BOOK REVIEW

SPORTS INJURIES AND THEIR TREATMENT. by John H. C. Colson and William J. Armour. Published by Stanley Paul. Price £4.95.

The addition of 10 pages and a new cover, are about the only “up-dating”, that this book has received since it was first published in 1961.

I was disappointed to see that the price has more than doubled.

I feel that the authors’ have not made up their minds to whom the book is directed — To Trainers, Coaches and Remedial Gymnasts, or to Physiotherapists. If the latter, then the chapter on Anatomy and Physiology is so simple to be insulting, and the description and pictures of the application of Electrotherapy techniques are old-fashioned. I think most departments now only have Smart-Bristow Faradic apparatus in their Museums.

I would also like to argue with the Authors’ description of Ultra-sound being primarily used for it’s Thermal effect — Surely not — Surely never!

Neither was their any reference to another comparatively new and very valuable treatment for Sports Injuries — Interferential.

If on the other hand, the book is mainly directed at Trainers, Coaches and Remedial Gymnasts, then the information concerning the Electrical Equipment, and its application are irrelevant, because surely, only Qualified Physiotherapists should be allowed to administer Electro-therapy treatments.

There is a great deal of detailed advice about strapping and methods of application, which are still used widely, but surely no player who still needs firm strapping on a limb two or three months after injury, is fit to play.

However, as a Reference Book which describes what injuries occur in which sports, and the guide lines on which to base treatments, methods of muscle and joint testing and exercise routines, this Book still has a lot to offer.

Margaret John, M.C.S.P.