

Mosby's Color Atlas and Text of Neurology
Perkin GD
Mosby-Wolfe Publishers, 1998
306 pages, Soft-cover, Illustrated \$58.95,
ISBN 0-7234-2497-7.

Author David Perkin has produced a neurology textbook that could be a valuable reference for the chiropractic health practitioner. The text is generously accented with colour photographs of people presenting with neurological pathologies, anatomical specimens, pathological and histological slides, CTs, MRIs and other advanced imaging. The visual presentation clearly illustrates the similarities and differences of closely allied neurological entities, such as the muscular diseases.

The book is appropriately divided into two sections. The first section deals with symptoms often experienced by the patient, such as cephalgia or facial pain, and relates the various etiologies. The second part of the book identifies numerous common pathologies that have significant bearing upon the neurological system. Conditions encountered in the field, from Parkinson's disease to rare conditions such as the metabolic and endocrine myopathies, are discussed with emphasis on the known allopathic management.

On the whole, Perkin leaves the reader with a thorough understanding of the condition discussed after completing each of his chapters. For example, in the seventh chapter on cerebrovascular disease, Perkin discusses the various working definitions of stroke. He then proceeds to describe the epidemiology, risk factors, pathology of cerebral infarcts, pathophysiology, clinical manifestations, subtypes of cerebral infarcts, investigative techniques, prognosis and finally the case management. Appropriately, each subsection presents some of the data in bulleted format, with coloured boxes highlighting relevant data at the end. This format allows the student/clinician to swiftly identify and assimilate the characteristics of specific neurological disorders.

One weakness of this textbook is the absence of appropriate referencing when facts involving diagnostic criteria, prevalences, incidences and proportions are mentioned. Also of note is the thirteenth chapter, where Perkin addresses the issues related to spinal cord disorders. The discourse on cervical spondylosis, radiculopathy, myelopathy, disc disease and protrusions appears "half-hearted" with not enough attention spent upon that area of the body. For cervical radicular syndrome, recommended conservative management includes judicious physiotherapy, analgesics and a stiff collar which is aimed at inhibiting neck movement. Perkin further states that excision of the disc is performed occasionally with posterolateral disc prolapse when it is related to the radicular syndrome. These types of procedures underscores the allopathic influence of management.

Overall this textbook would be a valuable reference for chiropractors since many conditions that we commonly see are covered. Much of the data regarding epidemiology and management issues pertains to the United Kingdom population. How-

ever, some references are made regarding prevalence, incidence and predilection within the American population. Despite the obvious lack of referencing and the weakness of Chapter Thirteen, this book still manages to pack adequate benefit-to-cost ratio. If based on the photographs and figures alone, this textbook is still a beneficial addition to a chiropractor's reference library.

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Stretching for Fitness, Health & Performance
Christopher A. Oswald and Stanley N. Basco
Sterling Publishing Co., Inc., 1998,
New York, NY,
192 pages \$14.95 (\$21.95 Can).

This text is a comprehensive compendium of stretching techniques written for a lay audience interested in helping themselves gain a measure of control over the physical activity and ability levels. Starting with several short introductory chapters covering such topics as the fundamentals of stretching, rules of stretching and the effect of calcium and magnesium on muscle fibers and their ability to stretch, the main part of the text is taken up with several chapters that provide descriptions of specific stretches and the reasons why each one might be used.

Of interest to the sports minded reader will be the extensive section on sports specific stretches. Sports covered include alpine and cross country skiing, basketball, volleyball, baseball, boxing, climbing, curling (hey, this was after all written by two Canadians!), biking, football and rugby, golf, gymnastics, hockey, and a plethora of other sports. Each sports section has a short description of the types of problems that arise in that sport, so that the need for each stretching procedure is understood. This format is repeated in the chapter that covers stretches for specific occupations, and yet again in the chapter discussing rehabilitation and pain syndromes.

The better part of the book is its many photographs. Each one demonstrates a specific stretch, which is then referred to a separate location in the book where that stretch is described. This format makes it easy for the reader to have a single source location for the set of stretches he or she is interested in, and to have also a reference source on the more technical description of each procedure.

This is not an essential purchase for the chiropractic physician, since it is directed more at the public. But for anyone who adds such procedures to his or her therapeutic armamentarium, this would be a fine source for patient instructions.

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