

Wooden Book Reviews

Rita Shapiro, PT, MA, DPT
Book Review Editor

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Fundamentals of Tests and Measures for the Physical Therapist Assistant, Jones & Bartlett Learning, 2020, \$69.95
ISBN: 9781284147131, 403 pages, Spiral Cover

Author: Fruth, Stacie J., PT, DHSc, OCS; Fawcett, Carol, MED

Description: This book presents an extensive foundation of patient care skills for physical therapist assistants (PTAs). It also provides in-depth coverage of methods for gathering objective data using standard tests and measures by physical therapists (PTs) as well as PTAs. **Purpose:** The book is not only abundant with information that is crucial to fostering the competence of a clinician, it specifically covers the topics of emotional maturity and levels of excellence that PTAs should be aware of. **Audience:** According to the authors, the intended audience is students, but both physical therapists and physical therapist assistants in my clinic have used it as reference on several occasions. It serves as a valued resource beyond its intended audience. **Features:** The book covers not just tests and measures, but also the interworkings of the clinic itself, including the relationships among the PTA, the supervising PT, and the patient. The book does an excellent job of preparing the scene for a proper cultivation of data and trust-building that must be present to maximize the potential of not only the patient's healing experience, but also the efficacy of the PT/PTA team. **Assessment:** This book offers the best of several popular books used in physical therapy education programs. Having the best information in one resource is advantageous.

*Chris Noland, PTA, BS
Restore Therapy Services*

Text and Atlas of Wound Diagnosis and Treatment, 2nd Edition, McGraw-Hill, 2019, \$90
ISBN: 9781260440461, 541 pages, Soft Cover

Editor: Hamm, Rose L., PT, DPT, CWS, FACCWS

Description: This comprehensive book on wounds stands alone! The four major sections include the integumentary system, wound diagnosis, wound bed preparation, and biophysical treatment options. Illustrations accompany the text to provide additional information and enhance understanding. The second edition includes updated interventions and diagnostic methods and is an improvement over the 2015 first edition. **Purpose:** The purpose is to incorporate current, gold standard evidence so medical staff can work as a team and optimize patient care for the best outcomes. **Audience:** The book targets medical professionals who are at any stage of their career, from entry-level to experienced clinicians. Students can benefit greatly from using this as a reference or primary textbook. Contributing authors include an RN, five MDs, two researchers, and six PTs, each of whom contributes knowledge. **Features:** The first section covers anatomy, which serves as a foundation for explaining the healing process and

conducting an evaluation. Wound diagnosis is covered extensively for accurate determination of the underlying cause. Wound treatment includes mechanical debridement, dressings, and in-depth explanations of biophysical agents. Numerous photographs, algorithms, and tables supplement the text. Case studies and chapter questions are tools to stimulate thinking. **Assessment:** This second edition provides updated information for clinicians to optimally and accurately assess and treat wounds. The authors encourage critical thinking and collaboration with other professionals. The inclusion of so many illustrations is appreciated for improved understanding.

*Karin J. Edwards, MSPT
Providence Health & Services*

Joint Structure and Function: A Comprehensive Analysis, 6th Edition, F. A. Davis Company Publishers, 2019, \$139.95
ISBN: 9780803658783, 535 pages, Hard Cover

Editor: Levangie, Pamela K., PT, DPT, DSc, FAPTA; Norkin, Cynthia C., PT, EdD; Lewek, Michael D., PT, PhD

Description: Now in its sixth edition, this classic book has been a staple in physical therapy education for almost 40 years. This edition reflects the changes in the understanding of adult learning and learning preferences and includes enhanced images to support current concepts, chapter outlines with page numbers at the beginning of the chapter for more efficient navigation, and enhanced anatomy overview tables for quick review. It also has new chapter contributors, reflecting a renewed commitment to reaching out to a new generation of research educators, and a new member of the editorial team, Dr. Michael Lewek, associate professor in the physical therapy division at the University of North Carolina. This edition also includes a subscription to an interactive website, *Kinesiology in Action*, along with an ebook version. **Purpose:** The authors remain steadfast in their commitment to providing a strong, contemporary, and evidence-based foundation in the principles needed in the understanding of human movement and structure. For many years this book has served targeted the void in evidence-based kinesiological foundations upon which the understanding of typical and impaired movement should be based. The additions to this update and the integrated *Kinesiology in Action* site respond to the needs of contemporary students, while continuing the tradition of providing a preferred resource for those seeking current concepts in human movement. The changes add tremendous value for both students and instructors and allow for clinician understanding of clinical concepts and applications. **Audience:** The intended audience is those studying the science of human movement, which includes, but is not limited to, those studying physical therapy, kinesiology, biomechanics, and bioengineering. The book and the accompanying website meet the needs of these students. The authors along with the chapter contributors are all well-known and respected in the field of kinesiology, physical therapy, and biomechanics. **Features:** This well-organized book is divided into five sections and 14 chapters covering foundational concepts of human movement, functional anatomy, and

