
Book Reviews

Research Methods in Physical Activity: 5th Edition
JR. Thomas, JK. Nelson and SJ. Silverman
Human Kinetics Publishing: Windsor
Hardcover, 456 pages, illustrated, \$97.00
ISBN 0-7360-5620-3

The latest edition of this respected research methods text allows the practitioner to solidify their understanding of movement-based research. The authors wrote the text to appeal to a broad audience with a focus on human movement and sports sciences. The text appeared to be written for the graduate level and is appropriate for chiropractors. The authors realize how important it is for practitioners to evaluate research. The authors of the book included contributions from experts in historical, philosophical and epidemiological research. This completes the text, making it an excellent reference. After the first few pages I noted the referencing style, which cited the author and year in the body of the text. The very large reference section was located at the end of the book. Although this made the book easier to read from cover to cover as the chapters flowed together nicely, I am accustomed to having references located at the end of each chapter making them easier to find. Most chapters include pictures, charts and tables. The charts, graphs and tables are excellent and aid in the understanding of the complex topics. The book has in depth and step-by-step descriptions on the statistical tests and definitions, without bombarding the reader. This is a definite strength of the book, compared to other statistics texts that overwhelm the reader quickly, forcing them to glaze over the subjects. This book is a must have for chiropractors that are looking for a comprehensive text on conducting and evaluating research. The text will be successful in educating chiropractors in statistics and research methods from a human performance perspective. This text priced at \$97.00 is very reasonable based on its quality and readability.

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*Low Back Disorders:
Evidence Based Prevention and Rehabilitation*
Stewart McGill
Human Kinetics, 2002
282 pages, hardcover \$68.50 CDN
ISBN 0-7360-4241-5

True to its title, this book provides detailed prevention and rehabilitation techniques for the low back, based on scientific evidence. This book is written for the clinician, and is divided into three parts.

Part one outlines “how the spine works,” quoting literature and giving evidence from McGill’s own body of research. McGill explains the findings of his own, and other’s research, and their clinical significance.

The second part of the book focuses on low back rehabilitation. Of particular interest was a chapter on “Reducing the Risk at Work.” This chapter outlines clear steps clinicians can use to help patients prevent further injury, and thereby allow the healing process to occur more quickly. This is a significant tool as this part of patient care is often overlooked.

Key sections in the third part of the book offer simple steps and techniques that could benefit any practitioner. “Basic issues in Low Back Exercise Prescription” was valuable for pointing out commonly prescribed exercise that can cause instability. “Flossing” describes a simple technique that sciatica patients may benefit from by creating movement of the nerve, thus freeing its path by dissolving impingements over time. “Beginners Program for Stabilization” provides a 6-step starting point for clinicians to use immediately with their patients.

All of the techniques and exercises described are based on scientific evidence and put into practice clinically by McGill. These easy, low-tech, no-cost, techniques can be incorporated into any practice immediately, and are valuable tools for any practitioner.

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Treat Your Own Neck
Robin McKenzie
Spinal Publications New Zealand Ltd., 1983
Soft Cover, 63 pages, \$19.95 CDN
ISBN 0-473-00209-4

Treat Your Own Neck targets the general public. The objective of this book is clear: Enabling anyone to learn techniques to rid themselves of mechanical neck pain. In it Mr. McKenzie advises that information contained within will only help 80% of the population of people suffering with neck pain, as this is the corollary segment of the population.

The book is clear, concise, and very easy to understand. It begins with a basic outline of anatomy and function of the neck's spinal structures. It proceeds with identifying poor postures of standing, sitting, and sleeping – some of the greatest culprits of mechanical neck pain. Simplistic methods for correction of these postures

are offered with good illustration. Exercises offered in the book are derived from the McKenzie Method used for centralizing neck pain.

Several photographs are used to illustrate body positioning and exercises. These help make it very clear how to perform exercises correctly. It may be difficult for patients to identify if they are doing exercises correctly, if they are performing them while unsupervised. Correction during office visits may be a good solution until such a time when the patient can perform them without the need of aide.

I have found *Treat Your Own Neck* to be a great reference to have in the office. The clear step by step explanation is a good tool for any clinician who teaches these techniques to their patients.

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