

## Book Reviews

### THE PRINCIPLES OF EXERCISE THERAPY

*Author:* M. Dena Gardiner, F.C.S.P.

Diploma of Bedford Physical Training College, Teacher of the Chartered Society of Physiotherapy (T.M.M.G. and T.E.T.), formerly Deputy Principal of the London Hospital School of Physiotherapy.

*Publishers:* G. Bell & Sons Ltd.,  
York House, Portugal Street,  
London, W.C.2.

*Third Edition 1962.*

The Proof Copy of this edition has just come to hand. In view of the fact that Miss Gardiner has been in our midst during the year and has inspired many of us with her enthusiasm for P.N.F., this book will be more than usually welcome.

Since publication of the previous edition in 1956 Miss Gardiner has had first hand experience in these techniques in America, and this new edition contains a comprehensive section on P.N.F. and on *Functional Re-education*.

Some out-moded exercise therapy has been omitted; the main theme being the importance of re-educating normal functional movement.

There are six sections to this valuable book including an Appendix containing *Derived Positions and Terminology*. The first section is of particular interest to Students as an introduction to the subject of Exercise Therapy and in their approach to the patient's problem.

The following five sections deal thoroughly and concisely with movement and exercise in all form.

Attractive and clear diagrams and "stick-men" illustrating exercises are to be found on most pages. Physiotherapists and students alike will find much of interest and value in this book, and it will surely be referred to time and again.

Miss Gardiner must be congratulated on revising her book especially during her strenuous months in South Africa

### MUSCLES ALIVE—THEIR FUNCTIONS REVEALED BY ELECTROMYOGRAPHY

By J. V. Basamajian, M.D., Professor and Head of the Department of Anatomy, Queen's University, Kingston, Ontario, Canada.

*Publisher:* Bailliere, Tindall & Cox,  
7/8 Henrietta Street, London W.C.2.

278 pages, 126 figures. Price 68s.

This little book serves to fulfil a much needed place in the curriculum of all persons dealing with the movements of the body.

As this review is intended primarily for Physiotherapists (both student and graduate), I recommend to them that certain chapters especially those dealing with posture, respiratory and abdominal muscle function should be read with great care.

Those chapters towards the end of the book, although of general interest, have very little value for the practice of every day physiotherapy techniques.

The style in which this book is written, in contrast to most medical books, leads to easy reading and comprehension and the book itself I recommend to be read by all who are interested in the action of living muscle.

### ANATOMY & PHYSIOLOGY FOR STUDENTS OF PHYSIOTHERAPY, OCCUPATIONAL THERAPY & GYMNASTICS. (4th Edition, 1962).

*Authors:* C. F. V. Smout, M.D., M.R.C.S., L.R.C.P.  
R. J. S. McDowall, M.D., D.Sc., M.R.C.P.,  
F.R.C.S.(E.)

*Publisher:* Edward Arnold (Publishers) Ltd., London.

Price in the U.K.: 60/-

As a physiotherapist, this reviewer approached the new edition of this book with some misgiving because it seemed impossible to cover two such major subjects in a book of this size.

This is an improvement on the third edition, and both the Anatomy and Physiology sections have been brought up to date. The section on Physiology has also been enlarged. It is pleasing to note special chapters on fascia as well as muscle, the lymphatic system, anatomical regions and living anatomy. There are also chapters on levers and leverage and on muscles in action; these contain some controversial statements with which your reviewer does not entirely agree.

The anatomy is well illustrated and presented. There are a few details which a physiotherapist would have to look up in a more comprehensive textbook on anatomy.

In the physiology section the author attempts to deal with the effects of exercises, electrotherapy and massage in one chapter. Elsewhere, breathing exercises and the application of local heat and radiations to the body are discussed. The nervous system and control of movement are still inadequately described, and the author believes movement to be initiated in the cerebral cortex.

It is a good book for the price and size, but a student of physiotherapy would need to have access to more comprehensive textbooks to supplement it.