

Review

Reviews of books for this section are welcomed from osteopathic physicians and from faculty members in osteopathic medical institutions. Interested individuals will be sent information on format on request. A certain number of reviews are invited for books supplied to JAOA by publishers; persons wishing to be part of this program should write to the editors, giving background and areas of interest.

Functional Methods: A Manual for Palpatory Skill Development in Osteopathic Examination and Manipulation of Motor Function

By William L. Johnston, DO, FAAO, and Harry D. Friedman, DO. Pp 201, with illus. American Academy of Osteopathy, 3500 DePauw Blvd, Suite 1080, Indianapolis, IN 46268-1136, \$35 (paper); \$45 (hardcover).

This book offers a refreshing, practical look at the neuromusculoskeletal system in health and disease. Dr Johnston has spent his professional life in research, instruction, and clinical practice searching for the best methods and means of diagnosing, recording, and treating somatic dysfunction. *Functional Methods: A Manual for Palpatory Skill Development in Osteopathic Examination and Manipulation of Motor Function* is designed to develop and expand the physician's palpatory skills through step-by-step, simple, progressive, and clearly

described exercises. These exercises, which are illustrated with sharp line drawings, are thoroughly explained so that they can be clinically applied.

Overall, this book emphasizes that the functional method of diagnosis and manipulation is a relaxing, comfortable, nonforceful means of diagnosing and guiding tissues to effect increased compliance, freedom of motion, and appropriate neuromuscular reflex response.

The instructional portion of *Functional Methods* is topped off with a concise, excellent summary of motion dysfunction and healthcare. Six appendices cover various topics, including interexaminer reliability studies; passive gross motion testing; development of a functional orientation for technique; historical development of indirect method in osteopathic manipulation; osteopathic clinical aspects of somatovisceral interaction; and segmental definition.

I highly recommend this as a "must" book for any practicing physician who seeks to acquire a complete, timeless, and practical medical library. ♦

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Editor's note: "Changes in presence of a segmental dysfunction pattern associated with hypertension: Part 2. A long-term longitudinal study" by Drs William L. Johnston and Albert F. Kelso appears in this issue of the JAOA beginning on page 315.

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