the complexity of human joint design. The book is well written, in depth, clear, and organized. The accompanying site engages students and allows for integration through practical application of the concepts. Although the book is complete, the *Kinesiology in Action* site is a positive addition that helps students understand clinical relevance with foundational concepts, expansion of these concepts through narrated videos, and patient application. This book is complete, covering all the relevant material needed for the study of human movement. **Assessment:** This is a very well-designed and well-written book on the relevant concepts of human movement. It has been, and will continue to be, the go-to book on joint structure, function, functional anatomy, and human movement and its clinical relevance and application. This edition is a necessary update and I highly recommend it for both new and seasoned clinicians. We can all learn more by staying up to date with the current, evidence-based concepts this book presents.

*William Martinez, PT, OCS, FAAOMPT, CSCS
Alves & Martinez Physical Therapy & Athletic Performance*

Netter's Moving AnatoME: An Interactive Guide to Musculoskeletal Anatomy, Elsevier, 2020, \$39.99
ISBN: 9780323567336, 188 pages, Soft Cover

Author: Marango, Stephanie, MD, RYT; McCulloch, Carrie, MD, RYT

Description: This book describes anatomy using yoga and Pilates movements to deliver the information in a functional manner. It also provides an introduction to yoga and Pilates and acts as a primer of movement describing kinesiology and muscle actions. It comes with an ebook and corresponding videos. **Purpose:** The authors' purpose is to use yoga and Pilates to study the body. According to the authors, both yoga and Pilates rely upon knowledge and functional anatomy as a mind and body connection. Incorporating these two practices into anatomy not only creates a better understanding of the human body, but also promotes an awareness of one's own body. The ebook and videos definitely enhance the book. **Audience:** The book appears to be written for clinicians at all skill levels, although having prior experience in yoga and Pilates is definitely helpful. Both authors are physicians and yoga/Pilates instructors who are cofounders of the functional anatomy for movement and injuries workshop. **Features:** Chapters detail the structure and function of each joint and muscle and its movements. They also discuss the range of motion, the muscles responsible for each movement, and the nerve innervation of these muscles. They then describe a Pilates or yoga exercise, with an accompanying video in the ebook. Some of the chapters have a clinical focus showing an example of a particular disorder or a box giving more specific information about a particular joint. A chapter at the end applies the principles discussed to sitting posture as well as dynamic posture for lifting and bending. **Assessment:** This book does a good job of presenting anatomical diagrams with practical applications for disorders and specific functional movement patterns. I don't do yoga or Pilates, which initially made me wary about this book, but the authors do a tremendous job of simplifying these movements. Hence, having access to the videos is a must for non-yoga/Pilates enthusiasts. This book serves as a basic and more functional version of the traditional Netter Anatomy books.

*Christopher D. Blessing, MS, MPT, OCS, CSCS
Penn Medicine - Princeton Health*

Procedures and Patient Care for the Physical Therapist Assistant, Slack Incorporated, 2019, \$89.95
ISBN: 9781630914530, 222 pages, Soft Cover

