

**[BOOK REVIEW]****Techniques in Cardiopulmonary Physiotherapy by Subin Soleman**Nagargoje Archana<sup>1</sup>, Pande Eakta<sup>2</sup>, Diwate Abhijit<sup>3</sup><sup>1</sup>Associate Professor, <sup>2</sup>Post Graduate Student, <sup>3</sup>Professor and HOD, DVVPF's College of Physiotherapy, Ahilyanagar.

In 2018, the book *Techniques in Cardiopulmonary Physiotherapy* was released. Evidence-based practice continues to be the cornerstone for the best care in the rapidly changing area of physiotherapy, especially cardiopulmonary physiotherapy. *Techniques in Cardiopulmonary Physiotherapy* by Subin Soleman is a notable resource that skillfully blends the academic foundation with real-world applications of cardiopulmonary rehabilitation. This book skilfully closes the gap between theory and practice by giving medical professionals the means to implement excellent theoretical ideas in practical clinical settings.

Soleman's approach in this book mirrors the effective teaching style of evidence-based resources, presenting complex clinical concepts with simplicity while ensuring that the material is clinically applicable. The book begins by grounding the reader in essential anatomical and physiological knowledge crucial for understanding cardiopulmonary conditions. This initial theoretical section is essential as it provides the necessary foundation for understanding the interventions described later in the text. While focusing on the fundamentals, Soleman also provides a deep dive into respiratory and cardiac systems, creating a holistic understanding of how these systems interact with the body, which is essential for effective rehabilitation.

Following this introductory material, the book transitions smoothly into the practical aspects of physiotherapy, including detailed instructions on airway clearance techniques, chest physiotherapy, and various breathing exercises. These practical techniques are divided into chapters with clear descriptions of the steps involved, allowing readers to easily follow and implement them. Much like *Practical Evidence-Based Physiotherapy*, which

uses case studies to demonstrate the application of theory, Soleman integrates real-life clinical scenarios that allow readers to understand how these techniques function in different patient settings. These case studies not only highlight the practical aspects but also reinforce the importance of clinical reasoning when selecting and applying treatment interventions. This structure helps readers develop a more comprehensive skill set, bridging the gap between clinical knowledge and application.

One of the most commendable features of *Techniques in Cardiopulmonary Physiotherapy* is its user-centric approach to learning. The book focuses on essential, evidence-based techniques that physiotherapists can easily incorporate into their practice. Similar to *Practical Evidence-Based Physiotherapy*, Soleman ensures that the information is rooted in the latest research, which is particularly beneficial for clinicians striving to stay current in a field that continually evolves. While the book provides a wealth of practical techniques, it is carefully organized to ensure that these methods align with the latest standards of care and current best practices in cardiopulmonary rehabilitation.

Another strength of the book is the incorporation of detailed diagrams and images, which are essential for visualizing techniques and understanding their application. In physiotherapy, especially in specialized areas like cardiopulmonary rehabilitation, visual aids are indispensable for ensuring that techniques are performed correctly. Soleman's well-placed illustrations and photographs provide crucial support to the written content, enhancing understanding for readers who may be visual learners. This feature is especially beneficial to students and new practitioners who are still developing their clinical skills.

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In addition to the theoretical clarity and visual aids, the inclusion of case studies in the text provides practical insight into real-world patient management. Each case study explores common conditions treated in cardiopulmonary physiotherapy, such as chronic obstructive pulmonary disease (COPD) and post-surgical rehabilitation, and demonstrates how the techniques described in the book can be applied effectively. This approach not only reinforces the material covered but also encourages readers to think critically and adapt interventions to meet individual patient needs. This is a key strength, as it promotes clinical reasoning, a vital skill for any healthcare professional.

The book excels in its clinical relevance. Just as Practical Evidence-Based Physiotherapy emphasises the importance of applying theory to clinical practice, Soleman's book ensures that readers are well-equipped to implement the discussed techniques in various clinical settings. The focus on airway clearance techniques and chest physiotherapy aligns perfectly with the real-world demands of treating patients with respiratory and cardiac conditions. Moreover, the practical applications discussed are adaptable to various patient demographics, from paediatric to geriatric populations, enhancing the book's utility in diverse clinical environments.

