hand when a bibliography of this sort will not be published in hard copy but rather in computer accessible format. Sheer size then ceases to be a problem, and manipulation of the records becomes easy.

This should not, however, be allowed to detract from the value of this book. This bibliography is an essential addition to the library of anyone with an interest in the effects of exercise on health. Although it is necessarily already out of date, it provides an ideal starting point for any attempt to search the evidence relating to exercise and health.

R. J. Maughan PhD

Coaches' Guide to Sports Rehabilitation

S. R. Tippet

Illinois: S. R. Tippet, 1990, 157 pp

The team approach to rehabilitation is stressed, including the role of the physician, athletic trainer, physiotherapist, dietitian, exercise physiologist, sport psychologist and strength and conditioning coach. The basics of sport rehabilitation are described, from injury to setting goals for return to sport.

The therapeutic modalities used by the physiotherapist are described, as is their effect on the tissues at various stages of healing. It is interesting to note that 'the most frequently used modality for deep heating is ultrasound' and its effectiveness on stiffness before exercise in decreasing muscle spasm and facilitating stretching.

Of interest to the sports physiotherapist is that part which describes exercises to increase range of movement, proprioception, muscle strength

and functional ability. Each chapter takes the reader through a step-by-step regimen for each body area, during the acute, subacute and chronic phases. However, in the flexibility chapter there is no mention of proprioceptive neuromuscular facilitation as a method of increasing range of movement. There are good guidelines for strengthening programmes and useful charts for strengthening hamstrings and quadriceps muscle groups.

The final chapter is for the coach when the formal rehabilitation is complete, and deals with sports specificity and a graduated programme of functional progression to prepare the athlete for competition. The coach is responsible for the sport-specific tests which bridge the gap between clinical rehabilitation and the playing field, as only the coach knows the demands that will be placed upon the athlete on return to competition.

The book concludes with appendices on stretching, therapeutic exercise and functional progression for football, volleyball, baseball and softball.

This interesting and well laid out book can be recommended. Though aimed for the coach, it provides much of interest and value to all members of the rehabilitation team.

Rose Macdonald BA SRP

Winter Sports Medicine

M. J. Casey, C. Foster, E. G. Hixson (Eds)

F. A. Davis Company, 1990, £42.03, 425 pp, ISBN 0-8036-1683-X

This book is written primarily for the physician looking after elite athletes performing winter sports. It contains a mass of information on training techniques, the biomechanics of particular winter sports and a catalogue of the injuries liable to be encountered. The medical problems encountered in cardiorespiratory medicine and gastroenterology are comprehensively surveyed. There exist inevitably in a multi-author book with three editors some hiatuses, but one is a little surprised not to see some information about mountain climactic conditions, white-outs, crevasses, avalanches, the variable snow conditions and the risks these present. The great importance of protective head gear in children who ski recreationally does not get a mention. Neither does the epiphyseal damage due to freezing of children's hands with subsequent distortion of finger growth. I may have missed it but I could find nothing on snow

blindness or actinic conjunctivitis. Nevertheless this book should travel as a reference in the impedimenta of all team physicians attending sports meetings.

B. Helal MCH(Orth) FRCS

Biomechanics of the Foot and Ankle

R. Donatelli, ed.

Philadelphia: FA Davis Co. 1990, £21.39, 284 pp

This volume contains contributions from Donatelli and 12 colleagues who have compiled the text primarily for the physiotherapist. The book is conveniently divided into three sections. Section I deals with the anatomy and biomechanics of the normal and abnormal foot and ankle. This section also covers the normal development of gait in the context of the foot and ankle rather than the usual detailed analysis of the pelvis and lower limb found in biomechanics texts.

Section II, entitled 'Biomechanical Evaluation' has chapters on the clinical assessment of the foot as a functional unit, the radiographic evaluation of foot deformities and injuries, evaluation of functional orthotics with a description of some of the modern instrumentation used to record foot pressure distribution.

The final chapters in this section deal with the clinical problems of pathologies relating to overuse and diabetes. The chapter on overuse injuries contains some very useful case studies for those dealing with this type of patient.