This book fills an essential gap in textbooks of whole body human physiology, with useful experiments that work, rather than obscure techniques suited only to a sophisticated research laboratory. I am recommending this book to B.Ed., physical education students as the basis of their practical physiology course.

THE KNEE IN SPORTS

Karl K. Klein and Fred L. Allman Jr.,

The Pemberton Press - 1969

Price ~~£~~ US 6.95

Injury to the knee is the most common single type of sporting accident (between a quarter and one third of all injuries according to series) and it follows that a book devoted to the subject must be anticipated with interest.

In fact this book is better known by its subtitle "Conditioning, Injury Prevention, Rehabilitation and studies related to the knee" since there is very little in the contents directly related to aetiology, pathology and surgical management. Most of the book is taken up with exercise schedules, well set out and clearly illustrated. With these one can have little to quarrel, though it is a pity to see the use of the Delorme boot still advocated (there are virtually no natural situations in which the knee is worked in distraction - it functions physiologically in compression).

The use of the Klein bench is extensively advocated, and there is little doubt that the majority of Rehabilitation Centres, Physical Medicine Departments and Physiotherapy Clinics would be improved by the addition of this piece of apparatus.

Professor Klein and Dr. Allman have assembled an impressive and extensive bibliography, but one must regret the failure to provide an index.

Despite these few criticisms this is a most valuable book and warmly to be recommended to Clinician, Coach and Physical Educationist alike.

J. G. P. Williams,
F.R.C.S.Ed., D.Phys. Med.