive text to the management of work-related upper extremity disorders. The book is written by several well known specialists in this field and includes a thorough review of factors contributing to the complexity of these disorders. In addition, it serves as an excellent clinical resource with detailed reviews of disorders of the upper extremity.

*Carl M. Bettencourt*