

## BOOK REVIEWS

*Interventional Radiology of the Spine*, J. Kevin McGraw, ed., pp. 250, 2003. Price: US\$125.00. ISBN: 1-58829-198-7. The Humana Press, Totaway NJ.

This book presents a broad spectrum of interventional procedures and techniques used in diagnosis and treatment of diseases of the spine.

The initial chapters describe spinal anatomy, imaging and clinical evaluation, followed by presentation of the interventional spinal procedures. The chapter on spinal anatomy gives the reader a useful anatomical background and includes some highly illustrative figures comparing, for instance, computed tomography (CT), magnetic resonance imaging (MRI) and spinal models with each other. This gives the reader an understanding of various anatomical aspects of the spine, which is useful when the treatment modalities are presented later in the book. The authors also describe the strengths and weaknesses of CT and MRI techniques. These chapters include a variety of good, high-quality illustrations of the most common diseases. In the section dealing with interventional spinal procedures all techniques used in clinical practice are presented.

The second part of the book opens with an interesting historical review and overview of spinal procedures. Modern procedures, such as percutaneous vertebroplasty and transcatheter therapy for tumours of the spine are examples of fields in which the radiologists contribute not only diagnosis, but treatment as well. Other fields of common interest are treatment of lower back pain. Chapters such as facet joint injections, treatment of discogenic pain and selective nerve root blocks, that also emphasize technical aspects, are of value not only to persons working in this field but also to all medical staff dealing with lower back pain.

The book *Interventional Radiology of the Spine* presents a broad spectrum of treatment modalities and contributes through high-quality illustrations and technical descriptions to increased knowledge and an understanding of the diagnostic possibilities and treatment options that modern interventional radiology can offer. It has been a pleasure to review this book and I highly recommend it to persons interested in the field of spinal disorders.

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*Essentials of Physical Medicine and Rehabilitation, Review and Self-assessment*, Julie K. Silver & Walter R. Frontera, pp. 346, 2003. Price £28.99. ISBN: 1-56053-563-6. Hanley & Belfus, Philadelphia.

This book has 145 chapters, each comprising 5–10 multiple-choice questions. Five possible answers to each question are suggested, of which only 1 is correct. The questions section is followed by the correct answers and an explanation of why each particular answer is correct. In addition, tables and figures are provided to clarify specific points.

The book is an adjunct to the main textbook *Essentials of Physical Medicine and Rehabilitation*, which was reviewed in the *Journal of Rehabilitation Medicine* 2003; 35: 151. It is divided into 2 sections;

the first contains 91 chapters mainly covering acute musculoskeletal disorders and the second comprises 54 chapters on various aspects of chronic medical conditions requiring rehabilitation.

The whole text is approached from the viewpoint of a rehabilitation specialist in an ambulatory setting.

Because the focus of this book is on self-assessment, it is intended mainly for medical students and physical medicine and rehabilitation trainees who wish to test their knowledge of the subject. It is also recommended reading for trainees who are preparing for the European Board of Physical Medicine and Rehabilitation examination.

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*Manual Therapy Masterclasses: The Vertebral Column*, Karen S. Beeton, ed., pp. 239, 2003. Price £24.99. ISBN: 0-443-07403-8. Churchill Livingstone, New York.

This book is one of two that feature a compilation of so-called “Masterclasses” on the subject of the vertebral column. These have been published previously in the international peer-reviewed journal *Manual Therapy*. The foreword states that the 15 Masterclasses reflect the biopsychosocial model of spinal pain, which is said to be the basis for current treatment approaches for spinal pain problems. The chapters deal with spine problems ranging from the management of cervical headache to the role of physiotherapy in the prevention and treatment of bone fragility.

Although most of the original papers were published in the last 2–3 years some of them are older. However, since all papers have a postscript in which the authors have been given the opportunity to update their original work, the impression is that the book is quite up-to-date. For those not practising manipulative treatment of the spine, several chapters introduce this subject and these would probably also give even the experts in this field new ideas. However, most of the techniques described and practised seem to lack solid evidence for both causative factors and treatment effects. The latter can, however, not be said about 2 of the Masterclasses: “Prevention and treatment of osteoporosis” and “Fear of movement/(re)injury in chronic low back pain patients”. Both these chapters are excellent and, in my opinion, fulfil all criteria for updated recent evidence-based knowledge in these special and important fields, not only for the physiotherapist but for all others involved in the field of spinal pain and spinal problems in a wider sense.

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