

BOOK REVIEW

TEXT BOOK OF ORTHOPAEDIC MEDICINE, Volume II. TREATMENT BY MANIPULATION, MASSAGE AND INJECTION. Author: James Cyriax, M.D., M.R.C.P.

Publisher: Baillière, Tindall, London, 8th Edition, 1971.
149 Plates. £4.00.

This is the companion volume to "Diagnosis of Soft Tissue Lesions" (fifth edition) by a well-known British specialist in physical medicine, or as the author prefers it, orthopaedic medicine. Vol. II was first published in 1944 as "Deep Massage and Manipulation". The eighth edition has been completely revised and updated.

The book deals with the principles and techniques of treatment of soft tissue lesions by manipulation, traction, deep massage (transverse frictions) and the injection of hydrocortisone. Other aspects of treatment are also discussed. As stated in the preface and graphically illustrated on the dust cover "the aim of this book (is) to foster precision in treatment". It is the author's hope "that doctors and physiotherapist's alike will consult it for the proper performance of their overlapping work".

The list of illustrations in the beginning of the book refers to the series of photographs of techniques which are its main feature. The list has been revised, added to and is presented in a more logical order. The preface has been rewritten. In it the author draws attention to several important points: the techniques of treatment have been devised to follow an accurate diagnosis by "the clinical method of selective tension set out in Vol. I supplemented where necessary by . . . diagnostic local anaesthesia". Doctors who wish to carry out the manipulations, administer the injections or prescribe the techniques of physiotherapy should have read Volume I and be familiar with Dr. Cyriax's diagnostic methods. This cannot be properly learned from a text and still photographs, hence his invitation to visit his clinics at St. Andrews Hospital, London, E.3. Physiotherapists who wish to learn the manipulative and massage techniques should, of course, have practical tuition as well. They should be able to elicit the relevant physical signs to determine progress. This edition includes a summary of these signs—a very valuable addition. In order to achieve the required precision in treatment, especially if doctors referring cases are not conversant with these methods, physiotherapists should also read Vol. I before using apparently simple techniques such as transverse frictions.

It is important to note that "all spinal manipulative methods described here were devised with reference to the intervertebral disc". They should therefore be considered with this in mind. It is not clear whether this statement includes the techniques by Dr. R. Barbor illustrated in plates 14 and 15.

The contents is divided into two parts. The first part deals with the theory of the techniques of treatment, the principles of the author's work and his views on physiotherapy and manipulation. The second part consists of photographs with descriptive texts illustrating Dr. Cyriax's methods of treatment by manipulation, deep massage and injection. A short list of references has been added before the index at the end of this book.

Those familiar with the seventh edition will note the omission of Swedish massage, massage in plastic surgery and the treatment of varicose ulcers. Some of the previous illustrations have been omitted, presumably because the techniques are no longer used. All the photographs (except plate 18) have been retaken and a great many added. These include the illustrations of hydrocortisone injections—a new feature. Mr. R. McKenzie of New Zealand demonstrates his method of correction of lateral deviation of the lumbar spine in plate 83.

The book is written in the author's usual clear style, but there are some printing errors. A few merely irritate (on pages 68, 96, 250, 277 and the mis-spelling of Kaltenborn

in the References). Others should be corrected. On Page 92, paragraph 3 should read "distance between the upper border of the first thoracic and the upper border of the fourth cervical vertebra". On page 156 paragraph 4: "adduction" should read "abduction". On page 278 the caption below Fig. 3 should read ". . . patient lies down". Plates 135 and 137 should be changed around.

One does not expect everyone to agree with all the views of any author. Some may disagree with his evaluation of techniques such as "Bindgewebssmassage" (page 15). Some may disagree with his ideas on active movement and rehabilitation after injury (Part I, Chapters 5 and 7) or his account of other schools of thought in manipulation (Chapter 8). He mentions the use of shortwave diathermy in proportion to its limited value—in this warm country most outpatient departments still have a large machine in constant use in every cubicle. Those in South Africa who teach or prescribe the use of transverse frictions should study Part I, Chapters 2, 3 and 4 and the illustrations. Some Chartered physiotherapists may find his remarks about the Society uncalled for; others may not. Nevertheless, if Dr. Cyriax's work is approached with an open mind, the reader will find a wealth of information on the treatment of soft tissue lesions based on original thought and backed by a lifetime of analytical clinical observation.

The reviewer is certain that Dr. Cyriax's major contribution to medicine and particularly to physiotherapy is the development of his method of examination by selective tension. If this method could adequately be taught and used in this country, the proper assessment of the value of any technique of treatment used for orthopaedic outpatients would be possible. The result would inevitably be an improvement in the standard of treatment in this field, to match the present standards in other fields. Hence the status of physiotherapy would be enhanced by the esteem of the medical profession and the public. For this reason this book should be used at all our training centres and by all who treat patients suffering from the lesions described.

B. Winter.

March, 1972.

HELP YOURSELVES. 2nd Edition. Authors: Peggy E. Jay; Elizabeth Walker; Ann Ellison. Publishers: Butterworths. Butterworths & Co. (S.A.) (Pty.) Ltd., P.O. Box 792, Durban. A handbook for hemiplegics and their families. R1,50.

REHABILITATION INTERNATIONAL 12TH WORLD CONGRESS

The 12th Jubilee Congress of Rehabilitation International will take place from 27th August—1st September, 1972, in the Chevron Hotel, Kings Cross, Sydney, N.S.W. The official language of the Congress is English.

Sessions will include: Orthopaedic Disabilities, Mental Retardation, Mental Illness, Cerebral Palsy, Rheumatism and Arthritis, Prosthetics and Orthotics, Neurological Conditions, Hearing and Speech Defects, Blindness, Cardiovascular Disease, Leprosy, Respiratory Diseases, Multiple Sclerosis, Epilepsy, Haemophilia, Architectural Barriers. Arrangements are being made for visits to rehabilitation centres in and around Sydney during the period of the Congress. Prior to the Congress, professional seminars will be held on Medical Rehabilitation, Social Aspects of Rehabilitation, Special Education and Vocational Rehabilitation.

These seminars are separate from the Congress itself and a separate fee is payable. The Registration fee for the Congress is \$50.00 (U.S.).

An international exhibition of the latest advances made in rehabilitation and technical aids will be held concurrently and awards for exhibits will be presented. The address of the Congress is:

Twelfth World Rehabilitation Congress,
GPO Box 475, Sydney, N.S.W. 2001, Australia.