

Book Review

Reviewed by Alan L. Miller, ND

Musculoskeletal Disorders: Healing Methods From Chinese Medicine, Orthopaedic Medicine, and Osteopathy.

By Alon Marcus, DOM, Lac, DAAPM

North Atlantic Books, P.O. Box 12327, Berkeley, CA 94712

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This book is designed as a reference for practitioners and students interested in expanding their knowledge of the diagnosis and treatment of musculoskeletal disorders, but it is a very different textbook. This may be hard for someone who has not seen this book to fathom, but Dr. Marcus blends the strengths of Orthopedic biomedical diagnostics with treatment modalities from Osteopathic and Oriental Medicine in a manner which is both informative and practical.

After a brief introduction and a peek into how Dr. Marcus integrates Western diagnostics and Eastern philosophy and treatment in his practice, the book offers an in-depth look at the principles of Oriental medicine. The author explains Qi, disease etiologies, meridians, yin and yang organs, and Oriental diagnosis. The neural mechanisms of pain and its perception are discussed, followed by a chapter on musculoskeletal medicine, again from both an Eastern and Western perspective. Oriental Medicine treatment principles, and treatment of myofascial tissues follow. The author then delves deeply into disorders and treatments of specific spinal regions (cervical, thoracic, lumbar) and extremities, covering osteopathic manipulation techniques as well as acupuncture and Chinese herbal treatments.

The author, a licensed acupuncturist and practicing Doctor of Oriental Medicine, has written a comprehensive, very detailed reference that can be used by student and practitioner alike. Dr. Marcus has achieved the difficult task of melding information from seemingly disparate cultures and schools of medical thought; taking what is best from each healing philosophy and creating a work that can be best described as a unique blend of healing strategies that gives the practitioner a great amount of useful information and many effective options for treatment.