

<b>Venue:</b>	Doody's Book Review Service
<b>Title:</b>	Book Review: Spine and joint articulation for manual therapists, Giles Gyer, et al.
<b>Date:</b>	2016
<b>Type:</b>	Book Review
<b>Author(s)/ Presenter(s):</b>	Scott Oswald
<b>Abstract (or Book Review):</b>	<p><b>Description</b></p> <p>The symbiotic relationship between bony articulations and the surrounding soft tissues suggests a benefit from both structures being treated directly and specifically for better outcomes. The techniques proposed in this book are aimed at the joint articulations component and suggests the techniques be performed slowly, using low amplitudes providing the potential for universal application in all patients with relatively low risk and high benefit.</p> <p><b>Purpose</b></p> <p>The purpose is to provide detailed instructions for performing low grade joint mobilization techniques as well as when to use these techniques.</p> <p><b>Audience</b></p> <p>The authors direct the book at physiotherapists, osteopaths, chiropractors, massage therapists, or anyone who uses a manual approach to treatment. The book will be most be most attractive to students in these fields looking to expand their knowledge of joint mobilization not using a high velocity low amplitude thrust method of treatment. The authors are knowledgeable in this area and have additional training in sports medicine, massage, and acupuncture.</p> <p><b>Features</b></p> <p>The book presents a step-by-step process to mobilization techniques for every joint of the body. The authors do an excellent job of correlating the descriptive process with the pictures along with the illustrated directions. The book is divided into two parts, the first providing the reasoning and rationale behind the techniques, including a discussion of the contraindications and need for referral. The second part focuses on each specific joint and discusses assessment and treatment protocols, with assistance from over 300 illustrations and annotations, making it exceptionally easy to understand.</p>

**Assessment**

The use of visual guides in combination with clear explanations of the mobilization techniques for all regions of the body is immensely helpful. The techniques can be easily implemented in daily practice, especially as an alternative to other techniques such as high velocity techniques or in patients requiring delicate mobilization such as the elderly or children. The book does an excellent job of condensing information and presenting it in an easy to follow format. The term "manual therapist" is broad and encompasses various professional levels and practices. It is suggested that readers interested in using these techniques consult with their local governing bodies to see what techniques are within their scope of practice.