

*Management of Neck Pain Disorders. A Research-informed Approach*, 1<sup>st</sup> edition, Gwendolen Jull, Deborah Falla, Julia Treleaven and Shaun O'Leary, pp. 270, 2019. ISBN: 978-0-7020-7477-6. Elsevier, Amsterdam, The Netherlands.

In 2008 the authors, who are all physiotherapists by training and well-known researchers in the field, published the book "Whiplash, Headache and Neck Pain. Research-based Directions for Physical Therapies". The present volume is based on this text, but has been completely rewritten.

The book consists of 19 chapters divided into 4 sections: introduction, clinical sciences, clinical assessment, and clinical management. The clinical sciences section describes the pathophysiological background of: (i) joint movement, (ii) neuromuscular dysfunction, (iii) sensorimotor control disturbances, and (iv) nerve tissue in neck pain disorders, while the clinical management section deals mainly with physical management in these 4 areas. In the section on clinical assessment, patient history and physical examination is covered thoroughly.

All sections and chapters are very well structured, and the information is easy to find under each heading. There are plenty of up-to-date references in each

chapter, and the illustrations and photographs are very helpful to understand the content.

The title of the book is "Management of Neck Pain Disorders". The emphasis of the text is on management from a physical therapist's viewpoint, with less focus on medical, psychological and social perspectives. Evidence-based exercises for the neck in neuromuscular dysfunction and sensorimotor control disturbances are very well described.

It would have been valuable also to have the authors' views on other physiotherapeutic interventions, such as body awareness and relaxation training for the rest of the body, as well as general muscular strengthening activity and aerobic training to decrease pain and increase physical functioning, which, together with psychological and social measures, are usually included in multimodal interdisciplinary rehabilitation programmes for patients with neck pain disorders.

This book is highly recommended to all physiotherapists treating patients with neck pain disorders. Various parts of the book would also be valuable for other members of the interdisciplinary multimodal team.

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