

*The Four-Minute Neurologic Exam*

Stephen Goldberg

MedMaster Inc., P.O. Box 640028, Miami, FL, 33164,  
USA; 2012

49 pages, paperback, \$12.95

*The Four-Minute Neurologic Exam*, written by Stephen Goldberg, aims to address the issue of neurological exams, which are frequently not performed due to time constraints in private practice settings. This thin paperback was written primarily for physicians who are non-neurologists and focuses on a brief neurological screen that can yield the highest amount of diagnostic information in a limited amount of time.

There is a brief review of neuroanatomy with a focus on localization of central and peripheral lesions followed by a review of common neurologic presentations. The remainder of the book discusses pertinent information to be gathered in the history and examination.

The four-minute exam outlined by the author includes mental status, cranial nerve, sensory, motor, reflex, and coordination tests. There is also a brief discussion on evaluation of the unconscious patient. Although the tests included within the suggested exam do not constitute a complete neurological evaluation as some tests are omitted for the sake of brevity, *The Four-Minute Neurologic Exam* is a useful starting point or screen.

This book is well worth the price. The review section, common presentations, as well as the exam were well explained and practically useful. I would recommend this book as a review for family physicians and chiropractors, however, it would be best suited for on-field or sideline sports injury evaluation.

Cameron M. Marshall, BA(Hons.), DC  
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*Clinical Sports Medicine – Revised Third Edition*

Peter Brukner and Karim Khan

McGraw-Hill Book Company Australia, 2009

Hardcover, 1032 pages, \$109.95 CDN

ISBN-13: 978-0-0702-7899-8

This text was written for musculoskeletal practitioners interested in the care of elite, competitive, and recreational athletes. The book covers a wide range of subjects including sports medicine science, injury prevention, nutritional supplementation, and management of special populations. Injuries and conditions are presented in a symptom specific manner (i.e. thoracic and chest pain, buttock pain, anterior knee pain). There is an emphasis placed on assessment, diagnosis, differential diagnosis, and treatment options.

The end of each chapter provides recommendations for further reading and a full reference list. In addition, selected web-based references have also been included which provide the reader an opportunity to access current information. The greatest feature of this text is the color illustrations that compliment the clear and succinct writing style. Numerous charts and tables are also used to present important information.

This book would serve as an excellent resource to chiropractic practitioners with an interest in rehabilitation and sports injury management.

John A. Papa, DC, FCCP(C)

*Clinical Orthopaedic Rehabilitation: An Evidence-Based Approach – Third Edition*

S.B. Brozman and R.C. Manske

Elsevier Mosby, 2011

Hardcover, 608 pages, \$84.95 CDN

ISBN-13: 978-0-3230-5590-1

The authors of this book have succeeded in providing rehabilitation professionals with a comprehensive resource for managing numerous orthopaedic conditions. The text is divided into chapters that discuss regional problems in depth, including injury assessment, differential diagnoses, and rehabilitation protocols. The chapter on spinal disorders is particularly well done, and covers topics such as whiplash management, core stabilization, McKenzie approach to LBP, and rehabilitation following lumbar disc surgery.

At the conclusion of each chapter, non-operative and post-operative treatment protocols are provided in an easy to follow chart format to help guide the practitioner through the rehabilitation process. The breadth of the information presented in this text can be attributed to the extensive reference list with citations as recent as 2010 presented at the end of each chapter. The book is also accompanied by a bonus expert consult feature that provides online access to the book contents and a video library demonstrating exercises and treatment techniques.

Overall, this text is an extraordinary presentation of material primarily geared toward chiropractors with an interest in exercise and rehabilitation, and would have the greatest utility for those directly involved with patient care.

