

BOOK REVIEW**INJURY IN SPORT****DR. JOHN WILLIAMS***Published by Bayer*

In his latest booklet, published through Bayer, Dr. Williams succeeds admirably in his two-fold purpose. First, to explain to sportsmen and their trainers some of the medical terms used for accurate description of injury and, second, to tell how trainers, players and first-aiders can the better understand the mechanics of injuries, so as to avoid them when possible and to minimise their consequences.

Liberal sprinkled with clear, simple diagrammatic illustrations, it covers a wide variety of injuries found in sport and explains them in a manner easily understood.

The section on first aid could have been expanded, had space permitted and certainly greater emphasis placed on the acquisition of appropriate first aid certificates, such as issued, in this country, by the St. John's Ambulance Association. More detail of the environmental effects of excessive cold and heat could have been included, together with instruction on the treatment of these potentially lethal conditions.

Little has been published about the benefits of both warm-up and warm-down and Dr. Williams has, unfortunately, omitted both this and pre-activity stretching exercises as an essential parts in the prevention of injury. Observations as to the cause and treatment of cramp have also been left out.

The last paragraphs warn of the dangers of the untrained and inexperienced "therapist" going too far and reinforces the necessity for early and accurate diagnosis, leading to logical treatment.

This book should be read by all involved in the training, coaching and elementary medical care of sportsmen and could be studied to advantage by some consultants, many general practitioners and team doctors and most casualty officers. Physiotherapists and remedial gymnasts will also benefit from a careful assimilation of both its contents and approach. It could well be used as the basis of a syllabus for a training course on the fundamentals in the treatment of sports injuries.

It should be noted that on the title page Dr. Williams is credited with being the Editor and Author of Sports Medicine. This is, of course, jointly with Dr. P. N. Sperryn.

Bayer are to be congratulated on the perception in recognising the need for such a book and the astuteness in asking Dr. Williams to write it.

Copies are available, free of charge, from:

**Mr. D. Lecuirot,
Bayer UK Limited,
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(Signed) **D. CHAPMAN**