

Reviews of books, software programs, and videotapes 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 materials supplied to JAOA by publishers; persons wishing to be part of this program should write to the editors, giving background and areas of interest.

Counterstrain Handbook of Osteopathic Technique

By Herbert A. Yates, DO, FAAO, and John C. Glover, DO. Pp 282, with illus. Y Knot Publisher, 7439 S Knoxville Ave, Tulsa, OK 74136, 1995, \$49.95.

This manual is the most succinct coverage of counterstrain that has as yet to be compiled. In the first part, the authors clearly show how Lawrence H. Jones, DO, FAAO, developed this concept of counterstrain and secondarily explain the rationale and theory behind the methods.

Part 2 covers the diagnosis and treatment by body regions. Abbreviations for treatment approaches are used to simplify record keeping and have been included here. These abbreviations enable the operator to determine results from previous examinations and to recheck accurately the changes that have occurred as the result of osteopathic manipulative treatment. Correct positioning of the patient is illustrated in the accompanying line drawings.

In my opinion, *Counterstrain Handbook of Osteopathic Technique* is the best book on the subject to date. The spiral binding makes it easy to lay the book open while applying the techniques during the learning process.

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Computers in the Primary Care Office

By the Committee on Practice and Ambulatory Medicine (in conjunction with the section on computers and other technologies). Pp 248, with illus. The American Academy of Pediatrics, 141 NW Point Blvd, Elk Grove Village, IL 60009, 1995, \$54.95 (paper).

Although this comprehensive textbook is published by the American Academy of Pediatrics, *Computers in the Primary Care Office* definitely offers something for all physicians—primary care or not. The book is written by a group who love computers as well as computing systems. It covers everything from basic computer lingo to practice analysis for more advanced users. The computer-is-your-friend approach proves useful from an educational point of view. Topics are presented in a straightforward manner that should appeal to the most computer-apprehensive of persons.

For those leery of taking on office automation on the computing front lines, take heart. The presence of computers in office practice is only just beginning to make an impact on the way we physicians run our practices. Introduction of a computer-based management system is a daunting task for anyone who has spent most of his or her education dollars in the diagnosis and treatment of human disease. The last thing physicians need is a computer virus in the office, courtesy of the information age. The authors of *Computers in the Primary Care Office* take the mammoth subject of medical computing and trim it down to nicely digestible bits of ideas and information so as to make it actually seem possible to benefit from—rather than do battle with—computers.

A benign introduction of computer anatomy and physiology opens the book and progresses into practice analysis, delving into such questions as: Do you really need a com-

puter? Which software best suits your needs? What operating system is needed? Understandably detailed yet thorough, the text “walks” the reader through the ups and downs of the different choices.

Computers in the Primary Care Office does tackle the more advanced issues of medically oriented computing, but in a style that allows for a gradual increase in understanding rather than in an all-at-once approach. Database management, medical software use and availability, support systems, and online services are covered. So too is a brief discussion regarding the use of computers for continuing medical education and patient education purposes.

All things considered, *Computers in the Primary Care Office* serves as a great starting point for the physician considering the implementation of a single desktop or even an entire computer system for an office practice. While no doubt intimidating, computers can be immensely useful not only for billing and education purposes, but also for analyzing and streamlining the practice of medicine for the business that it is. ♦

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