

bic activity. Chapter 6 goes into weight training. The various restrictions that may be placed on weight training with the various types of surgeries are covered and a program is provided.

The book ends with a reference section related to the writing of the book as well as a glossary. This book is well-organized, and has a comprehensive index to facilitate locating the various topics. In addition, there is a 2 page section on resources offering support for breast cancer survivors.

The stated goals of Essential Exercises for Breast Cancer Survivors are to enhance the energy levels through physical activity, improve posture, increase joint range of motion, strengthen the body's core stabilizers, and to improve the quality of life by enhancing physical and mental conditions through exercise training. The book is easy to follow and is an excellent resource not only for patients, but also for physical therapists. The main disagreement I have with the authors is on the continued use of a posterior pelvic tilt for abdominal strengthening. Overall, this book is a good reference book for therapists working with breast cancer survivors, and I would feel comfortable recommending this book to women in my practice.

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I Laughed So Hard I Peed My Pants! A Woman's Essential Guide for Improved Bladder Control. Berzuk K. Winnipeg, Manitoba, Canada: IPPC-Incontinence & Pelvic Pain Clinic (division of Nova Physiotherapy & Sports Fitness Clinic); 2002, Soft cover, 208 pages, \$29.99.

I Laughed So Hard I Peed My Pants! written by Physiotherapist, Kelli Berzuk, is an easy to read, self-help guide for women ages 16 and over. It is divided into 29 brief and informative chapters. Each chapter concludes with a summary of key points and a "Did You Know?" section. Chapter 1 briefly introduces the signs of incontinence and also addresses common fallacies about this condition such as "incontinence is a normal consequence of childbirth...and aging... and something you have to live with." Chapter 2 describes the epidemiology of incontinence. Chapters 3 through 5 review the anatomy of the urinary and nervous systems. The role of the pelvic floor muscles also is presented in those chapters in easy-to-understand terminology. Good illustrations support the information presented in those chapters. Chapters 6 and 7 discuss types of urinary incontinence and pelvic organ prolapse. Chapter 8 covers the role of the

pelvic floor in sexual function. Chapter 9 reviews the factors contributing to incontinence such as pregnancy, vaginal delivery, diastasis recti, aging, medications, and recurrent urinary tract infections. Chapters 10 through 13 contain self-help instructions on how to control incontinence including detailed exercise progressions. Chapter 13 also covers information on how to be sure exercises are performed correctly. Chapter 14 discusses the Red Dot Program as an assisted way to remember when to do the exercises. Chapters 15 through 16 cover bladder irritants and bladder diaries with a bladder diary that is easily followed and copied. Chapter 18 discusses urgency and urge delay techniques including a brief mention of pediatric urinary incontinence. Chapter 19 emphasizes the importance of relaxation techniques as an important part of calming the nervous system. Toileting postures are reviewed in Chapter 20. Chapters 21 and 22 cover pelvic floor exercise progression and the importance of progressing to accessory muscle exercises. Chapter 23 educates women on how to recognize when they have regained bladder control including a detailed check list of improvements to look for and why the exercises should be continued after continence is achieved. The remaining chapters cover available treatment options including physical therapy, pharmacological treatment, bladder function testing, and surgical intervention. The book includes an extensive list of references and resources including the book's own website (www.ilaughedsohard.com).

I Laughed So Hard I Peed My Pants! does a good job of covering detailed information about the urinary system and role of the pelvic floor in a format that is easy to understand. It provides clear explanation of exercise progression as well as an overview of diet and lifestyle modifications often used in incontinence management. Some chapters include helpful client examples. Overall the book is a good self-help tool that can assist in empowering women with incontinence, and also be beneficial as a source of information for preventative health of the pelvic floor. Physical therapists will find this book a useful adjunct to their clinical management of incontinence.

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Quick Reference Dictionary for Physical Therapy, 2nd ed. Bottomley JM. Thorofare, NJ: Slack, Inc; 2003, Soft cover, 592 pages, \$25.95.

Quick Reference Dictionary for Physical Therapy, 2nd ed is organized in a very user-friendly format. The book begins with nearly 200

pages of "Dictionary of Terms" that defines terms commonly used in physical therapy practice followed by 39 Appendices. "Acronyms and Abbreviations, and Etymology and Medical Roots" immediately follows the dictionary section and is invaluable for anyone reading medical records. The "Evaluation Acronym" section will assist clinicians in standardizing abbreviations used in medical records. The American Physical Therapy Association's (APTA) *Guide for Professional Conduct* is included in the book as well as APAs *Standards of Practice and Guidelines for Physical Therapy Documentation*. A directory of State Licensure Boards is found in Appendix 15. Appendix 13, "Practitioners Influential in the Genesis of Physical Therapy" is a fascinating section. The practitioners of influence are presented according to the timing of their emergence in the profession. It is an inspiring read about the therapists selected for inclusion in this section. Websites for rehabilitation and government-related websites are presented, including the World Health Organization's International Classification of Impairment, Disability, and Handicap. "Diseases, Pathologies, and Syndromes" are defined in Appendix 18. The appendix on "Physical Therapy Tests and Measures" is very thorough as is the following section 'Physical Therapy Interventions'. Range of motion values, normal lab values, and their clinical significance are presented in the next section. "Reflexes and Reactions of the Central Nervous System" are covered in Appendix 34. Other sections cover MET values for exercise and activity, cranial nerves and tests for nerve integrity, charts of the muscles, the origin, insertion, action, nerve and artery, and prescription drugs delineated by disease and disorder. The final sections deal with "Reimbursement Terms" and "Guidelines for Physical Therapy Claims Review," "Definitions of Complementary Therapies," "Resources and Networking," "Physical Therapy Organizations and Legislative Matters."

This compact, updated edition of Jennifer Bottomley's excellent quick reference text belongs on the desk or in the briefcase of all practicing physical therapists and students.

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