

Book Review

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Title: Stabilization & Functional Exercise: A patient Workbook

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This booklet is intended as a patient education tool introducing the cervico-thoracic-lumbar stabilization and functional exercise (CTL-SAFE) method for whole spine restabilization. It introduces concepts related to spinal anatomy, instability and restabilization, and a fairly unique combination of 6 functional, low-tech exercises. Five appendices discuss activating and functionally using internal stabilizers, a low-tech aerobic exercise option to be used in conjunction with this program, end range loading, and spinal movements. A glossary of terms and exercise documentation sheets complete the booklet.

The booklet is well illustrated and provides good descriptions of relevant biomechanics and training physiology written in patient-friendly language. It also engages the reader by way of self-assessment questions throughout the text. The use of goal setting and measurable outcomes should assist with increasing patient compliance. With the authors leaving room for the therapist to add exercises tailored to the individual patient this product may be a worthwhile component of the management of patients with spinal disorders for those clinicians who subscribe to a role for the local in addition to the global stabilizing systems.