Musculoskeletal Interventions: Techniques for Therapeutic Exercise

*Michael Voight, Barbara Hoogenboom,
William Prentice*

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This detailed and comprehensive book attempts to recreate an entire physiotherapy musculoskeletal education program, and succeeds to a great extent. It is a compilation of works from 37 different practitioners, the vast majority of whom are physiotherapists from across the United States. Despite the details and the small font, it is well worth the effort. As a textbook for an academic program, it is well suited to focus the reader on the process of managing musculoskeletal conditions. For working therapists, the book reinforces many of the daily considerations of an orthopaedic practice and forces the reader to evaluate assessment and treatment protocols with respect to the well-referenced opinions of the various authors.

The book is divided into five sections. The first section (with five chapters) starts with the basic foundations of rehabilitation. Presented as an upgrade from an earlier version of the book, titled *The Guide to Physical Therapists' Practice*, it integrates a modern concept of rehabilitation as a model for treating an impairment as opposed to simply treating the underlying medical condition. This first section discusses the benefits of setting the rehabilitation goal of returning the injured person to activity; continues with rationales for clinical decision making and a general chapter of physiology and neuromusculoskeletal scan assessment; and concludes with a chapter on flowchart and methodological decision making. This section of the book will serve as a refresher to many practitioners and is written as a university textbook, but with a current concept focus. Many senior therapists will find some of these concepts novel but a definite asset to their clinical practice.

The second section focuses on the impairments that may need to be dealt with in the physiotherapy rehabilitation process, identifying related factors that influence recovery such as pain, age, and aerobic capacity. The chapters in this section deal with specific physiological impairments and identify methods and ideas to deal with these impairments. This section serves as a review of general impairments; however, the application to a

current care model will benefit many practitioners. The relationship impact of these impairment conditions on the rehabilitation process will be beneficial for all practitioners to consider.

The third section focuses on the therapeutic exercise tools available to the physiotherapist, as well as other interventions common to practice, including isokinetic exercise, plyometric exercise, PNF stretching, joint play techniques, and functional progressions. This section will be of most interest to the working clinician as the bread and butter of orthopaedic musculoskeletal clinical practice.

The fourth section revisits many of the techniques and practices discussed in the previous section and relates them to the various regions of the body by major joint. There is a general anatomical and biomechanical review, with an emphasis on rehabilitation techniques. This is not a traditional anatomical regional assessment section, as found in most orthopaedic assessment textbooks; the chapters in this section also deal specifically with injury mechanisms, pathology, and progressions for rehabilitation programs—a valuable resource for the clinician looking for assistance in therapeutic exercise design.

The fifth section focuses on specific populations and their needs; it addresses only the geriatric, paediatric, amputee, and active female populations.

Musculoskeletal Interventions is well illustrated, with ample photographs and diagrams. All illustrations are printed in black and white, however, which detracts from the overall presentation. In addition, the photographs of techniques, many showing a therapist demonstrating the technique, are unfortunately inferior to the quality of the text; many of the images have been enlarged and lack clarity.

The index is well prepared, clear, and easy to use, which is important for a reference text. It nicely references conditions as well as significant words found in the text.

Musculoskeletal Interventions is a well-researched and comprehensive text that fulfils expectations as a good academic textbook. I would recommend this book for its overall comprehensive coverage of musculoskeletal rehabilitation.

Mike Sutton
BSc, BMRPT
Part B Physiotherapist
Sport Physiotherapy—Level 3
Owner, The Physioclinic