

BOOK REVIEWS

Progressive Exercise Therapy in Rehabilitation and Physical Education. John H. C. Colson & Frank W. Collison. Wright P. S. G. Bristol, London. Boston. 3rd Edition, 1975. 4th Edition, 1983.

There has been a tendency to ignore progressive exercise therapy in latter years, while Neuro-developmental therapy has been emphasized in the newer books. It is therefore pleasant to receive an updated edition of a book concentrating on basic exercise techniques.

The authors are much experienced in the field of remedial exercises.

As stated in the preface the book has a practical slant and a variety of more common clinical conditions are used to illustrate how exercises should be selected and applied.

The major part of the text deals with progressive exercises, which to choose, when and how to apply and carry them out. There is much valuable information and explanations are clear. There is some information on aspects of exercise therapy such as circuit training, exercises to music and physical education, while some space is devoted to communicating and recording, terminology and abbreviations.

The diagrams are clear and enhance the text. However, it is not acceptable to see diagrams depicting a patient on a treatment couch suitably undressed but wearing shoes.

This book has obviously been written for physiotherapists and other persons doing clinical or remedial work.

It should be a useful book for students of movement and paramedical professionals.

H. P. Maree (Mrs)

Cash's Textbook of Chest, Heart and Vascular disorders for Physiotherapists. Ed. by Patricia A. Downie, F.C.S.P., Faber and Faber Limited, London, 1983, pp. 493, 3rd edition. R22,60.

This textbook, with its 23 chapters is an updated and modernized version of the previous edition. The inclusion of chapters on auscultation, interpretation of chest radiographs, electrocardiography and cardiac arrest and resuscitation is a welcome addition. Unfortunately, these sections have been dealt with briefly and the chapter on electrocardiography was particularly disappointing. A surprising aspect of the chapter on cardiac surgery was that coronary bypass grafting was discussed so poorly since, as the author states, it has become the commonest procedure in cardiac surgery.

This book, in its new form, is good as a practical guide for the working physiotherapist. I have reservations about recommending it as a textbook for either undergraduate or post-graduate teaching because of the conservative physiotherapeutic approach and the lack of technical detail.

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