
Book Reviews

Weiner's pain management: a practical guide for clinicians. 7th ed.
Boswell MV, Cole BE, eds.
2006. CRC Press, Taylor & Francis Group, Boca Raton FL, 1612 pp
ISBN 0-8493-2262-6

This tome's subtitle should be "a *scientific* practical guide for clinicians;" most chapters review more recent research of their subjects, with minimal reference to clinical experience. This editorial approach is detrimental, in this reviewer's opinion: since there is as much art as science in effectively managing a patient's pain, this approach deprives readers of the potential benefit of learning, from the (presumably expert) authors' successes and failures, how to best not/apply the available therapeutic knowledge. The authors (a PhD, a MD/DC and a DC) of the chapter on chronic spinal pain (for some reason, acute spinal pain is not given its due), for example, delivered on introductory intentions to review "... substrates producing spinal pain relevant to spinal manual medicine [SMM] ..." and overviewing SMM from a research perspective, then apparently felt all their goals were reached – mistakenly, because no "... overview of SMM ... from a clinical ... perspective" was apparent to this reviewer.

This is a comprehensive, multidimensional, interdisciplinary, scientific text. Paraphrasing Fain and Webster, to clinicians, pain is a many splendored thing. Thus, editors and authors representing many health care disciplines and sciences succeed in instilling appreciation of pain from perspectives of patient and practitioner; diagnosis and management; past and present.

Chapters are referenced, but selectively, favouring recent publication over balanced review. Tables (those analyzing published clinical trials for different pains are especially useful), diagrams and photographs aplenty are used effectively. However, for the likely readers – mostly open-minded clinicians, seeking alternatives, and scholars, seeking circumspect orientation – dividing this opus into several volumes would render referring to it painless.

Igor Steiman, MSc, DC, FCCSC
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Complementary Medicine in Clinical Practice
David P. Rakel, Nancy Faass, (Eds.)
Massachusetts: Jones and Bartlett Publishers, 2006
Paperback, 553 pages, \$61.95 USD
ISBN 0-7637-3065-3

The principal objectives of this text are to provide a concise compilation of complementary medicine therapies and to aid practitioners identify others with whom collaborative patient care would be beneficial. The text provides an evidence-based approach to examining various fields under the complementary medicine realm.

The book contains 70 chapters, divided into 10 sections: Expanding the Continuum of Care; Clinical Nutrition; Exercise and Fitness; Mind-Body Medicine; Self Care; Therapeutic Massage; Acupuncture; Chiropractic; Herbal Therapy; and Models of Integrative Medicine. Each section discusses underlying theories and provides information on clinical strategies and research. Several sections have chapters listing resources for particular modes of therapy, which unfortunately lack a Canadian context.

The text is well indexed and information is easily located. Numerous tables, which act as an adjunct to key text points, are found throughout the book. Although there are few illustrations, the chapters are concise and organized in a way which provides a logical flow to the text. The chapters are well referenced and an attempt to provide the most current and relevant research is apparent.

Although various sections may not be of interest to some chiropractors, the text does an excellent job in providing preliminary information regarding various fields of complementary care. The chiropractic section contains nine chapters, whose topics range from overcoming barriers to the integration of chiropractic to research on spinal physiology.

This text is an excellent resource for any clinician wanting to practice in an interdisciplinary setting or interested in providing collaborative patient care when appropriate. In today's climate of health care, there are limited models of integrated health care. This text is useful, especially for allopathic physicians, to familiarize oneself with the evidence-based approach of complementary medicine.

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Gray's Anatomy for Student's
Drake, R.L., Vogl, W., Mitchell, A.W.M.
Elsevier Churchill Livingstone, Toronto, Ontario,
Canada,
2005, Softcover, Illustrated, 1058pp
Regular Price \$96.95 (Canadian)
www.studentconsult.com
ISBN: 0-443-06612-4

Since the first publication of *Gray's Anatomy* in 1858, its practical approach and outstanding artwork have helped it to become the best-selling anatomy book of all time. *Gray's Anatomy for Students* is a new addition to the *Gray's Anatomy* family that was specifically designed to meet the needs of today's aspiring anatomy students. Drs. Drake, Vogl and Mitchell have decided upon a regional approach to anatomy that is specifically designed to possess multiple entry points so that students can quickly and efficiently access the information. *Gray's Anatomy for Students* is a clinically oriented, student-friendly textbook of human anatomy. It has been prepared primarily for students in a variety of professional programs, i.e. chiropractic, dental, medical, and physical therapy.

The sequence of chapters that the authors have chosen to follow are the Back, Thorax, Abdomen, Pelvis and Perineum, Lower Limb, Upper Limb, and Head and Neck. The author's begin with the Back region for two reasons. First, the back is usually the initial area dissected by students and second, students can be introduced, in a somewhat less complicated area, to all of the basic components of the body, i.e. bones, joints, muscles, vasculature, and the nervous system. They also chose to finish the textbook with a chapter on the Head and Neck because of detailed anatomy of this region.

This textbook is well organized and easy to read, thus making it ideal for the student and worthy of the infamous name *Gray's Anatomy for Students*. Overall this book is an outstanding resource, is an excellent value for the money and I highly recommend this textbook not only for students but also for practitioners, clinicians and researchers.

