

BOOK REVIEWS

Duffield's Exercise in Water. 3rd Edition. Eds. Skinner A. T. & Thomson A. M. Baillière Tindall, London, 1983. Pp 202. R19,55

This book gives a very clear and comprehensive view of hydrotherapy. It will be invaluable both to students and qualified therapists interested in hydrotherapy.

The third edition differs from the second in that some chapters have been expanded, altered and renamed. A chapter on the design and equipment of a hydrotherapy department has been added.

The chapter on principles of treatment has inclusions such as special techniques; hold-relax, repeated contractions, stabilizations and breathing exercises adapted for the pool. This chapter also includes a large section of *Bad Ragaz* techniques with clear descriptions and illustrations of the different patterns of movement used.

The book covers the physical principles of hydrotherapy and their application; the design and equipment of a hydrotherapy department (very useful to anyone involved in the setting up of a hydrotherapy unit in a new hospital); the effects of exercise in warm water.

There are also chapters on advantages/disadvantages, indications/contraindications, dangers and precautions.

Most useful are the three chapters on the specific treatments for rheumatological, neurological and orthopaedic conditions. These chapters give a brief outline of the pathology, the aims of treatment, appropriate techniques to be used and a comprehensive list of exercises both for early and later in certain conditions.

The book concludes with a chapter on the Halliwick method of activity in water, especially valuable to those treating disabled persons. This again has clear descriptions, good illustrations of positions used and some examples of suitable activities and exercises in different conditions eg. cerebral palsy, spina bifida and atrophies.

M. Wiid

Principles of Joint Protection in Chronic Rheumatoid Disease
Merete Brattstrom M.D. A Studentlitterator Publication
Distributed by Wolfe Medical Publications Ltd. 10 Earlham Street, London WC2H 9 LP.

This book is designed as an aid for people working with patients who have chronic Rheumatoid Arthritis.

It gives a simple clear description of the disease process then follows with a brief evaluation of the arthritic patient and an analysis of functional handicaps.

Next is a description of various joints and the deformities that can occur accompanied by simple illustrations and a section on joint protection. The main section of the book has photographs of many aids showing incorrect and correct ways of using them. It is suggested that the photographs be studied by patient and therapist together.

Finally there is the patient's handbook, 9 leaflets supplied to the patient after oral review and practical demonstrations with the physical therapist and/or the occupational therapist.

These leaflets cover (1) anatomy of the hand (2) contracture prophylaxis for the hands (3) common dislocations in the hands with risk areas mentioned (4) deficiency in ability to clench the hand with reasons for early and late causes (5) joint protection of the hand (6) deformities in the weight

bearing joints (7) joint protection for this area including some exercises (8) advice to patients in wheelchairs (9) advice on organization of working areas in the home.

From a physiotherapy viewpoint there are insufficient exercises in the patient leaflets to be effective in maintaining range of movement and muscle strength, as only a few exercises are done for a limited number of joints. All the peripheral joints should be covered.

Some of the aids illustrated are impractical in so far as they are not easily obtainable in this country and then are out of the price range of many patients.

The occupational therapists feel this a valuable book with sound principles but that some of the equipment is rather outdated and there are now more mechanised, modern versions.

M. Wiid

Obtainable from
Butterworth Publishers (Pty) Ltd, P.O. Box 792, Durban 4000.
Price: R12.30 plus 74c GST plus 75c postage

Stroke Care. An Interdisciplinary Approach.

Edited by Gill Lubbock. Faber & Faber Ltd
London 1983 (SBN O — 571 — 13069 — 0)

The editor states in her preface, that rehabilitation of the stroke patient is a team process involving many disciplines which should dovetail their roles for the maximum benefit of the patient. The book, therefore, includes contributions from physicians, a general practitioner, nurses, social workers, a neuropsychologist, dentist and speech, occupational and physiotherapists. As most of the contributors are associated with the same Stroke Unit, the reader is able to get a comprehensive picture of the interdisciplinary approach used, in particular the importance of the regular case conferences which ensure integration and understanding between the disciplines. The chapters on oral and pharyngeal rehabilitation by a dentist and perceptual deficit and memory disorders by a neuropsychologist are particularly interesting. The final chapter, written by the physiotherapist, which deals with advice for the relatives is well illustrated with clear photographs. The text highlights the main problems encountered by the patient and the line of action to be taken. The advice given is practical and clearly stated, with the emphasis on functional activities. This reasonably priced paperback provides a holistic view of the long term rehabilitation of the stroke patient, which should interest all disciplines working in the field, students, relatives and helpers.

A. M. Rogers

Obtainable from
MacMillan South Africa, P.O. Box 31487, Braamfontein 2017
Price: R12.40