In particular, Soleman's approach to describing therapeutic techniques emphasises patient-centred care. Like other evidence-based works in physiotherapy, the book underscores the importance of tailoring interventions to individual patient needs, a crucial aspect of effective cardiopulmonary rehabilitation. For instance, when discussing techniques such as postural drainage and manual percussion, Soleman emphasises how these methods should be modified for different patient conditions, ensuring they are both effective and safe.

Additionally, the emphasis on current research is key to the book's credibility and relevance. Soleman integrates research findings into the discussion of each technique, reinforcing the evidence behind the practices. While more detailed references to specific studies could enhance the depth of this research-based discussion, the book still provides a solid foundation rooted in evidence, offering clinicians confidence in their techniques.

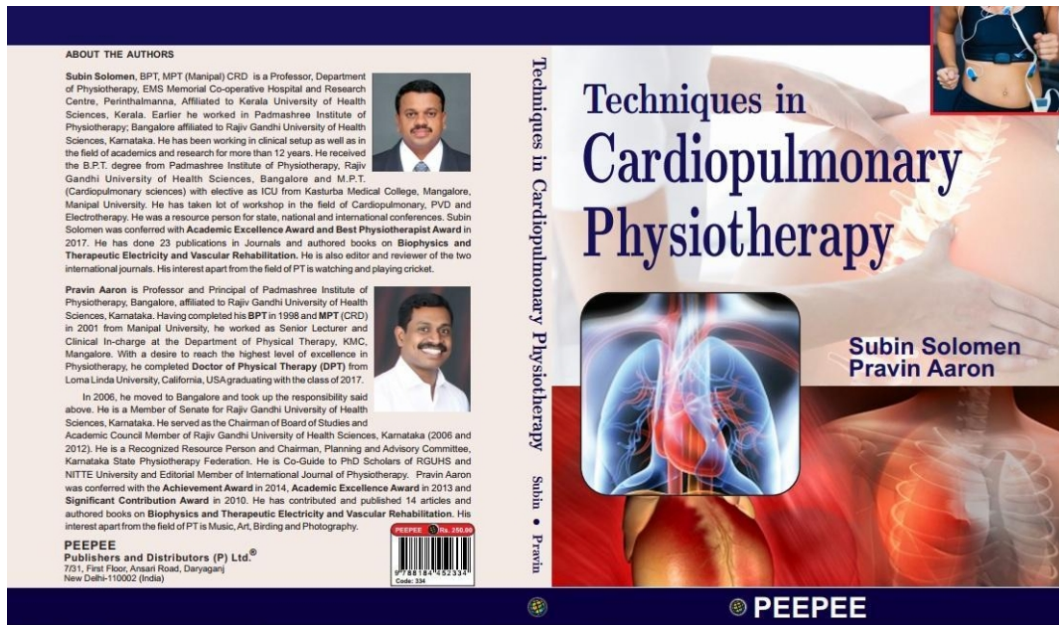
### **Limitations**

Despite its many strengths, Techniques in Cardiopulmonary Physiotherapy does have a few limitations. One area where the book could improve is its discussion of emerging trends and innovations in the field. As seen in works like Practical Evidence-Based Physiotherapy, incorporating new research, technologies, and trends such as telehealth in cardiopulmonary physiotherapy or the growing role of robotic-assisted rehabilitation could provide more comprehensive coverage. This would further solidify the book as a go-to reference for novice and experienced practitioners.

Furthermore, while the book provides an excellent exploration of practical techniques, it could benefit from a more in-depth discussion of the psychosocial factors that affect cardiopulmonary rehabilitation. As Practical Evidence-Based Physiotherapy highlights, understanding patient motivation, mental health, and social support is critical in rehabilitation. Including this perspective could add a more holistic view of the rehabilitation process, which would be especially helpful for those treating patients with chronic conditions.

### **Conclusion**

In conclusion, Techniques in Cardiopulmonary Physiotherapy by Subin Soleman is a highly effective and valuable resource for physiotherapists in the field of cardiopulmonary rehabilitation. By blending theory with practice, the book offers a comprehensive guide to essential techniques and their clinical applications. It excels in its accessibility, clear writing style, and clinical relevance, making it a suitable resource for students and experienced clinicians alike. While a deeper exploration of emerging research and psychosocial aspects would enhance its coverage, the book remains a highly recommended text for anyone involved in cardiopulmonary physiotherapy. It not only provides the foundational skills needed to succeed in the field but also encourages clinicians to apply these techniques with confidence in a variety of clinical settings.



## References

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