

The Back Pain Revolution

Gordon Waddell

Churchill Livingstone,

24–28 Oval Road, London LW1 7DX, 1998

Hard cover, 438 pages \$95.74 (CDN)

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The Back Pain Revolution makes clear that back pain is more than a physical experience. An easily recognized name in spinal research, Gordon Waddell has put forward a clinician focused text which not only provides a historic perspective on our modern day understanding of the phenomenon, but also provides insight into the psychological and social factors associated with non-specific low back pain.

Within 23 chapters, the text covers various issues related to low back pain. Among these are chapters on epidemiology, risk factors, physical impairment, illness behaviour, chronic low back pain, clinical guidelines and finally future health care for back pain. Waddell's narrative style keeps the reader engaged in the material he imparts, while providing an extensive up to date literature review for most topics. Each chapter builds progressively on the next, assembling the foundation for Waddell's biopsychosocial model of low back pain and disability. This model explores the psychological and behavioural factors related to the clinical expression of back pain, allowing the clinician to better understand and identify possible barriers to recovery.

As the text explores the use of manual therapy in the treatment of low back pain, Waddell provides an unbiased account of chiropractic's role throughout history, from its origin with D.D. Palmer to its modern day role in the healthcare system. His book is respectful of complementary and alternative healthcare and he suggests the integration of their expertise into both the medical and biomechanical research related to soft tissue injury.

Other highlights of the text include a diagnostic triage for low back pain, which provides a practical approach in differentiating between simple backache, nerve root pain and spinal pathology. As an added resource, Waddell has included summaries on clinical guidelines for acute low back pain. For example, he has included the most recent New Zealand Acute Low Back Pain guidelines (ACC, 1997). These guidelines introduce the use of psychosocial yellow flags as early indicators of chronicity. Also included are appendices summarizing the US Clinical prac-

tice guidelines for acute low back pain (AHCPR, 1994) and the UK Management Guidelines for back pain (CSAG, 1994).

Unfortunately, Waddell included only two other contributors to his text: a psychologist and an orthopaedic surgeon. Although the chosen format did add to the uniformity of the text, perhaps the addition of other related health care practitioners would have enhanced the applicability of the text to a wider audience.

Overall this book is an excellent, up to date resource for any healthcare professional dealing with the assessment and management of low back pain. The layout is clear and practical. The use of various photos, tables and flow charts adds to the utility of the text in a clinical setting. If Waddell's new text on low back pain doesn't *revolutionize* your thoughts on the management of low back pain, perhaps it will enlighten your clinical approach to it.

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The Clinical Application of Outcomes Assessment

Steven B. Yeomans DC, FACO

Prentice Hall Canada, Inc., Toronto, 2000

Hard cover, 696 pages \$122.00 (CND)

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This comprehensive book detailing the application of outcome assessment in clinical practice is an essential chiropractic text which is long overdue. Steven G. Yeomans has put together a thorough text which attempts to provide the health care practitioner with various outcome-gathering tools to be applied in the clinical management of musculoskeletal conditions. The objective of the text is to provide a single resource for the clinician, from which the necessary tools for data collection can be drawn. Once collected, this data can be pooled and implemented in clinical decision making.

The text consists of twenty-four chapters divided into five sections. Each section is designed to present the clinician with practical methods for implementing outcome measures into practice. The text begins with an introduction and overview which support the growing importance

of collecting outcome measures in practice. Terminology is defined and selected instruments are classified. The second section details subjective outcome assessment tools. These outcome tools are classified into the following domains: general health; pain perception; disease or condition-specific psychometry; patient satisfaction; and disability prediction. The third section describes the clinician driven tests, which are objective outcome assessment tools. This section is valuable for the clinician in the rehabilitative setting, with chapters focussing on range of motion, strength and endurance testing of the trunk, spinal orthopaedic and neurological evaluation, functional and work capacity assessment, and cardiovascular fitness testing.

The highlight of the text is section four. This section applies these tests to clinical practice, bringing together methods of implementing the described outcome tools in a practical manner using case examples and management timelines. The closing chapter describes how outcome data can be used to enhance patient satisfaction.

In the development of this text, the author has gathered prominent scholars in chiropractic, academia and medicine who put forward their unique viewpoints on outcome assessment. The use of such contributors lends a hand in creating a comprehensive text with enhanced credibility. The layout and style of each chapter remains consistent

amongst contributing authors, starting with an overview for quick review, bolding of the key statements, boxed-off clinical tips and alerts, and ending by summarizing pertinent information.

Each chapter provides a review of the recent literature which lays the foundation for the presented methods. As well, there are case studies detailed throughout which support the clinical relevance of the information provided. Many of the questionnaires and assessment tools discussed are also presented in the appendix, to be easily accessed and photocopied for implementation into practice. Diagrams, tables and figures are clear and descriptive. One minor suggestion which might have added clarity to the text would have been to include a patient management algorithm summarizing the decision making process in the chapter outlining case management.

Beyond the clinician, this text is an invaluable resource for the clinical researcher, educator and, of course, chiropractic student learning to develop a "best practice" approach to patient management. Overall I feel that the book is an excellent contribution to our profession, equipping the chiropractor with the appropriate tools to substantiate patient care in an era of accountability.

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