

# Book Reviews

## The Back Pain Revolution

**Author:** Gordon Waddell  
**ISBN:** 0 443 07227 2  
**Publisher:** Churchill Livingstone  
**Published:** 2004  
**Pages:** 474  
**Format:** Hardback  
**Edition:** 2<sup>nd</sup>  
**RRP:** AUD\$260.00



For those who missed hearing Gordon Waddell, the keynote speaker at the 6<sup>th</sup> Biennial COCA Conference, or who heard him and wanted to explore his material further, here is an option; buy his text book!

Briefly, Gordon Waddell practices as an Orthopaedic Surgeon in Glasgow. He has been, and continues to be one of the influential thinkers / researchers / consultants in the area of back pain, in particular "illness behaviour and biopsychosocial approach to medicine".

He contends through the opening chapters of his text that human beings have always had back pain throughout recorded history and its frequency and severity has not changed. Despite being the owners of more spine related knowledge than ever before, we have turned a benign bodily symptom into one of the most common causes of chronic disability in Western society today.

His text challenges unsubstantiated beliefs regarding spinal pain (e.g., leg length inequality, obesity) and the best way to

treat and manage back pain and presents an interdisciplinary debate on the subject. Professor Waddell believes we can reverse this trend. To this end he outlines and reviews current clinical guidelines across the world.

He is perhaps best known for "The bio-psycho-social treatment model". Waddell believes it can be simply explained as a genuine, caring approach. If we care for our patients as individuals, then we care about their work and family situation, we care about their fears and worries, and we care enough to bring to bear all our diagnostic, treatment, interpersonal skills etc. to help them to help themselves.

### New to this Edition

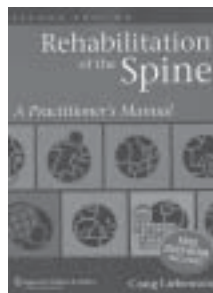
- A new chapter on Occupational Health Guidelines keeps the reader up-to-date.
- New information allows the book to expand on the insights of the previous edition, which was considered a classic text.
- More social and work-related research and material provides information on these important issues.
- Updated guidelines and references.
- The new illustrations, graphs, tables, and education handouts present Waddell's theory in a way that aids in the reader's understanding.

The book contains 22 chapters (474 pages) and it serves as an excellent resource for contemporary musculoskeletal-based practice.

**Stanley Innes** B App Sc (Chiro) M Psych.

## Rehabilitation of the Spine: A Practitioner's Manual

**Author:** Craig Liebenson  
**ISBN:** 0-7817-2997-1  
**Publisher:** Lippincott Williams & Wilkins  
**Published:** 2007  
**Pages:** 972  
**Format:** Hardback  
**Edition:** 2<sup>nd</sup>  
**RRP:** AUD\$165.00



The first edition of this book was released ten years ago, and has been rarely off my desk in this time. It is certainly well worn and referred to often. Hence it was with great anticipation that I awaited the arrival of the new second edition. When it arrived I was certainly not disappointed, with Editor Craig Liebenson having significantly expanded the book to over twice the size of the original edition. The contributors to the book have been extended considerably and now include over fifty of the field's most notable authorities from chiropractic, medicine and physiotherapy

with a true international flavour including many of the Czech school of manual medicine such as the late Vladimir Janda and Karel Lewit whom Craig Liebenson has worked closely with for some twenty years.

As noted in the Preface by Dr Liebenson the rehabilitation approach for patients with activity-limiting pain of spinal origin has now become the standard of care. The paradigm shift reflects the current evidence for managing these patients via the use of reassurance, education and reactivation with a focus on self-management. Accordingly each chapter has been re-written with added chapters from leaders in the field such as Stuart McGill, Nikolai Bogduk, Steven Linton and Alan Breen providing a state-of-the-art insight into managing patients with spinal pain.

The book is now divided into seven parts;

- a.) Overview
- b.) Basic Science
- c.) Assessment
- d.) Acute Care Management (1<sup>st</sup> 4 weeks)
- e.) Recovery Care Management (after 4 weeks)
- f.) Practical Application by Region

### g.) Implementing the Functional Paradigm

Each chapter includes learning objectives at the start and an audit and the conclusion of each chapter which is a check list of the learning objectives. I found this to be particularly useful in targeting the key elements of each chapter.

The earlier parts of the book cover an up to date overview of the current paradigm for management of spinal disorders, providing a context for the later clinical aspects of the book. The first six chapters alone provide more than enough reason to purchase the book, as it would save you significant time and effort scouring many sources to gather the information that is available at your finger-tips.

The part on assessment is also extremely useful to draw together information that focuses on triaging patients with spinal pain, using outcome measures and assessing the psychosocial risk factors/yellow flags. Following this are chapters outlining evaluation of muscular imbalance, quantifying physical performance and employment and screening and functional capacity evaluations. Some aspects of the chapter on employment screening and fitness for duty are more specific to the United States, but the general issues are certainly universal and relevant to other regions.

The following Parts IV and V address management and divide management into the first 4 weeks and then after 4 weeks which is termed Recovery Care Management. These chapters incorporate a variety of approaches to patient management and offer chapters providing the McKenzie approach, Czech approach, and also chapters by chiropractic and physiotherapy authors also. The chapters on stabilisation training were particularly useful covering aspects from yoga-based training to segmental stabilisation by Australian authors Paul Hodges and Gwen Jull. There are also chapters on functional stability training and weight training for back stability. Thus there is a wide-ranging perspective on treatment including a significant focus on active management, and of note, a chapter by Steven Linton on cognitive behavioural therapy for spinal pain, which is

continuing to prove of vital importance managing these patients.

The pivotal section of the book lies within Part VI which is the section on *Practical Application by Region*. This section incorporates visual atlases of screening procedures, tests and exercises which also addresses treatment options on finding a positive test and links the related material presented throughout the book into a highly practical approach, which no doubt has been developed by the Editor in teaching rehabilitation programs for several years.

The book is accompanied by a DVD which is invaluable and reflects the progression of "text books" to a whole new dimension not previously available to practitioners and students. The ability to demonstrate examination procedures and treatments approaches makes the book dynamic and enhances the learning process considerably. This is a growing trend in clinically related books and is a very exciting development that I am sure will become the standard in texts in the future.

Other very useful elements of the book are located in Chapter 32 which provides the essential principles underpinning the regional chapters and the use of the *Patient Profile* and *Clinical Challenges* which provide a goal orientated approach highlighting practical applications of the principles covered in the chapter.

The second edition of this book has been developed over a decade of considerable progress in the understanding of managing patients with spinal pain. The book reflects the advances made in a very readable and clinically relevant manner which is supported by excellent diagrams and the very useful DVD accompanying the book. For any practitioner of whatever persuasion involved in managing these patients, this book should never be far from your side, as it is a invaluable resource and represents an evolution from the first edition that truly represents contemporary practice for managing patients with spinal pain.

**Peter Werth** B App Sc (Chiropractic)

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