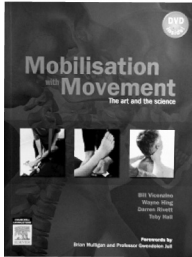


Joshua Kirkpatrick

2nd year Medical Student
Auckland School of Medicine
University of Auckland

Joshua Kirkpatrick is a 2nd year medical student at the University of Auckland. Prior to medicine he completed a Bsc(Hon) looking at how TRIM5, an antiretroviral protein, forms a hexameric assembly that allows it to bind and disrupt the capsid lattice of HIV.



Mobilisation with Movement

Vicenzino B, Hing W, Rivett D, Hall T
Publisher: Elsevir
2011.

Mobilisation with movement (MWM) is a manual therapy method capable of producing instant, long lasting, pain free movement for a range of musculoskeletal disorders and soft tissue injuries. It has been shown to generate hypoalgesic effects, increase the range of motion at joints and enhance muscle function. This book acts as the first systematic review of the efficacy of MWM, collating evidence from the past 30 years and was written as a reference for teachers, researchers and clinicians.

The book is reasonably short and to the point; only 220 pages in total. This is surprising when you consider the plethora of evidence presented. The sections are arranged clearly and logically. They also contain a number of tables and diagrams to complement the text, as well as useful summaries at the end of each chapter.

The book does read like a review, with the bulk of the writing tying together results from various trials. Few claims are made without reference to scientific papers and the authors remain unbiased throughout, therefore allowing the evidence to speak for itself. The authors present a new model of the physiological mechanisms behind MWM, and strike a fine balance between presenting their current theory, while being upfront about where the evidence is lacking.

The selection criteria used in the review is clearly outlined, and the findings of the 38 eligible papers are expanded on in 13 pages of tables. Although this style of writing is transparent, the amount of information presented can, at times, be overwhelming and thus make it quite a hard book to engage with. It also utilises a number of abbreviations with no index to refer to.

The main strengths of this book however lie in its practical application, with over half of the content consisting of clinical examples of how MWM is applied. The complementary DVD is invaluable in this regard as it brings the techniques you have been reading about to life. It highlights a number of technical points on both anatomical models and humans. The book also contains a section on troubleshooting and encourages self-appraisal to develop better strategies for the future.

The evidence presented in this book shows a valid alternative to pain reducing drugs or traditional physiotherapy. I believe it is important for all doctors to have an appreciation of the principles of MWM and its potential clinical outworkings. That being said, the amount of detail the book dives into is venturing more into information required by a specialist. It would, however, still serve as a valuable reference in any clinician's bookshelf.

