

Bookreview

Le patient lombalgique. Techniques de traitements kinesitherapiques. J.G. La Freniere. 202 pp. - 16 × 24 - 100 FF - Edit. Masson, Paris, 1983.

This book, a translation of one already published in English, treats the case of the low back patient and is mainly intended for the physiotherapist.

In the first chapter the personality of the low back patient is described. It stresses the fact that not only the physical disturbance in low back patients has to be treated but also the character of the patient has to be taken into account. Patients with psychosomatic back pain can also

be treated with success if both these factors are given due consideration.

Chapter two gives a description of the evaluation of the low back patient. This is followed by a complete exercise programme with good illustrations of the different exercises.

The last part concerns the biomechanics of the back and the preventive measures to be taken by healthy persons in order to avoid low back pain.

This book can be recommended for paramedical persons who are engaged in evaluating and treating low back pain.

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