BOOK REVIEWS

MANIPULATION OF THE SPINE, THORAX AND PELVIS
An Osteopathic Approach
Peter Gibbons, Philip Tehan.
Churchill Livingstone, 2000
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Authors Peter Gibbons and Philip Tehan are both osteopathic practitioners and teachers who use high velocity, low amplitude manipulation (HVLA) techniques. They have produced this text in response to the relative absence of a dedicated HVLA text in the manual therapy field. As a student of osteopathy I understand how frustrating it can be learning HVLA techniques due to the infinite variations that can be used in its application. This makes it difficult for teachers to set a standard from which students may modify and personalise their HVLA technique. This book finally provides that standard in a clear and concise presentation that is easily applied by lecturers and easily understood by students from any manual therapy discipline whether they are osteopaths, chiropractors, physiotherapists or medical practitioners.

The text includes a step by step illustrated guide to 35 HVLA techniques commonly used in the field today. An excellent feature of this text is the CD-ROM which comes with it. Included on this are 34 of the 35 techniques listed in the text. This CD-ROM provides teachers with a useful demonstration tool as well as students and practitioners alike with a visual standard form from which they can model their own technique.

The text also includes important biomechanical, safety, and theoretical information relating to the set-up and application of a HVLA thrust. In keeping with the format, this information is also presented in a clear, concise and well illustrated layout making it easily understood by students.

Manipulation of the spine, thorax and pelvis, although expensive ($105 AUD), is an essential tool for teachers and students of HVLA. I believe it will help to accelerate learning, and therefore personalisation of HVLA technique in both students and practitioners thus improving the quality of application of HVLA in the field of manual medicine. Highly recommended.

Adrian Antonello