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Book Review

The Upper Quadrant. A workbook of manual therapy techniques and The Lower Quadrant. A workbook of manual therapy techniques.

Scott Whitmore, Kate Gladney, and Angus Driver, 2004.

Students of manual therapy know how helpful illustrated technique manuals are. With this two volume workbook set, the authors have provided us with a much needed and updated aide to those working their way through the Orthopaedic Division levels or wishing to review fundamental manual therapy techniques.

Each workbook is comprised of about 350 pages and includes descriptive photographs of manual therapy assessment and treatment of the upper and lower quadrants. Range of motion, stability, passive physiological (PIVM), and passive accessory (PAVM) tests are included in the assessment sections. Grade I to IV mobilizations, selected Grade V manipulations, and muscle energy techniques are shown in the treatment sections for each body region. The high velocity thrusts are grouped in a chapter at the end of each book and include many peripheral joint manipulations as well as some basic thoracic and lumbar thrusts. Various locking techniques are shown as well.

This is not a stand alone text on assessment but a complement to theory texts and an assumption is made by the authors that one is familiar with general manual therapy assessment and treatment concepts. The books make an excellent companion to the Orthopaedic Division course manuals which are largely devoid of illustrations. There is some variation with the levels sys-

tem syllabus but the basics are definitely covered in these two texts.

The layout of the books is similar to previous "workbook" publications, such as Lee and Walsh's 1996 "Workbook of Manual Therapy Techniques for the Vertebral Column and Pelvic Girdle" and Nolan and Walsh's 1997 "Clinical Assessment and Treatment Techniques for the Lower Extremity". Each technique is presented on a single page with a large black and white photograph and clearly marked fixation points and directional arrows. The descriptions are clear, although, as duly noted by the authors, there are several typos to be found but these do not confuse the authors' meaning.

In summary, I believe that these manuals are an essential study aide to anyone currently in the Orthopaedic Division level system or studying for the intermediate exam. The advanced manual therapy student will find some usefulness in the sections on vertebral column locking and the basic spinal thrusts. For those who simply want to have a good reference on hand, the two volume set is an excellent review of basic to intermediate level manual therapy techniques and a great addition to any clinical library.

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