Sports injuries: their prevention and treatment, 3rd edn.


To review this book is no easy task. It is a bit like being asked to do a book review of The Bible. It seems like this reference book has been on our shelves since Moses played half back for Egypt, and few sports physicians world wide will have not read it at some stage of their career. Many of us have used the extensive pictures from earlier editions of the book to illustrate our lectures. The authors and publishers are to be commended that one can also now purchase these illustrations on a separate CD ROM. Bowing to the inevitable consumer demands, nevertheless this makes an important “value added” aspect to the book.

The fact that this book is now in a 3rd edition says something important about the development of sports medicine. We have reached the stage where textbooks such as this one have been developing over almost 30 years, paralleling the development of the discipline of sports medicine. Like The Bible, Sports injuries is a multi-authored book, strong on orthopaedic trauma and weak on return to play issues. As one would expect from a text authored by two internationally renowned surgeons, the orthopaedic aspects of injuries are particularly strong. New sections in this 3rd edition enhance the book significantly. This is particularly impressive in the shoulder trauma section, where I see that Ben Kibler’s slide test is elevated to sainthood. As I revisited this book for the purpose of this review, I am struck just how much orthopaedic sports medicine has changed since I began in this area. Concepts such as SLAP lesions, autogenous chondrocyte transplantation, and labral tears were not even described when I did my first sports medicine course. Yet in this book, accompanied by beautiful illustrations, such concepts are made crystal clear. All budding sports clinicians, regardless of discipline, should read this textbook as a starting point for their careers in sports medicine.

This book is meant to decide, as before, whether to also publish it in a future paper issue. www.bjsportmed.com

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Physical activity and bone health.


Karim Khan (co-author of Clinical Sports Medicine) has gathered together an international group of experts to present Physical activity and bone health.

The preface describes many professionals who may be interested in this text—from personal trainers through to professors. Essentially everyone!

The book is divided into five sections, and is well set out and easy to read. It has excellent summaries at the end of each chapter allowing the reader to skim through to find appropriate chapters.

The first section on “Structure, function, and measurement of bone” provides detailed descriptions of the anatomy, physiology, and biomechanics of bone. There is a useful chapter on the techniques used to measure bone density and bone metabolism, which provides insight into the background information required to interpret these results in a clinical setting.

A well referenced guide to dietary supplements and their role in fracture risk reduction in postmenopausal women is contained in Part Two.

There is a chapter devoted to men, a group often overlooked in the discussion of bone health. Other chapters in Part Three include exercise programmes for improving bone health in specific groups (children and premenopausal and postmenopausal women). These exercise guidelines are practical, include photos and diagrams, and could be given directly to patients during a consultation.

Part Four looks at “Intense physical activity and bone health”. This section is most relevant to the athletic population. It gives an excellent overview of the literature but only general outlines on the management of menstrual disturbance, low bone mineral density, and stress fractures in athletes.

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REFERENCES


LETTERS

The “piriformis syndrome”—myth or reality?

In the above editorial, I noted the desire to package these rather indeterminate pains in the buttock, around the trochanter, and which can radiate to the groin or knee, as a deep gluteal syndrome. The piriformis syndrome and the hamstring syndrome do I believe exist, but in my admittedly very small experience, as they are rare, they do have a major clinical finding that differs from pain induced by the hip stabilisers. Because the sciatic nerve is involved, the straight leg raise, Lasque and Bowstring signs, which produce neural stress peripheral to the lesion, are positive, but the slump test, which moves the dura and is proximal to the lesion, is negative. Most patients diagnosed as having “piriformis syndrome” do not have these clinical findings, and their problem better fits the classification of deep gluteal syndrome. Perhaps, in fact, the deep gluteal syndrome diagnosis should be used as well as, and not inclusive of, the piriformis and hamstring syndromes. I feel the use of these rather indeterminate pains in a broader term such as hip stabiliser syndrome is now even more impressive in its scope and coverage of sports medicine. This book gets my vote for sports medicine book of the year. A “gold medal” performance!

