

BOOK REVIEWS

A COLOR ATLAS OF LOW BACK PAIN

**Kenneth Miles, MA, BSc, FRCS;
Graham Page, ChM, FRCS, MB, ChB;
and Richard Siwek, FRPS, AIMBT**

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\$39.00, 92 pp.*

A Color Atlas of Low Back Pain presents a collection of information specific to the diagnosis and treatment of low back pain.

Part I begins with a brief description of some of the causes of low back pain including congenital, traumatic, infective, vascular, visceral, degenerative, neoplastic, biochemical, and psychological.

Part II presents a review of history-taking and includes a sample form of a disability index questionnaire. This form contains 26 questions regarding physical and functional limitations imposed by back and/or leg pain. It also contains a sample pain rating scale and an anatomical drawing for depicting pain and associated sensory changes.

Part III provides a pictorial description of techniques and methods for examining the back. This includes approaches for evaluating posture, range of motion, reflexes, strength, pulse, muscle tightness, and other special testing procedures.

Part IV presents a short description of diag-

nostic testing procedures including blood tests, radiographic tests (x-rays), discography, computerized axial tomography (CAT scan), nuclear magnetic resonance imaging (NMRI), lumbar puncture, and lumbar myelography. This section presents 18 pages of radiographs depicting normal angles/views and pathological conditions of the spine, such as spina bifida scoliosis, and disc calcification.

Part IV details conservative treatments, including suggestions on seating, body mechanics, stretching and strengthening exercises, bracing, traction, and epidural injections.

Part V includes surgical procedures including a review of Chemonucleolysis and briefly mentions surgical interventions for pathology of structural, neurological, and visceral origin.

As noted at the beginning of the atlas, this book is intended for use by medical professionals, specifically physicians. The authors note it will also be useful for radiology technologists, physical therapists, and chiropractors. The atlas presents a brief review and a conservative treatment approach to the diagnosis and treatment of low back pain. It is not designed as a detailed manual, but as a reference to supplement a library of information on this subject. Clinicians may find it helpful as a quick pictorial reference highlighting physical examination procedures.

Carl M. Bettencourt, QTR/L