

Miss Malan, Head student writes—The highlight of this term was the annual dance, held at the school and organised by the second years. The theme was 'Jonks' and the hall was most beautifully done up. At the moment all thoughts are centred on end of year examinations and we would like to wish all students entering for examinations the best of luck.

'Ikey' Staff and Students wish their colleagues at Wits, Pretoria, Bloemfontein and Durban a Happy Christmas and successful New Year.

O.F.S. SCHOOL OF PHYSIOTHERAPY

As we write, towards the end of the year, all our thoughts are concentrated on the examinations just ahead of us. Miss de Bruin's visit for our "Mock", taught us a great deal, and we are very grateful to her for all her help and patience with us.

By the time this appears in print, Miss Wium will have become Mrs. du Toit, we all wish her well in her new role. To all our fellow students we wish a happy holiday, and success to those who have yet to study in the coming year.

KING EDWARD VIII SCHOOL OF PHYSIOTHERAPY, DURBAN

This school continues to progress, and the training is now being established with the willing assistance of many doctors and surgeons and others, who are contributing to the curriculum.

In spite of their aid, however, a trained Teacher of Physiotherapy is urgently needed, before the third set comes in next March. This post has been recently created, and is now being advertised by the Provincial Authorities.

Our students were fortunate in being able to receive a whole afternoon's instruction from Miss Pat Davies during her recent visit to Natal. This was of very great help, and the only regret was that it could not have been longer.

BOOK REVIEW

Three Chartered Society of Physiotherapy Fellowship Theses have recently been published as *Monographs and are reviewed on this page.*

Obtainable from Medical Distributors (Pty.) Ltd., Johannesburg and Cape Town.

FAULTY POSTURE: ITS EFFECTS AND TREATMENT,
by Molly Turner, F.C.S.P. W. Heinemann Medical Books Ltd. London and C.S.P. 79 pages. Illustrations. Price 10s.

An excellent monograph introduced by a historical survey of posture from the time of the Greeks to the present day. This is followed by a discussion on anatomy, physiology, classification, assessment, and the rationale of postural treatment in relationship to the thesis. The treatment of these types of cases are discussed in great detail, stressing the salient points relative to the patient and physiotherapist. The individual case histories are well presented and illustrated. The author has taken great pains to try and pass on the concepts of her methods of treatment which has covered a period of some thirty years, although the series in the book only covers a six-year period. The statistical analysis may not be readily understood, but it is very comprehensive. The theme of the treatment is to make the patients aware of

their postural deficiencies, and then teach them, self correction, and adjustment, using a mobile, rather than static posture. The monograph is stimulating, in that, it shows, posture must be related to the needs of a modern era. Physiotherapists interested in posture will find this monograph of great value.

JACK STOCKTON, M.B.E., M.C.S.P.

PHYSIOTHERAPY IN MAJOR KNEE SURGERY. By Stella Saywell, F.C.S.P. W. Heinemann Medical Books Ltd., London and C.S.P. P.P. 101 illustrations. Price 12s. 6d.

This is an excellent monograph on the pre- and post-operative physiotherapy treatment in major surgery to the knee joint, dealing chiefly with debridement in osteoarthritis and osteo-chondritis dissecans. The introductory chapter on anatomy, physiology, and pathology could have been omitted and more details given of the outpatient and group treatment which appears to have been missed out. The surgical procedures are well explained with good illustrations, the rationale of the pre- and post-operative procedures are clearly indicated. The discussions on the various physiotherapeutic procedures, exercises, faradism, weight resistance, infra red, short wave diathermy and ice therapy, should be of great interest and helpful to all who work with this particular field of surgery.

The chapter with illustrative case histories gives a good cross section of the cases under review, with a concise follow up report covering several years. The statistical results, with the authors summarisation and evaluation of the various treatments is most helpful also the very comprehensive list of references. Physiotherapists should find this book invaluable.

JACK STOCKTON, M.B.E., M.C.S.P.

ABNORMAL POSTURAL REFLEX ACTIVITY CAUSED BY BRAIN LESIONS. By Berta Bobath, F.C.S.P. Published by William Heinemann Medical Books, Ltd. (in association with Charter Society of Physiotherapy), 1965.