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BOOK REVIEWS

The overview of general concepts makes this work the best single reference for new sports medicine trainees and those involved in athletic care. Similarly the sections on rehabilitation and training are very useful and many of the suggested exercises can easily be adapted for patient handouts or information. Reviewing this book is a bit like meeting an old and dear friend that one hasn’t seen for some time. The easy familiarity is still there, the style of the illustrations remains distinctive, and yet the book is far more evolved and sophisticated. What was an excellent book in its earlier existence is now even more impressive in its scope and coverage of sports medicine. This book gets my vote for sports medicine book of the year. A “gold medal” performance!

Analysis

Presentation 18/20
Readability 20/20
Relevance 20/20
Evidence basis 5/20
Total 81/100

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The editors will decide, as before, whether to also publish it in a future paper issue.
Motivational styles in everyday life: a guide to reversal theory.


I feel that this book is targeted towards academics, researchers, and people interested in motivation psychology generally, particularly reversal theory. As outlined in the preface and introductory chapter, reversal theory is a broad psychological theory which has received little attention from mainstream psychology. It specifically explores motivation, emotion, and personality.

The book is clearly a comprehensive overview of the research and application of reversal theory to date. To ensure this, the editor, Michael Apter, who is himself an expert in reversal theory and the most significant contributor to the work, appears to have drawn upon the expertise of the people most interested in the theory so far.

The content includes an introduction to the theory and field, with an outline of the empirical research that has so far been conducted. This is a detailed description of the theory, with the consequence that it is certainly not light reading; however, this attention to detail is required for the uninitiated to grasp the terminology developed which describes the basics of the theory.

The sections entitled “Research applications” and “Practical applications” are probably of most relevance and interest to those not fully engrossed in the theory development. These sections include the application of reversal theory to a range of behaviours including smoking, sport, addiction, stress, organisations, and counselling. Although at times the theory provides a refreshing perspective on these areas, it tends to be somewhat too theoretical and limited in outlining how to use the theory in these areas.

Considering the relatively young age of reversal theory, which had its origins in the early 1970s, it is possible that applications will be developed further over time. Indeed, future issues are discussed at the conclusion of the book.

In summary, this outline and review of reversal theory to date would be of most interest to psychology academics. The structure and outline of the book is good, but the terminology and theoretical emphasis make it slow going at times.
9th World Symposium of Biomechanics and Medicine in Swimming
21–23 June 2002, St. Etienne, France
Further details: Jean-Claude Chatard, Pav 12, St Jb, 38042, France; email: chatard@univ-st-etienne.fr
Website: www.univ-st-etienne.fr/swimsymmp

12th Commonwealth International Sports Conference
19–23 July 2002, Manchester, UK
Further details: Conference Secretariat, HIT Conferences, Cavern Court, 8 Mathew Street, Liverpool L2 6EJ, UK; tel: +44 (0)151 227 4423; fax: +44 (0)151 236 4829; email: sport@hit.org.uk
Website: www.hit.org.uk/sport/home.htm

Fourth World Scientific Congress of Golf
23–26 July 2002, St Andrews, UK
Further details: World Scientific Congress of Golf Trust, St Andrews KY16 9DX, UK; tel: +44 (0)1334 475060; fax: +44 (0)1334 474322; email: golfscience@st-andrews.ac.uk
Website: www.golfscience.org.

Sports Medicine Course
3–10 August 2002, Vancouver, Canada
Further details: Cathy Means; tel: +1 608 263 6637; fax: +1 608 262 8421; email: cjmeans@facstaff.wisc.edu

XVI IEA World Congress of Epidemiology
18–22 August 2002, Montreal, Canada
Further details: Conference Secretariat, Events International Meeting Planners, 759 Square Victoria, Suite 300, Montreal, Quebec, H2Y 2J7, Canada; tel: +1 514 286 0853; fax: +1 514 286 6066; email: info@eventsintl.com
Website: www.iea2002.com

Kinesiology—New Perspectives.
3rd International Scientific Conference
25–29 September 2002, Opatija, Croatia
Further details: Conference Office, Faculty of Kinesiology, 10,000 Zagreb, Horvacanski zavoj 15, Croatia; tel: +385 1 3658 666; fax: +385 1 3634 146; email: natalija.babic@ffk.hr

