

Translatory Spinal Manipulation for Physical Therapists; Krauss JR, Evjenth O, Creighton D.; 2006
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Reviewed by Jeff Yaver, PT

This textbook is written to assist physical therapists and physical therapy students learn about translatory spinal manipulation (TSM) in theory as well as application. Translatory spinal manipulation is a series of both high and low velocity spinal manipulative techniques that one of the authors, Olaf Evjenth, along with Freddy Kaltenborn PT, OMT has developed over their careers. These small amplitude techniques have been designed to isolate the manipulation to a single spinal segment using either traction or gliding forces. There are 3 main types of TSM: disc traction, facet gliding, and facet distraction. While this book is exclusive to TSM in presentation, it acknowledges that the therapist will use multiple other techniques along with TSM. The authors caution that these techniques require supervision and constant practice to become proficient in them. The reader is referred to the 4 residency/fellowship programs located in the United States for information regarding further training.

The book is clearly written and is organized in a logical manner. The indications and contraindications of TSM are clearly explained. The positioning of the therapist and the patient is discussed. Handling of the patient with care and confidence is stressed. The reader is taken through an exercise where locking of the spine is performed. This is a very effective method that the authors have used to explain coupled and noncoupled movements. Prior to presenting the TSM techniques, the relevant anatomy, kinematics, and special tests are offered for each of the spinal regions. The biomechanics of each of the TSMs are also presented with clear pictures. Each of the techniques is clearly portrayed in color half page photos. There is an abundance of information in each page. In the upper corner, there is a display indicating if the technique is appropriate for the entry-level postprofessional therapist. In the same key, it shows the technique is appropriate as either a high and/or low velocity technique or if the technique should be avoided by the entry-level therapist. The indication for the techniques are presented. Arrows that depict the direction of force are bright yellow outlined in orange and are also used to show different contact points on the spine using spinal models. The steps for the procedures are viewed in numbered boxes. This allows the reader to follow the proper sequence. The authors present troubleshooting tips along with clinical notes for each technique.

The DVD is of high quality as well. It is meant to be used in conjunction with the book. Each of the techniques in the DVD references the page number in the book so that the therapist can use both resources simultaneously. The DVD can be paused to examine hand contacts, patient, and/or therapist position. The verbal description of the techniques coincides with the steps noted in the book. The book is well written. It has excellent, clear, and large photos. The photos along with the DVD make for an excellent learning tool for physical therapists.

The true value of this text is in the notes section. This allows the therapist to learn clinical pearls from the authors regarding the techniques. I would highly recommend this book for any therapist using manual therapy techniques with the understanding that this is not a 'how to' book. This book is meant to reinforce material already learned or augment continuing education.