Applying her extensive knowledge of neuro-physiotherapy in the study of abnormal patterns of motor behaviour which follow lesions of the central nervous system, the author has over 300 cases of brain injury. Most of these were children with cerebral palsy, but there were also adult cases of cerebral vascular accident, head injuries.

The first part of the monograph deals in detail with the postural reflexes and their importance on the distribution and regulation of muscle tone in the normal child—the resultant abnormalities which follow damage of the central nervous system are then discussed and illustrated by means of photographs and drawings.

Later chapters deal with the righting and equilibrium reactions, the influence they have on motor development and their effect on patients. The interaction between the tonic reflexes and righting reflexes is also considered.

This small book should be of great assistance to the student in understanding the abnormalities which arise from injury to the cerebral nervous system and also to the physiotherapist in assessing and planning treatment for patients.

M. HORSLEY, M.C.S.P.

HAVING A BABY. By J. F. Robinson, M.B., Ch.B. 3rd Edition. Publishers: E. & S. Livingstone Ltd., 15/17 Tevoit Place, Edinburgh. 8s. 6d. net, England.

This is a wonderfully written book for "young marrieds". It deals clearly and concisely with problems which many do not like to discuss. Provided that the reader has adequate ante- and post-natal physiotherapy training this book cannot fail to be of considerable help.

The ante- and post-natal exercises mentioned are well chosen, but because of the danger of persistent sacro-iliac strain occurring post-natally it is generally believed that "double leg-raising" is contra-indicated in all ante- and post-natal work. It is particularly dangerous to include post-natally "double-leg raising" as the abdominal muscles are less able to control the lumbar lordosis which occurs in most cases. Although the author does indicate this exercise to be performed later in the puerperium, he does not give any earlier progression of abdominal exercises.

BRENDA KASTELL, M.C.S.P.

REHABILITATION OF THE LOWER LIMB AMPUTEE.

By W. Humm, M.S.R.G. 84 pages, 40 illustrations, Price 18s. Publishers: Bailliere Tindall and Cassell Ltd., 7 and 8 Henrietta Street, London, W.C.2.

This comprehensive book comes to the aid of the rehabilitation therapist who is entrusted not only with the re-ambulation of the amputee, but also with the psychological adjustment of the patient to his artificial limbs.

The book is divided in two parts: the pre-prosthetic phase, and the prosthetic and late phase treatment. Psychological problems, stump exercise routine, and stump bandaging are the main items dealt with in the first part. All stages of re-ambulation for single and double amputees, as well as the care of stumps and prostheses are extensively described in the second part of the book.

The accent throughout is on the practical approach. Our well-trained physiotherapy students, and those already qualified will find that the book is adding to their thorough grounding those practical hints which can only come from an expert with great experience. The author is a perfectionist who does not accept a second-class result. He knows well that the beginning of prosthesis-walking are not easy for the patient and that the amputee tries to get away with any amount of easier, but incorrect movements, which produce an unsightly gait, early fatigue and harm to the equipment for all of which in the end nobody but the instructor would be blamed. The attention of the reader is directed towards such possible mistakes by the amputee and he is shown how to avoid them. Every point is made clearly by way of succinct description, clever line drawings and carefully selected photographs. Being a guide to rehabilitation, the book does

not stop at re-ambulation, but adds to this in the final stages, under separate headings for unilateral and bi-lateral amputees, such functional activities as stair-climbing, getting on and off public transport, falling and getting up from the floor and numerous other moves.

The book should be of great benefit to many who are concerned with the re-ambulation of amputees of all age-groups.

A. ROTHBERG

CLAYTON'S ELECTROTHERAPY AND ACTINOTHERAPY. A Textbook for Student Physiotherapists. 5th Edition, by Pauline M. Scott, M.C.S.P., T.E.T., T.M.M.G. School of Physiotherapy, Kings College Hospital, London. Publishers: Bailliere, Tindall and Cassell, 7 and 8 Henrietta Street, London, W.C.2. 390 pages, 205 illustrations, 35s. net. 1st September, 1965 publication date.

(To be reviewed later.)

Diagnosis and Investigation of Peripheral Nerve Injuries.

—Continued from page 6.

There is a highstepping flapping gait due to inability to dorsiflex the ankle.

The Tibial Nerve

Paralysis here leads to paralysis of all the muscles of the calf and the foot is pulled up by the Peroneal group so that he stands on his heel. The ankle Jerk is absent because the muscle concerned is paralysed.

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