

## CYRIAX'S ILLUSTRATED MANUAL OF ORTHOPAEDIC MEDICINE

2nd edition

Edited by: Yvonne R Burns and Julie MacDonald  
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Reviewed by Jessica Fortune

This is the revised edition of Cyriax Illustrated Manual of Orthopaedic Medicine, widely used by undergraduate students as part of their musculo-skeletal course. The focus of the 2nd edition remains on the assessment, diagnosis and treatment of mainly soft tissue lesions and joint pathology.

The book emphasizes a holistic approach to the assessment of soft tissues including the joints and spine. In the assessment of a painful area, the structure and function of each soft tissue is followed through logically to determine the possible diagnosis. These assessments are clearly illustrated. The method of treatment used by Cyriax is that of deep massage, intra-articular manipulation and injections of the painful areas. These are clearly illustrated using colour photographs and line drawings. In the preface, Cyriax acknowledges that alternative forms of treatment to that prescribed in the text exist. The 2nd edition includes discussion about modern equipment and diagnostic aids, which include MRI and diagnostic ultrasound. In addition, use of alternative techniques to treat some of the soft tissue pathology is mentioned, for example, acupuncture. A limitation though is that there is very little discussion encompassing newer diagnostic modalities and alternative forms of treatment, with limited references. No references are included to support or substantiate Cyriax's techniques

The publishers have improved the layout, with a larger, easy-to-read type. This brings the captions in closer proximity to their subject matter on each page. Most of the illustrations used have been refined. Photographs have been replaced with new line drawings; close-up photographs are enlarged making the examination sequences easy to follow. The chapters are written in a style which is simple and easy to follow. In addition, the chapters describing each joint assessment, differential diagnosis and treatments are followed with a tabulated synopsis of the most salient points. These synopses are enclosed as fact sheets in the appendix and ensure that the book is well summarized. The book is well indexed, making it very user friendly.

Both the novice and experienced physiotherapist will find the text easy to read and the superb illustrations compliment the text very well. However, the manual should not be exclusively relied on regarding the treatment of soft tissue orthopaedic conditions, as alternative techniques, have not been adequately addressed. In conclusion, this is a valuable reference for the assessment of most soft tissue and joint pathologies.

► treatment transforms fibroblasts into myofibroblasts. *American Journal of Pathology*, 137:171-178.

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