

Rehabilitation for the Postsurgical Orthopedic Patient. Third edition.

*Lisa Maxey and Jim Magnusson, Elsevier (Missouri).
Hardcover. RRP: \$99 AUD; Publication Date: 22-01-2013; ISBN: 9780323077477*

In the wake of new research, surgical techniques and rehabilitation guidelines, this text has evolved through to its third edition. This edition continues to maintain the provision of current evidence based information to direct the physiotherapist in designing appropriate rehabilitation following a large range of orthopaedic surgeries. The text aims to offer the reader an evidence based understanding of the journey their patient takes right from injury, through surgery and finally onto successful rehabilitation.

The introduction invites the reader on how best to utilise the book and the attractive feature of the website link to the home exercise programme. A notable instigating feature is how the authors appropriately educate the therapist on the tissue healing process in the first two chapters. These founding chapters are deemed essential to take note of, in order to make effective use out of the book. These establishing chapters provide the reader with important information so to fashion appropriate graduated goal orientated rehab which is suitable for safe tissue development following the surgeries discussed in the ensuing 34 chapters.

The authors state that they aim to offer the reader with "the most comprehensive evidence based view of post-operative rehabilitation". The text includes addressing the most common orthopaedic procedures encountered by the physio. This includes covering the management from the upper extremities, through the spine to the lower extremities. The authors, who are physiotherapists themselves, respect the importance of the clinical application of the latest evidence. In light of this, each chapter's information has been supplied by surgeons and therapists who actively practice the relevant surgeries and rehabilitation discussed. The majority of the recommendations are backed up by research; however, there are some points made which are not referenced and thus indicate that they are based on the contributing authors' own experience.

Despite the variety of contributors, each chapter follows a similar and logical format in that they begin with the indications and considerations for surgery followed by a detailed description of the surgical technique itself. This is enhanced with diagrams and pictures throughout and with the addition of the surgeon's concerns with regard to rehabilitation. Following this description, the reader is then systematically lead through a graduated rehabilitation guideline which reflects the tissue healing process learnt about in chapters one and two.

The appreciation for teaching the reader clearly is emphasised by the plentiful illustrations, diagrams, pictures and tables. The novel feature of a website link via phone or computer to an exercise programme allows the therapist to edit and print recommended rehabilitation and home maintenance

programmes and adds to the user friendliness of this book. The trouble shooting vignettes at the end of each chapter challenge the clinical reasoning of the reader and prompt the therapist to develop strategies to address varying clinical presentations. These latter two features are unique in the field of books related to the physical rehabilitation of the post op patient, highlighting how beneficial it is to all physiotherapists both at undergraduate and postgraduate level.

Overall, this book is highly recommended as a very helpful resource to the physiotherapist in both the primary and secondary care setting. Furthermore, it is deemed applicable and highly worthwhile for physio students to read to enhance their knowledge and clinical reasoning skills.

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