

rescribing Information
resentation: Movelat Cream contains mucopolysaccharide polysulphate (MPS) 0.2g and salicylic acid 2.0g in a white vanishing cream base to
00g. Movelat Gel contains the same active constituents in a colourless gel base. Indications: For the relief of symptoms associated with painful
filammatory conditions of the musculo-skeletal system, including traumatic conditions such as sprains and strains. Dosage and
dministration:Movelat Cream: Two to six inches (5-15cm) to be massaged into the affected area up to four times daily. The cream may also be used
iith a dressing, when it should be applied thickly. Movelat Gel: Two to six inches (5-15cm) to be applied to the affected area up to four times daily.
ontra-indications, Warnings: Should not be used on large areas of skin. Should not be used on broken skin, sensitive areas of skin or mucous
rembranes. Should not be used on children under the age of 12 years. Precautions: In cases of sensitivity to salicylates, allergic skin reactions may
ccur. Pregnancy and Lactation: There is no evidence to suggest that Movelat should not be used during pregnancy and lactation. Pharmaceutical
recautions: Nil. Legal Category: P. Basic NHS Price: £4.14 per 100g tube of Cream or Gel. Further Information: Nil. PL: Movelat Cream 0542/5001R.
September 1993

Full information on request: PANPHARMA LIMITED Repton Place



ESSENTIAL ORTHOPAEDIC TITLES FROM BUTTERWORTH-HEINEMANN

APLEY'S SYSTEM OF ORTHOPAEDICS AND FRACTURES

Seventh Edition

A Graham Apley MB BS FRCS

Formerly Consultant Orthopaedic Surgeon, St Thomas' Hospital, London, UK

Louis Solomon MB ChB MD FRCS

Professor of Orthopaedic Surgery, Bristol Royal Infirmary, Bristol, UK

- A clear and systematic approach to orthopaedic diagnosis and treatment
- Groups of full colour illustrations exemplify the lessons of the text perfectly
- More detailed information on pathology and basic sciences

This is the seventh edition of a classic text on orthopaedics which has been referred to as "the best orthopaedic and fracture book written in English". This updated edition has full colour illustrations and its position as an essential orthopaedic textbook should be consolidated. Aimed primarily at the postgraduate studying for the final Fellowship examination, this work should also appeal to discriminating undergraduates and all who aspire to practise orthopaedics and its related disciplines.

March 1993 $^{\circ}$ 246 \times 189mm $^{\circ}$ 640pp Illustrated Hardback 0 7506 0641 X £60.00

OUTCOME MEASURES IN ORTHOPAEDICS AND TRAUMA

P Pynsent ● J Fairbank ● A Carr

There is an increasing awareness among clinicians and managers of the importance of outcome measures in providing a firm basis for clinical audit and research.

Outcome measures are important when setting appropriate standards of patient care and they have a medico-legal dimension in the measurement and assessment of damage following injury.

- This book represents current concenses on the role and practicalities of Outcome Measures in Orthopaedics
- Provides information on current instruments and scores, as well as pragmatic advice on which are the optimum measures
- Identifies areas where further research is required

February 1993 234 × 156mm 288pp Paperback 0 7506 0520 0 £29.50

blank). VAT Number

HIP ARTHROSCOPY

R N Villar

- An orthopaedic surgeon's vade mecum to the technique of hip arthroscopy
- Step-by-step approach to procedures from setting up the equipment, assessment of the patient entry portals and arthroscopic techniques and interpretation
- Gross and arthroscopic anatomy is described, along with many common pathologies, complications, contra-indications and a detailed post-operative care programme
- Fully illustrated in colour

1992 144pp Illustrated Hardback 0 7506 0716 5 £40.00

DISORDERS OF THE CERVICAL SPINE

Second Edition

T E Jeffreys FRCS

- Essential reference for the orthopaedic surgeon, neurosurgeon, radiologist and neurologist
- The many advances in diagnostic imaging and surgical technique which have occurred since the first edition are included in detail
- Provides comprehensive and topical coverage including anatomy, congenital malformations, fractures, spondylosis, osteomyelitis, rheumatic diseases, surgical approaches and management of cervical spine problems.