Author: Memolo, Jennifer, MA, PTA

Description: This book describes patient care concepts and physical therapy procedures for physical therapist assistant (PTA) students and clinicians. It covers legal and ethical concerns as well as documentation and best practice issues. **Purpose:** The purpose is to provide a body of clinical application concepts for building students' initial knowledge base in school and in preparation for the licensure examination, as well as a reference for working clinicians. The author addresses specific patient care methods and procedures and notes current best practices as well as APTA's Code of Ethics. **Audience:** The specific audience is physical therapist assistant students who also may reference the book postgraduation for clinical application. It also could be useful by physical therapists who delegate patient care to physical therapist assistants to be aware of learning resources, such as this one, that detail their competencies. The introduction notes that other healthcare practitioners could certainly use this book to learn about patient care techniques. The author is a physical therapist assistant with inpatient rehabilitation, skilled nursing facility, and acute care clinical experience and is currently an educator in the physical therapist assistant and nursing programs at Clarkson College in Omaha, Nebraska. **Features:** Each of the 13 chapters has learning objectives, key terms, illustrations, and review questions. There are also bullet-point boxes throughout highlighting important guidelines and considerations. The first chapter is a reference to the overall logistics of the role of the PTA in patient care and in tandem with a physical therapist. It addresses various areas of compliance as well as the value of evidence-based practice. Chapter two focuses on body mechanics from the perspective of the clinician's understanding and use of proper movement technique with the goal of being able to instruct and educate patients as well as for their own injury prevention. Chapters 2-12 end with a section on red flags/safety and the related documentation with a few examples of each. Chapters 3-13 cover basic patient care procedures, many of which are universally applicable, although more focus on acute settings and less on higher level ambulatory care. Topics such as taking vital signs, infection control, wound care, equipment, and patient positioning and transferring are covered. The last chapter is dedicated to describing the Americans with Disabilities Act. (Answers to review questions as well as case studies, lab activities and PowerPoint presentations are reported to be included in an accompanying instructor's manual.) **Assessment:** This book is a great reference for specific patient care considerations, written by a PTA for PTAs. It is well organized and presents concepts with practical examples and scenarios. The topics are covered in detail with plenty of easy-to-read bullet-point boxes and charts. The attention to patient safety and promotion of the PT/PTA team is prominent throughout. This book is a blend of adequately referenced best practices and anecdotal experiences, which is valuable to students as a base knowledge reference. There are few editorial issues that could easily be remedied in a second edition: possibly some procedural guidelines and recommendations for higher level ambulatory care and highlights of current evidence-based practice for biomechanics applications to accommodate the body mechanics chapter would round out this already solid book.

*Jason R. Oliver, PTA
McLeod-Trahan-Sheffield Physical Therapy Services*

Physical Rehabilitation, 7th Edition, F. A. Davis Company Publishers, 2019, \$139.95
ISBN: 9780803661622, 1476 pages, Hard Cover

Editor: O'Sullivan, Susan B., PT, EdD; Schmitz, Thomas J., PT, PhD; Fulk, George, PT, PhD

Description: This seventh edition of a book on adult rehabilitation is organized into three sections. The first has chapters on decision-making and the evaluation/assessment of basic systems and the examination of function. The second section addresses many diseases (CVA, ALS, Parkinson's, etc.), disorders (TBI, vestibular, etc.) and health conditions (heart disease, COPD, etc.) as well as assessment and treatment strategies for them. The third section focuses on orthotics, prosthetics, and wheelchair mobility. The sixth edition was published in 2013. **Purpose:** The purpose, as stated by the authors, is to provide a comprehensive approach to rehabilitation management of the adult patient. This book accomplishes this objective in an intense, but clear manner, incorporating the evaluation and treatment of each disorder while providing current resources for further inquiry. **Audience:** The book "is intended to serve as a primary textbook for professional level physical therapy students and as an important resource for practicing therapists as well for other rehabilitation professionals." The audience includes practicing and student rehabilitation professionals (PT, OT, etc.). This has been a staple of curriculum since I was a student in 1997-98, and the authors continue to improve on this masterful textbook for all clinicians. **Features:** Each chapter begins with learning objectives and a chapter outline. The chapter proceeds with multiple color figures, clinical notes, tables, and boxes that all clearly highlight important aspects as well as references for further research into each topic. Some of the figures have sample assessment forms and tables have definitions of pertinent terminology. Chapters end with questions for review and case studies to help apply the concept just reviewed. Each chapter has numerous references and supplemental readings for further learning. Some of the chapters also have appendixes such as sample assessment forms, web-based resources for families and patients, and functional measures for clinical use. I was unable to access the accompanying online material because the website required information regarding current academic status (i.e. what school I was currently attending or teaching at). **Assessment:** This is the all-encompassing book for adult rehabilitation and is a must-have for all clinicians (especially student rehabilitation professionals) treating adults.

*Christopher D. Blessing, MS, MPT, OCS, CSCS
Penn Medicine - Princeton Health*

Diagnostic Musculoskeletal Ultrasound and Guided Injection: A Practical Guide, Thieme Medical Publishers, Inc., 2018, \$114.99
ISBN: 9783132203815, 175 pages, Soft Cover