The Queen's Golden Jubilee and Post Commonwealth Games
BASEM Congress 2002
10–13 October 2002, The Low Wood Hotel and Conference Centre, Invermere, Cumbria, UK
Keynote Lecturers
Professor Stuart M McGill (Canada), will lecture on “Low back exercise: the foundation for building the best programme” and present a workshop on “a programme to enhance spine stability”. Assistant Professor Karim Khan (Canada), will lecture on “Better management of tendinopathies” and “Physical activity and bone health”. Other speakers include: Professor Dr med Hans H Paessler (Germany) lecturing on “Current concepts in knee ligament reconstruction following sports injuries” and “Rehabilitation after cruciate ligament reconstruction”; Mr Peter Hamlyn (United Kingdom), Chairman of the Government Ministerial Working Group Report on Safety and Medicine in Sport, will open and Chair a discussion on progress one year on from the report.
Further details: Mrs Sue Roberts, BASEM Company Office, 12 Greenside Ave, Frodsham, Cheshire WA6 7SA, UK; tel/fax: +44 (0)1928 732 961; email: basemoffice@compuserve.com
Website: www.basem.co.uk

Sports Medicine of Australia 2002 Australian Conference
12–16 October 2002, Carlton Crest Hotel, Melbourne, Australia
Further details: Prue Robertson, Project Officer, Sports Medicine Australia, PO Box 237, Dickson ACT 2602; tel: +62 6230 4650; fax: +62 6230 9089; email: prue.robertson@sportnet.com.au

Celebrating 50 years of Orthopaedics in Singapore
13–16 October 2002, Singapore
In conjunction with the 25th Singapore Orthopaedic Association Meeting, 22nd Asian Orthopaedic Association Meeting, 5th Combined Meeting of Spinal and Paediatric Sections—APOA, 7th Meeting of Sports Medicine Section—APOA, 3rd Meeting of Asia-Pacific Orthopaedic Society for sports medicine.
Further details: 2002 COM Secretariat, c/o Dept of Orthopaedic Surgery, National University Hospital, 5 Lower Kent Ridge Road, Singapore 119074, Republic of Singapore; tel: +65 772 4340; fax: +65 778 0720; email: secretariat@soa.org.sg
Website: http://orthopaedics2002.calendarone.com

The 5th Asian Federation of Sports Medicine Congress
24–27 October 2002, Seoul, South Korea
Further details: AFSCM 2002 Seoul Secretariat, Hanjin Travel Service Co Ltd, c/o Young CHANG Marine Center New Bldg 5th Fl, #51, Sogong-dong, Chung-gu, Seoul 100–770, South Korea; tel: +822 726 5555; fax: +822 778 2514; email: ychang@kaltour.com
Website: http://www.afscm2002.or.kr

Australian College of Sports Physicians (ACSP) 2002 Conference in conjunction with the New Zealand Sports Medicine Conference
30 October–3 November 2002, Christchurch, New Zealand
Keynote speaker will be Assistant Professor Karim Khan from Vancouver, Canada. Call for abstracts will be announced in early 2002.
Further details: Rob Campbell; email: rcampbell@sportsmed.nz.co.nz
Website: www.acsp.com.au

Second World Congress of Science and Medicine in Cricket
4–7 February 2003, University of Port Elizabeth, South Africa
Further details: Dr Richard Stretch, University of Port Elizabeth, PO Box 1600, Port Elizabeth 6000, South Africa; tel: +27 41 5042584; fax: +27 41 5832605; email: sparas@upe.ac.za

Vth World Congress on Science & Football
April 2003, Lisbon, Portugal
Further details: Dr J Cabri; Faculdade de Motricidade Humana, Estrada da Costa, Cruz Quebrada, 1499 Lisbon, Portugal; tel: +1 780 436 5529; fax: +1 780 437 6710; email: Jcabri@fmh.utl.pt
Website: http://www.fmh.utl.pt/wesf

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