

In summary, this book is recommended for any health professional who would like to keep up-to-date in the field of psychiatry and to understand better the characteristics, needs, and treatment of the young adult chronic patient.

Lila Kohane Fain, OTR

Free Yourself From Neck Pain And Headache, David Fardon, M.D. *Prentice-Hall, Inc.*, Englewood Cliffs, NJ 07632, 190 pp (1983), \$6.95.

Approximately 35 million physician visits are made each year in the United States by persons seeking relief from headaches or the pain associated with neck and back disorders. In this "self-help" book, Fardon states that the majority of these visits are unnecessary, and he maintains that neck pain and headache sufferers can be taught the principles of "self-care" of the neck.

Chapter 1 examines various first aid interventions for the treatment of neck pain, including the application of heat and ice, massage, traction, neck supports, and contact devices. Another chapter devoted to posture offers simple images and exercises for "getting tall," to acquire the feel of correct spinal alignment.

In his discussion of ergonomics, the author covers the principles of good body mechanics during light, intermediate, and heavy lifting; bending; reaching; and so on. This section also provides illustrations of dressing table and workbench body mechanics, and the do's and don'ts of lifting down from a height.

Other topics of interest include the psychological factors associated with neck pain and headache, diet and obesity, drugs and medications, sex, exercise, and anatomy. The seven chapters devoted to exercise provide a comprehensive, clearly written, and well-illustrated selection of exercises for posture, relaxation flexibility, strengthening, and general fitness.

The chapter on sex was disappointing, however, since it provided little in the way of practical information regarding how to prevent neck and back pain during sexual activity. The section on anatomy was also oddly placed at the end, rather than at the beginning of the book.

For experienced health professionals, Fardon's book may not provide any new or enlightening information about the treatment of neck pain or headaches. It is, however, an excellent reference for patients with neck or back pain or for therapists working in back pain programs who are seeking additional information on proper body mechanics or home exercise programs.

Darlene Sherry, M.A., OTR

Parachute Movement Activities—A complete parachute movement program for elementary grades and beyond. Ron French and Michael Horvat, with Frank Alexander, Editor. *Front Row Experience*, 540 Discovery Bay Boulevard, Byron, CA 94514, 82 pp, \$6.95.

The authors, with extensive physical education and special education backgrounds, present a new approach to a recreation and/or therapeutic program. The versatile parachute is shown as an exciting modality that can be adapted effectively for use with preschool youngsters through senior citizens.

Benefits that range from physical—strength, coordination, endurance, flexibility, and improved cardiorespiratory function—to increased visuo-perceptual awareness—concepts that heighten sensitivity to right, left, up, down, and so on—are easily incorporated into creative parachute activities.

More than 100 parachute activities, clearly and delightfully illustrated, are categorized according to the major objective of each action. Teaching hints with precautions or considerations for specific handicapping conditions are given, along with suggestions for selection of appropriate activities.

Approximately 20 elementary-aged children or 10 to 12 teenagers or adults can effectively manage the parachute to perform most activities. Smaller parachutes are available for groups of 6 to 8 participants, which may be necessary for the physically disabled or hyperactive youngster.

Basic parachute terminology is explained. A resource section grouped in three categories—readings, recordings, and equipment and supplies—is given.

Parachute activities may well be an extra "zip" to an occupational therapy program when group activities are planned.

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