



book reviews

BY RONALD F. MACISAAC
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THOSE WHO TRESPASS AGAINST US: BASED ON THE LIFE OF WALTER O'KEEFE

By T. O'Keeffe

Published by Trafford Books (2007)

This book provides a disturbing biographical account of an Irish boy's childhood spent as an abused orphan living in one of Ireland's notorious Industrial Schools in the 1940's. In 1999, the Government of Ireland officially apologized to the victims for their suffering under the Industrial School system. However, the physical and psychological scars continue to haunt abuse survivors and affect their lives today.

I have no doubt that this biography will be of special interest to trial lawyers handling residential school claims in this province. I found it to be an engrossing book despite the horrors that it recounts.

THE TRUTH ABOUT CANADA, SOME IMPORTANT, SOME ASTONISHING, AND SOME TRULY APPALLING THINGS ALL CANADIANS SHOULD KNOW ABOUT OUR COUNTRY

By Mel Hurtig

Published by Douglas Gibson Books, (2008)

The author of this book started by one very basic question: How does Canada measure up against other countries of the world?

Simply put, this nationally best-selling book is a masterpiece. It is well researched and highly readable text regarding what we do well as a country and what we must do better! Highlights for legal advocates include the author's research material on universal healthcare, current Aboriginal issues, and the rise of foreign control over Canadian corporations. The role of lawyers in advancing needed reforms cannot be overstated.

BOOK REVIEW BY DARYL BROWN, NEW WESTMINSTER BC

SURVIVING WHIPLASH – SAVING YOUR NECK WITHOUT LOSING YOUR MIND

By Mark Frob

Published by Ortho Wellness Publications

Simply stated, *Surviving Whiplash*, by Mark Fobb, MD, (OrthoWellness Publications 2009) will assist you to understand the basic signs and symptoms of injuries associated with whiplash disorders and the treatments typically recommended. This 147 page book is divided into five sections with Section One explaining how modern vehicles are designed to withstand extensive damage based upon "elastic deformation". This term notes how the physical structure of a passenger vehicle can display minimal damage after sustaining impact of 16 kilometers per hour or less. A phenomenon that has permitted insurance companies to argue the "Minor Impact Soft Tissue" or MIST defence. Recognizing the weakness of this policy, the author describes how someone subject to such acceleration/deceleration forces can suffer a range of whiplash associated disorders.

A medical portion with diagrams offers an introductory explanation of how whiplash injuries affect the vertebrae and surrounding muscles, ligaments and nerves and why pain to these areas does not always present immediately. This combination of compound soft tissue damage is known as *myofascial pain syndrome* and is often treated successfully. A brief mention is made of mild traumatic brain injury, post traumatic stress and chronic pain disorders, although anything further would require additional resources.

Section Two sets out the difference and the benefits of physiotherapy, massage, acupuncture, manual manipulation, injection therapies and medication. Each individual will display a unique level of tolerance to a specific treatment program or a mix of modalities. The "Rule of Six" and the "Rule of Three" suggest a change in treatment if advances

are not made within three or six sessions using that particular therapy. This section is easily read by the lawyer practicing in personal injury but it would also assist the injured person. An emphasis is placed on a potential plaintiff to take charge of their treatment program by learning about the various modalities and being diligent about their rehabilitation.

Section Three begins to prepare the injured party for the litigation process. It advises the plaintiff to document details of the collision and record their initial symptoms early in the day. It then confirms the insurance company is not likely to look after their interests and suggests how to select a lawyer. Section Four encourages the injured party to remain optimistic about recovery and reminds them not to abandon their rehabilitation program. The final section provides some useful charts to assist in recording the mechanics of the collision and tracking their symptoms and progress.

In summary, *Surviving Whiplash* offers some basic information about whiplash associated disorders, treatment and the litigation process. Undoubtedly, it would assist a plaintiff understand their injury and the litigation process during the first few months following their collision. For more information visit www.chronicbackpainclinic.com.