April 1993 246 × 189mm 240pp Illustrated Hardback 0 7506 1361 0 £49.50

PRACTICE OF SHOULDER SURGERY

Ian G Kelly MD FRCS

- A practical, up-to-date overview of shoulder problems and their management
- Takes a multi-disciplinary approach to shoulder problems and their treatment

This volume gives a detailed overview of current approaches to investigation, diagnosis and management of all major shoulder problems International contributors provide chapters from the point of view of a practising surgeon emphasizing important clinical findings, significant investigations and their preferred method of management.

May 1993 246 × 189mm 592pp Illustrated Hardback 0 7506 1383 1 £75.00

ORDER FORM

Please order from your local bookseller or If you live in the UK only please address: Lucy Barter, Butterworth-Heinemann, FR If you live OUTSIDE THE UK please a Lucy Barter, Butterworth-Heinemann, Lit 8DP.	your order to: CEEPOST, Oxford, ddress your order to	o:		
Qty Title	ISBN	Price	Total	
Apley's System of Orthopaedics	0 7506 0641 X	£60.00		
Disorders of the Cervical Spine	0 7506 1361 0	€49.50		
— Hip Arthroscopy	0 7506 0716 5	£40.00		
Outcome Measures in Orthopaedics and Trauma	0 7506 0520 0	£29.50		
Practice of Shoulder Surgery Add £2.50 postage	0 7506 1383 1	£75.00		
Add VAT at local rate (for rates see below)				
NB Do NOT add VAT for UK and Eire		Total		
VAT RATES 6% Belgium, 25% Denmark, 5.5% France, 7% Germany, 4% Greece, 4% Italy, 3% Luxembourg, 6% Netherlands, 5% Portugal, 3% Spain FOR COMPANIES REGISTERED FOR VAT, PLEASE SUPPLY YOUR				

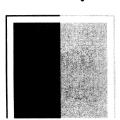
	I enclose a cheque made payable to Reed Book Services for
	Please debit my credit card – tick appropriate box
;	□ Access □ Visa □ Barclaycard □ Mastercard □ American Express □ Diners
_	Card Number
_	Expiry Date
-	Name
_	Address
-	
_	Postcode Date
7	Signature





ISSN 0817-4792 Published quarterly

Editors-in-Chief: Peter Fricker, Sports Medicine Richard Telford, Sports Physiology/ Nutrition Editors: Jeffrey Bond, Sports Psychology Louise Burke, Nutrition Allan Hahn, Sports Physiology Bruce Mason, **Biomechanics** Craig Purdam, Physiotherapy



he sports medicine and science journal *Excel* has undergone exciting changes since Blackwell Scientific Publications took over publication from Volume 8, Number 1, 1992. Excel has effectively been relaunched for the international market. The Editorial Board now includes both local and international professionals in sports science and medicine. The journal has also moved from being an outlet for Australian Institute of Sport research to become a vehicle for the publication of research from all medical and allied practitioners both within Australia and internationally.

Articles of an applied nature on elite athlete performance will remain the theme of Excel, which will continue to publish original research covering the disciplines of biomechanics, medicine, massage, nutrition, physiology, physiotherapy and psychology. Case studies, conferences, book reviews and technical reports prepared under the direction of the National Sports Research Centre will also be published regularly in the journal.

Medicine and science in sport have become important areas of research at all levels of athlete performance. Excel is a valuable asset which will keep you up to date with current research and opinions.

In 1993 Excel will be published in March, June, September and December.

The institutional subscription rates for 1993 are A\$130.00 (Australasia) and US\$130/UK£94.00 and A\$169.00 (elsewhere). The personal subscription rates for 1993 are A\$86.00 (Australasia) and US\$86.00/UK£62.00 and A\$112.00 (elsewhere).

SUBSCRIPTION ORDER FORM		
☐ Please enter my 1993 subscription to I	Excel	
Please send me a specimen copy, including Notice to Contributors		
I would like to subscribe to Excel at the:		
☐ Institutional rate of A\$130.00/US\$130.00/UK£94.00/A\$169.00 (elsewhere)		
Personal rate of A\$86.00/US\$86.00/UK£62.00/A\$112.00 (elsewhere)		
I enclose payment, to Blackwell Scientific Publications Pty Ltd, for		
I would like to pay for my 1993 subscription	on by Bankcard/Mastercard/Visa	
Please debit my card no.	For the sum of	
Signature	Expiry Date	
Name		
Address		
	Postcode	
	<u>.</u>	

Return your completed Order Form to: **Blackwell Scientific Publications Pty Ltd** PO Box 378, Carlton South, Vic. 3053, Australia