Considerations’ boxes, where pressure and site restrictions are explained in detail, per condition and situation.

The black-and-white photography is appropriate and helpful, and the sample forms in Appendix C provide the practitioner or institution enough information on creating forms not to have to start from scratch.

One of MacDonald’s greatest contributions in this book is an 11-page chart that outlines all the research that has been performed on hospitalized and frail patients, explaining the massage intervention and the results. This chart is concise, highly referenced and invaluable. For anyone searching for proof of the efficacy of massage, all you need are these 11 pages. The amount of work it must have taken to produce this chart is mind-boggling.

The book is not for the casual therapist. It demands a very special audience and a certain practitioner to even want to crack the book open. But I promise you, once the book is opened it will grip you; you will be knocked over by the amount of research, the inclusiveness of topics, and the seriousness with which MacDonald takes massage and the hospitalized and frail patient. She has given us another book to tuck under our arms as we walk into previously unknown territory.

Charlotte Michael Versagi, L.M.T., N.C.T.M.B., M.L.D./T., is president of the American Massage Therapy Association’s Michigan chapter, a clinical supervisor in a hospital oncology massage program, a lymphedema specialist, and on the faculty of a massage-therapy program teaching pathophysiology and massage modalities.

Principles of Manual Sports Medicine
by Steven J. Karageanes
Lippincott Williams & Wilkins
Baltimore, Maryland
(800) 638-3030
www.lww.com
$59.95; 686 pgs.; 2005

This text seamlessly merges essential components of manual sports medicine, such as assessment, exercise, treatment and biomechanics. Very few reference books combine all these components, and in such scope. For this reason, Principles of Manual Sports Medicine is well worth the purchase.

The first nine chapters detail various manual techniques. Five chapters follow with excellent information on exercise for the client. An extensive review of regional orthopedic evaluation and treatment, and gait analysis follow. The anatomy, physical examination, and common conditions in each section are succinctly covered. The final two sections address 14 common sports, and special population groups.

Author Steven Karageanes is a physician, and most of the book’s contributors are osteopaths, hence a whole-body perspective that is useful for massage therapists. Discussion extends beyond the musculoskeletal, and differential diagnosis is always a consideration. Likewise, the discussion of biomechanics—often absent in massage-therapy education—is included here.

However, information is detailed and may be too advanced for full appreciation except by experienced massage therapists. This is particularly true for certain manual techniques, some of which are totally out of a massage therapist’s scope of practice. I question the appropriateness of this book for massage therapists as a close guidebook/workbook. It is, however, a fine reference of useful-to-know material.

The quality and compilation of the information, research, illustrations, referencing and presentation are excellent. The diction is fairly technical, but an informed reader will understand the concepts.

“The idea behind the book is to integrate the principles of manual medicine with sports medicine, highlighting the natural overlap between them,” states the author in the book’s preface. This objective is achieved admirably, despite some careless editing.

Notwithstanding minor flaws, this text is a valuable addition to the library of experienced sport-medicine practitioners.

Jonathan Mather is a massage therapist in private practice in Toronto. He is on the faculty of Toronto’s Kikkawa College of Massage Therapy and the Canadian Sport Massage Therapists Association committee.

Foundations of Manual Lymph Drainage, Third Edition
by Michael Földi, M.D., and Roman Strößenreuther, M.D.
Elsevier Mosby
St. Louis, Missouri
(800) 325-4177
www.elsevierhealth.com
$24.95; 110 pgs.; 2005

This 110-page powerhouse of a book is not an introduction to the lymphatic system, so don’t be misled by its title, Foundations of Manual Lymph Drainage. As soon as you look at the authors, Michael Földi, M.D., and Roman Strößenreuther, M.D., you know you’re in for more than a foundational approach. The authors,
who practice in Germany and Hungary, have been involved in lymphedema for more than half a century.

The book is written at the highest possible anatomical and physiological level, and it could serve as more than a primer for most physicians who struggle with this exquisite system's pathophysiology.

Take a look at a set of practice questions that are offered as mini-reviews throughout the book: “What is the relationship between the transport capacity and the lymph obligatory load when there is insufficiency of the lymphatic system?” “What does high-volume insufficiency mean?” “What are the consequences of high-volume insufficiency?” “What does hemodynamic insufficiency mean?”

This book could be intended for practicing manual-lymphatic therapists who are also combining Complete Decongestive Therapy in their care of primary and secondary lymphedema patients. It could also be used as an instruction manual for any of the manual lymphatic drainage (MLD) training centers around the world.

The fine art of bandaging, physical exercises and diet counseling that makes up Complete Decongestive Therapy is given only a slight nod in the last chapter and is not handled in any depth in this text, but this is not criticism. The authors give decongestive therapy its due by rightly indicating that MLD is only the first part of a complete and comprehensive program for the patient suffering from lymphedema.

The text's pictures and illustrations are particularly helpful because the lymphatic system, unlike anything else in the body, has a fascinating, yet sometimes maddening, “mapping” system in regards to exactly how the lymph vessels flow and where they meet lymph nodes. This knowledge is essential for the practicing therapist who can waste hours, or do real harm, by not knowing the appropriate flow of lymph. A combination of illustrations and precise black-and-white photographs of a live person, with arrows drawn on her body, offer clarity of lymphatic flow rarely seen in other books.

The book covers the anatomy of the lymph-vessel system; interstitial fluid and lymph; lymph formation and flow; lymphatic-system insufficiency; effects of MLD on lymph formation; basic principles of MLD; and precise treatment protocols for working on the cervical, axillary and inguinal regions, as well as the deep abdominal trunks.

The combination of detailed illustrations and photos; treatment protocols; and an in-depth look at the chemistry, anatomy, physiology and pathophysiology of the lymphatic system make this book essential for any therapist serious about practicing responsible manual lymphatic drainage.

—Charlotte Michael Versagi

Medicine Woman III: The Rising
by Medwyn Goodall
New World Music
Ashland, Oregon
(800) 771-0987
www.newworldmusic.com
$15.95; 50:37 mins.; 2005

A musical exploration of the nurturing power of femininity, Medwyn Goodall's Medicine Woman III is a culmination of the beauty, mystery and power originally brought forth through his previous offerings of Medicine Woman and Medicine Woman II. Consisting of seven instrumental tracks, the listener follows the medicine woman in her travels through turbulent scenarios (“Invocation Part 3,” “Farewell to the Darkness”), exploring themes of introspection and devotion (“Sherpa” and “Divinity,” respectively), and leading to reconciliation (“Hymn for the Loss of Innocence”) and, ultimately, contentedness (“Temple Journey Part 2”).

Imbued with wooden flute and Spanish guitar, Medicine Woman III is a light, yet muscular, New Age offering. It is further supported by the subtle instrumentations of piano, panpipes, siku (an Andean wind instrument), mandolin, charango (a South American string instrument resembling a very small acoustic guitar), 12-string guitar, fretless electric bass, synthesizers, and assorted percussion and drums.

Goodall draws the listener fully into his world, but is neither overbearing nor too ethereal, remaining fully grounded in the present time, space and moment. The music on Medicine Woman III is strong, confident and assured, and provides an engaging, grounded listening experience that is very appropriate for bodywork sessions.

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One
by Mark Ciaburri
Real Music
Sausalito, California
(415) 331-8273
www.realmusic.com
$14.95; 56:49 mins.; 2005

Consisting of—appropriately enough—a single track, One is more than an hour of subtle, powerful instrumentation provided by acoustic guitar, tabla, tamboura, cello,