

## ABSTRACTS

**Aust. J. Physiother., XIV (3), 85-90 (Sept. 1973):** "Some Elementary Guides for Performing Research into the Effects of Physiotherapy Treatments", by R. L. Sweet and S. B. Moir.

In this article the authors stress the necessity for continual critical reappraisal in any profession to ensure its survival. This leads to research into its methods, which if not carried out, lays that profession open to challenge from allied professions which do encourage research and progress. This, the authors rightly state, is already occurring in physiotherapy. This article is therefore an attempt by experienced researchers to give some insight into research methods and a few of the associated problems a physiotherapist interested in conducting research may encounter.

J.M.

**Physiotherapy Canada, 25 (4), 219-224 (Oct. 1973):** "So You Want To Conduct A Clinical Study", by Heather H. McLaren.

The author's purpose is to: "provide physiotherapists with guidelines which will serve to direct them in investigating problems which are to be found in their daily work and to encourage them to engage in research which will benefit the profession, and, therefore, the people with whom they have come in contact." The paper discusses the importance of finding and stating the problem to be studied; the work-saving potential of a literature search; the necessity of experimental and statistical control; the need to practice and perfect techniques; how to collect and record data; why data must be grouped and analysed; and the investigator's duty to communicate findings by publication in a professional journal.

Author's Summary.

**Aust. J. Physiother., XIV (3), 91-99 (Sept. 1973):** "Biomechanical Problems Affecting The Spine" by Beryl Kennedy.

Study of the biomechanical problems is necessary if the total problem of the patients with spinal problems is to be treated adequately. Search for scientific bases for treatment procedures, as well as for an understand-

ing of the biomechanical problems, will aid the physiotherapist in achieving more successful results.

Some of the known mechanical factors are related to treatment procedures. Treatment of the ilio-psoas muscle and the levator scapula muscle are discussed.

It is suggested that more can be achieved in the field of prevention and total management with more than just transient effects. The patient can learn to manage his problem and prevent recurrences.

Author's Summary.

**Physiotherapy, 60 (1) (Jan. 1974): "Spinal Problems".**

This journal includes some very interesting articles on spinal problems.

The paper on "Infections of the Spine" by H. B. S. Kemp and Joan Worland (pp. 2-6) is a discussion of tuberculous disease of the spine particularly: its clinical picture, pathology and radiology, the surgical management of these lesions, as well as the use of radioactive isotopes and chemotherapy. The article is concluded with a brief description of the physiotherapy programme in such cases.

In Geoffrey Osborne's discussion of "Spinal Stenosis" (pp. 7-9), mention is made of changes in the treatment of "painful disorders of the lumbar spine", with the recognition of "spinal stenosis" as opposed to "discs". A clear classification of spinal stenosis is given, and the conservative and surgical treatment is briefly discussed.

A concise yet comprehensive article on "Scoliosis" is given by C. W. Manning (pp. 9-13). It includes a clear explanation of the various types of scoliosis, their incidence, causes where known and understood, and, of value to the physiotherapist in this field, an interesting discussion of treatment of all the types of scoliosis mentioned.

Following this is a short paper on "Spondylolisthesis" by P. H. Newman (pp. 14-16), in which the five types of spondylolisthesis are described, common causes of each type given and treatment suggested.

The final article in this journal is on "Treatment of 'Disc Lesions'" by M. C. T. Morrison (pp. 17-21). This most comprehensive paper includes a description of other terms commonly used for "disc lesions", a guide to making a diagnosis and a clear explanation of examination of such cases. The author then describes, in some detail, some of the accepted methods of treatment of "disc lesions", including medical management and a brief note on some physiotherapeutic modalities.

J.M.