John A. Papa, DC, FCCP(C)

*Athletic and Sport Issues in Musculoskeletal Rehabilitation (Musculoskeletal Rehabilitation Series)*

D.J. Magee, R.C. Manske, J.E. Zachazewski,

W.S. Quillen

Elsevier Saunders, 2011

Hardcover, 824 pages, \$79.95 CDN

ISBN-13: 978-1-4160-2264-0

This text was written for health practitioners with an interest in understanding the complexities of physical performance and injury management beyond the traditional concepts of pathology and treatment intervention. The book is divided into four distinct sections covering a range of topics including psychosocial aspects of youth sports, sports drug testing, medical conditions in sport, sports related concussion, and the care of special populations.

The comprehensive review of biomechanics in sports such as cycling, golf, tennis, soccer, and running allows the reader to understand the implications of less than ideal movement patterns and the role they play in the genesis of injury. The book is generally well organized, with text boxes used to emphasize important points. The illustrations in the book generally support the concepts discussed, however, the presentation would have been significantly enhanced with the inclusion of more colour photos. This is glaringly obvious in the chapter on Dermatologic Considerations in Athletes, where the black and white photos are insufficient to exhibit the subtleties of these conditions.

Overall, this thorough and informative book is highly recommended and can serve as a valuable resource.

John A. Papa, DC, FCCP(C)

*Physical Therapy for Children*  
S.K. Campbell, R.J. Palisano, M.N. Orlin  
Elsevier Saunders, 2011  
Hardcover, 1104 pages, \$84.95 CDN  
ISBN-13: 978-1-4160-6626-2

The goal of this text is to provide a comprehensive reference primarily written for physiotherapists working in a setting catering to the special needs of children. A detailed review of the five sections in this book revealed that there are large portions of this text devoted to clinical presentations that are likely foreign to chiropractic practice. This is largely due to the fact that many of these conditions fall outside of the chiropractic scope of practice. This would include topics dealing with developmental rehabilitation, burn management, rare genetic diagnoses, and mechanical ventilation.

The “Management of Musculoskeletal Impairment” section of this text will be much more familiar to chiropractic practitioners. This section discusses conditions such as juvenile idiopathic arthritis, congenital and idiopathic scoliosis, Scheuermann’s disease, spondylolisthesis, congenital muscular torticollis, slipped capital femoral epiphysis, and sports injuries in children. Although not all presentations are amendable to chiropractic intervention, chiropractors should have a general understanding of these conditions so that appropriate referral can be made where appropriate.

Overall, this text likely has limited utility for everyday chiropractic practice. Pertinent information regarding pediatric presentations can likely be obtained in other references more geared toward musculoskeletal care.

John A. Papa, DC, FCCP(C)

*Fascia: The Tensional Network of the Human Body*  
Robert Schleip, Thomas W. Findley, Leon Chaitow,  
Peter Huijing  
ISBN-10 0702034258  
Churchill Livingstone; Elsevier 1<sup>st</sup> edition  
566 pgs.  
CAD\$ 65.95

*Fascia: The Tensional Network of the Human Body* is a collection of the most current and comprehensive information on the topics of fascia. Its editors, leading experts in fascia research, have organized the most qualified contributors from their respective fields. This collective effort represents an international best evidence update on our knowledge of fascia, creating a benchmark for the growing movement of fascia enthusiasts.

With an easy to read style and informative graphics, *Fascia* makes learning about fascia straightforward for any reader. The seven chapters flow smoothly, starting with sections on basic sciences, then clinical applications, ending with future research directions. Although black and white, it has a 12 page colour plate and access to quality content online with the text. The glossary, an essential piece when bringing a body of research together, left this reviewer dissatisfied; it had not expanded from earlier published lists of terminology (LeMoon K. Terminology used in Fascia Research. *Journal of Bodywork and Movement Therapies* 2008; 12: 204–212).

Advances in the fascia research community are exciting which is in the spirit of this well executed textbook. Chiropractors will find content on assessment and palpation that can be applied in practice along with interesting sections on management from a range of practitioners. *Fascia* is useful and worthy for any student or clinician of the human form.

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