Author: Resteghini, Peter, PhD

Description: Musculoskeletal ultrasound as a method to diagnosis and manage various musculoskeletal disorders has seen a considerable surge in popularity and usage in recent years. There are several advantages to musculoskeletal ultrasound including cost-effectiveness, no exposure to ionizing radiation, a highly portable technology, and the way it enables certain interventional procedures to be performed with great accuracy, such as therapeutic injections of local anesthetics and/

or corticosteroids into areas of complex anatomy. This book provides an in-depth analysis of ultrasound imaging of anatomic areas, followed by summaries of ultrasound-guided injections into those areas, including the requisite equipment. **Purpose:** According to the author, the purpose is to provide "a pragmatic and accessible guide for the use of ultrasound in both the diagnosis and management of musculoskeletal and sports pathologies." The book also aims to provide detailed descriptions of all common musculoskeletal injection procedures that may be facilitated by ultrasound imaging. **Audience:** The audience includes healthcare clinicians from a wide variety of backgrounds including chiropractic, orthopedics, osteopathy, physical therapy, radiography, rheumatology, sonography, and sports medicine. The book is appropriate as a reference for both novice clinicians who have recently started to incorporate ultrasound imaging into their clinical practice and experienced clinicians who are already skilled in ultrasound imaging. **Features:** After introductory chapters on local anesthetics and corticosteroids and the principles of diagnostic ultrasound and guided injections, the book organizes the anatomic areas (i.e., shoulder, elbow, wrist/hand, hip, knee, ankle/foot) into chapter pairs. The first part of the chapter provides an in-depth description of ultrasound imaging of that area so that an examiner can adequately obtain the standard images necessary for reliable evaluation. The second part of the chapter expertly describes the ultrasound imaging-guided injection techniques, commonly juxtaposing normal and pathological anatomy to enable better understanding. Furthermore, in the sections on guided injection techniques, the book provides brief clinical presentations for each condition, as well as some anatomical considerations. The recommended medications, dosages, and volumes are also provided. A "Notes" section in each clinical condition contains clinical pearls that can assist with patient management and clinical decision making. Throughout the book, high-quality ultrasound images supplemented by appropriate line drawings and arrows highlight relevant sonoanatomy, clinical photographs depict proper probe and needle placement, and excellent anatomical images are accompanied by well-written and concise figure legends. A comprehensive, up-to-date reference list supplements the text. **Assessment:** This is a valuable resource that is well-suited for physical therapists and physical therapist students who are interested in musculoskeletal ultrasound imaging and guided injections. This book would also serve as a valuable reference for physical therapy orthopedic or sports fellowship or residency programs and hospital or university libraries, where it can be accessed by several different medical disciplines.

*Michael Ross, PT, DHSc, OCS, FAAOMPT
Daemen College*

Dr. Vodder's Manual Lymph Drainage: A Practical Guide, 2nd Edition, Thieme Medical Publishers, Inc., 2019, \$84.99
ISBN: 9783132411449, 143 pages, Soft Cover

Author: Wittlinger, Hildegard; Wittlinger, Dieter, PT; Wittlinger, Andreas, PT; Wittlinger, Maria, MT

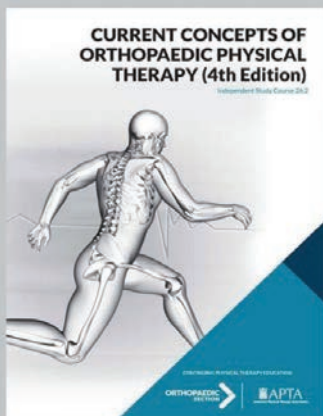
Description: This is the second edition of a concise book that outlines manual lymph drainage and describes treatment indications and techniques. This update revises the content and updates the scientific evidence from the 2010 first edition. The website ebook replicates the print version. **Purpose:** The authors' purpose is to provide updated information and support for therapists to improve skills and satisfaction using the described techniques. The book successfully covers

treatments to advance therapeutic application. The authors encourage research to substantiate manual lymph drainage as an effective technique. **Audience:** The audience is practitioners and students interested in manual lymph drainage who wish to further their education. Clinicians trained in lymphedema management get an excellent resource for clinical use. The authors lead the world in their command of Dr. Emil Vodder's techniques and serve as CEOs and directors of the Dr. Vodder Academies in Austria. **Features:** The book provides a clear and detailed explanation of the involved anatomy, as well as Indications and contraindications, complementary treatments, and historical background. The section on techniques used for specific body parts provides outstanding practical treatments. Numerous illustrations support the text and improve the potential for understanding the material. Each page of the treatment section includes multiple pictures, explanations, and blank areas to add personal notes. Throughout the book, reference notes in blue with a Q and a number refer to questions listed at the end of the first section. Answers follow on the next pages with associated page numbers for more complete information. **Assessment:** This short book is as a top-notch addition to any clinician's library. Outstanding illustrations, new evidence, and improved information update this edition. The book offers practical treatment techniques, is easy to follow, and stands out among other books because of the authors' qualifications.

*Karin J. Edwards, MSPT
Providence Health & Services*

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