

BOOK REVIEWS

The Meaning of Everyday Occupation, Betty Risteen Hasselkus, pp. 156, 2002. Price \$32.00. ISBN 1 55642 398 5. Slack Inc., Thorofare, NJ, USA.

The author of *The Meaning of Everyday Occupation* explores the idea of occupation as a foundation for the practice, research and scholarship of the occupational therapy profession. She also provides a broad, in-depth perspective on how engagement in occupation influences our health and quality of life. Using a framework of occupation as “doing, being and becoming” she argues that engagement in the routines of daily living involves much more than mere task performance. Occupation contributes substantially to people’s experiences of meaning as well as to their identity, growth and well being. These themes are congruent with those of Adolph Meyer, the psychiatrist who in 1917 helped to found occupational therapy in the USA. Meyer claimed that occupational therapists provided opportunities rather than prescriptions; opportunities to pursue one’s unique interests and regain satisfaction in living through engagement in a balance of work, leisure, rest and creative pursuits. Meyer and Hasselkus both emphasize the importance of the *experience* of engagement in occupation to our health and well being. Since that experience may be the most significant effect of therapy we need to learn much more about it.

One cannot read this book without gaining new respect for and understanding of occupation in all of its complexity. The book is unpretentious, concise but scholarly. It includes 407 references from the sciences and humanities for further study. Hasselkus makes useful suggestions for improving occupational therapy practice based upon her research, knowledge and wisdom. Above all, this is a wise and compassionate book that speaks eloquently to all who work in rehabilitation or health promotion about the potential contribution of occupation to health, satisfaction and well being. Engagement in occupation may build meaning and coherence into existence, so that people are able to discover something worth doing and a reason to look forward to getting up in the morning to engage with life.

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The Biomechanics of Back Pain, Michael Adams, Nikolai Bogduk, Kim Burton & Patricia Dolan, eds, pp. 238, 2002. Price £27.99. ISBN 044306207 2. Harcourt Publishers Limited, London.

This book on back pain, by four of the leading practitioners in the field of spinal research, focuses strictly on evidence-based and clinically relevant information. The subject has been approached from a “biomechanical” perspective, in which mechanical, biological and psychological influences have been fully integrated in order to provide a mechanistic account of back pain. In order to understand back pain, a thorough knowledge of basic anatomy, pathoanatomy and biomechanics is essential. Such information is presented in a clear and concise manner in this book on the spine. The relevance of research to clinical practice and medico-legal issues are emphasized. The book is intended primarily for health professionals who treat back pain, and for students at the advanced undergraduate/graduate level, but it may also interest those involved in back pain in medico-legal practice and serve as a guideline for such practice. Very little previous knowledge of musculoskeletal tissue biology or biomechanics is required; the introductory chapters explain the concepts and terminology used later in the book. The book is illustrated with demonstrative colour photographs of spinal pathology and numerous line diagrams to explain the anatomy and biomechanics. This book is highly recommended to anyone who wishes to acquire the basic knowledge needed for understanding mechanisms of back pain.

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ERRATUM

Tesio L. Measuring behaviors and perceptions: Rasch analysis as a tool for rehabilitation research. *J Rehabil Med* 2003;35:105–115

A wrong typesetting affected the following equations. The right typesetting is provided here:

$$\ln[P_{nik}/(P_{nik-1})] = \beta_n - (\delta_i + \tau_k) \quad [\text{Eq.4}] - \text{page 109}$$

$$\ln[P_{nik}/(P_{nik-1})] = \beta_n - (\delta_{ik}) \quad [\text{Eq.5}] - \text{page 109}$$

$$\ln[P_{nikj}/(P_{nikj-1})] = \beta_n - (\delta_i + \tau_k + \gamma_j) \quad [\text{Eq.6}] - \text{page 111}$$