Practical Evaluation and Management of the Shoulder. *By Frederick A. Matsen, Steven B. Lippitt, John A. Sidles, and Douglas T. Harryman II. Philadelphia, W.B. Saunders, 1994. 242 pp., illustrated. $75. ISBN 0-7216-4819-3.*

Practical Evaluation and Management of the Shoulder is an excellent resource book directed to the orthopedic surgeon and those primary care physicians who have a keen interest in the shoulder. The intent of the authors' text is to provide an outline for optimizing accurate diagnosis and appropriate management of shoulder problems. The authors include surgical principles aimed at an orthopedic audience, but the discussions are very readable by the nonspecialist. The text is unique in its style and organization. The six chapters are titled Shoulder Evaluation, Motion, Stability, Strength, Smoothness, and Synthesis: Practical Guidelines.

The text is clear, concise, and well organized. It is written in a logical framework designed to present the authors' key concepts regarding shoulder dysfunction and function. These concepts are well supported by clinical and research data that are nicely integrated into the text. Each chapter also includes numerous tables, illustrations, and figures that provide important data in a visually effective manner. An added bonus in each chapter is the inclusion of patient education material designed by the University of Washington Shoulder and Elbow Service. A particularly excellent example is the series of home rehabilitation guidelines and instructions for patients.

Of special note to the primary care physician is the introductory chapter on shoulder evaluation and the concluding practice guidelines. The introductory chapter does not offer a discussion of anatomy or physical examination techniques yet provides an excellent overview for evaluating shoulder dysfunction. These concepts are expanded in the following chapters and tied together in the synthesis. The final chapter, Synthesis: Practice Guidelines, proposes in succinct, outline form practice guidelines for the mechanical problems of the shoulder discussed throughout the text. In doing so, it provides an excellent, general reference for primary care physicians.

Cyriak once stated, "Indeed the consultant is no better off than the family doctor when it comes to the painful shoulder." The authors have dispelled this myth through their simple, logical, and cost-effective approach to the evaluation and management of the shoulder. Despite a wealth of information in the literature, this text provides a useful reference for orthopedists and those family physicians struggling with the shoulder as a "black box." It would also be a strong addition to the primary care sports medicine physician's library and other allied health professionals intimately involved in the care of shoulder patients.

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