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Peripheral Nerve Injuries in the Athlete
Feinberg, J.H. & Spielholz, N.I.
Human Kinetics Publishers, Champaign, IL, U.S.A.,
2003
Hardcover, 265pp, Regular Price \$79.00 (Canadian)
ISBN: 0736044906

This book is intended for practicing health professionals who are responsible for the care and management of athletes of all ages. The authors created this informative textbook with the rationale that it would help to serve as a guide for the early recognition, diagnosis and management of peripheral nerve injuries. Most of us in the chiropractic profession will encounter individuals suffering from peripheral nerve injuries and it is only through a thorough examination that we can appropriately manage these cases.

This book has been divided into two parts. Part I has six chapters that focus on the anatomy, etiology, and diagnosis of peripheral nerve injuries. Part II focuses on general principles of peripheral nerve injury rehabilitation and specifically, rehabilitation of both upper and lower extremity nerve injuries.

For those health care practitioners who deal with athletes, this textbook provides a good review for identification, prognosis and management options for peripheral nerve injuries. However, the text does not address the abundant literature concerning peripheral nerve entrapments and overlooks their treatment with various beneficial soft tissue therapies. Another limitation to this text is that the dated references that are cited.

While this textbook is the only book that I have seen in the sports neurology literature, the information presented by the authors may be relevant to a first or second year chiropractic student or as a quick review to the practicing chiropractor who has not encountered many patients suffering from peripheral nerve injuries.

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Diagnosis and treatment of pain of vertebral origin,
2nd ed.

Robert Maigne, Nieves WL, ed., 2006

CRC Press, Taylor & Francis Group, Boca Raton FL
ISBN 0-8493-3121-8

Robert Maigne, who eschews chiropractic more so than osteopathic concepts, is considered a pioneer of medical manual therapy. His techniques of assessment and manipulation are rationalized by deductive reasoning applied to intimate knowledge of anatomy. He writes with an unabashed, authoritative attitude: here are my observations and experience; they make good neuroanatomical sense; my methods work.

This book does not pretend to profer scientific proof. The scattered references, listed in a bibliography at the end of the book, span the last century, and are predominantly descriptive articles supporting Maigne's rationales. Readers seeking a compilation of recent relevant clinical trials will be disappointed. This recent edition, for example, refers to the first edition of Haldeman's *Advances in the principles and practice of chiropractic*, and illustrates manoeuvres Maigne still advocates for screening for vertebrobasilar insufficiency.

Conversely, anyone desirous of learning a practical, comprehensive system of manual assessment and treatment (Maigne emphasizes manipulation, but includes massage, mobilization, physical modalities, exercise, supports and injections in the neuromusculoskeletal armamentarium) will be delighted and rewarded. The foundational sciences of anatomy, biomechanics and pain physiology are dealt with summarily in individual sections. Most of this effectively illustrated (with diagrams, photographs and brief case histories) text is devoted to describing the clinical manifestations, assessment and conservative management of symptoms and syndromes from head to knee, including "pseudovisceral pain of spinal origin". Many of Maigne's autoeponymous assessment (e.g., skin rolling, facet rub) and spinal and peripheral joint manipulative (e.g., rule of pain-free and opposite motion) techniques are taught in chiropractic curricula, sometimes without reference to their origin.

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Herbal-drug interactions and adverse effects (an evidence-based quick reference guide)

Richard B. Philp

McGraw-Hill Medical publishing division; 2004

335 pages

ISBN 0-07-142153-X

Herbal-Drug Interactions and Adverse Effects by Dr. R.B. Philp is a concise guide invaluable to the primary care practitioner in today's environment of complex pharmacological, dietary, and herbal supplemental interventions with information derived from evidence-based research on various herbal supplements, outlining known, unknown or suspected metabolic pathways from a thorough and current search of peer-reviewed, published scientific literature. Particular attention is paid to the concurrent use of prescribed or OTC pharmacological agents wherein certain known metabolic functions may be altered or inhibited, and wherein the biochemical actions of the supplement or pharmaceutical may be enhanced or altered in some manner. The guide concentrates on agents that are most commonly used and of significant known toxicity. In most typical applications, herbal remedies are taken for some therapeutic effect or benefit.

Dr. Philp emphasizes that as chemicals capable of inducing change within the body, these herbal decoctions and concentrates; although "natural", does not delegate that the agent's action will follow altogether different or innovative metabolic pathways to produce its effect. If a herbal derivation has a therapeutic effect, it is therefore acting as a drug by all intents and purposes, and will therefore operate within certain biological metabolic parameters. The text is clear and efficient in its alphabetically arranged guide to various herbal compounds, their typical utilizations and applications, and in describing any scientific validity to their claims through evidence-based research. Practitioners will find also particularly useful an extensive list of Appendices covering herbs, spices, OTC and pharmaceutical agents that have documented, potential, and theoretical interactions regarding subjects ranging from anticoagulant actions, hepatotoxicity, dermatological reactions, cardiac function altering actions, and blood glucose, lipid, anti-inflammatory, nephrotoxic and carcinogenic effects. This guide is precisely what is needed in terms of a reasonable and educated foundation to assist the practitioner and informed consumer decision-making process.

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