discouraged. It is possible that at least some of the not inconsiderable number of patients with a past history of injury to an area may have avoided further problems with care and attention to fitness of that part of the body.

All these findings reinforce the continuing need for improved education of people undertaking sport to try to reduce the number of injuries that may result, to limit their severity and reduce recurrences. This is especially so for racquet sports which have such a wide appeal to a large age range in the general population.

A preliminary report of this work was presented at BASM's Congress 86 in Southampton.

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BOOK REVIEW

Title: CONTEMPORARY PERSPECTIVES IN REHABILITATION. VOLUME ONE — THERMAL AGENTS IN REHABILITATION

Editors: Susan L. Michlovitch, MS, PT and Steven L. Wolf, PhD, PT

Publisher: F. A. Davis and Company, Philadelphia UK Agent: Quest Meridien, Beckenham

Price: \$US 29.70 Hard back ISBN 0 8036 6164 9

This is an excellent book that was compiled by Susan Michlovitch because of her concerns about the way the topics of "Thermal Agents were taught and the counter productive effect such instruction might have on clinical decision making". The book is aimed principally at the physiotherapist, it not only gives a great deal of basic information on thermal agents but encourages the clinician to think again about the use of thermal agents, whilst the researcher is given information that provides ideas for clinical studies.

The book is divided into three parts:

Part One — The Foundations for the use of Thermal Agents — which includes a great deal of discussion on the proposed mechanisms by which heat and cold can alter inflammation, healing and pain.

Part Two — is about the electromedical equipment. Physiotherapists have become responsible for advising on buying certain electromedical equipment and here we have chapters incorporating the concept of equipment, selection, operation and maintenance and a thorough description of clinical application.

Chapter three stated that the effective and safe use of electromedical equipment requires a thorough familiarity with each piece of equipment and understanding of electrical principles. Part of this chapter is specifically for the US therapist; the power supply to North America alternates at a regulated frequency of 60 Hz and the line of voltage varies between 110-125 volts, whereas electromedical equipment in the UK and most of Europe works at a frequency of 50 Hz and a voltage output of 220-240 volts. The need for a close working relationship with the electrical engineer, or the company manufacturer's engineers to help in the evaluation, regular inspection and preventive maintenance of equipment is impressed upon the reader.

The next four chapters discuss the operation and application of heat and cold agents, cryotherapy, hot packs, hydrotherapy, therapeutic ultrasound, shortwave and microwave diathermy. These chapters enumerate the physical principles, biophysical effects, clinical applications and general guidelines, contra-indications and completing each chapter with a summary and comprehensive list of references. The most important principle expanded, that before any treatment is given all patients must be evaluated and treatment goals established and contradictions to treatment must be known, as well as the safe and effective use of the equipment must be understood.

There is a chapter on low power laser and although this isn't truly within the theme of thermal agents, because laser is not expected to produce an increase in tissue temperature so its effects could not be attributed to thermal mechanism, but is considered well worthy of inclusion in the book.

Part Three — Clinical decision making helps both the student and the clinician to consider the basic concepts that are being presented in this book and emphasises problem solving and evaluation.

Chapters eleven and twelve expand on the application of cold and heat in the treatment of specific conditions and deals with the treatment of athletic injuries and rheumatic conditions.

There are two appendices, temperature conversion tables, because this publication uses centigrade scale and a list of some of the manufacturers of electromedical equipment products in the United States, which is not particularly of value to our British therapists and students.

I wholeheartedly recommend this book to physiotherapy teachers, students and clinicians. Here is a book that, in a clear easily readable form has put together long needed information about the use of thermal agents in rehabilitation.

Margaret John