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BOOK REVIEW

Title: A COLOUR ATLAS OF INJURY IN SPORT
Author: J. G. P. Williams, 1980
Publisher: Wolfe Medical Publications Ltd., London
 Price: £15.00 152 pages including index 504 figures

For all those who have been entranced by the slides shown at various meetings and courses all over the world by John Williams, this Atlas will come as a very welcome reminder of the many conditions shown briefly by the projector, and a chance can be taken to study them in detail. The coloured photographs are excellent, and the radiographs are reproduced well enough for the lesions illustrated to be observed by those relatively inexperienced in the interpretation of X-Rays.

The book begins with a discussion on the nature of injury, needing an understanding of the mechanism that leads to tissue damage. The section on the classification of injury by causal factors is not set out well by the printer; the table is split between two columns, which could have been avoided, and the use of italics and bold type would have made the subdivisions clearer to those unfamiliar with the injury classification. A few other minor criticisms can be made, for consideration in the next edition; the scapulo-humeral rhythm is illustrated in an over-simplified manner (page 138), the significant imprinting of clothing, tyres or horseshoes is omitted when discussing abdominal injuries, and coccygeal injuries are noted as being rare (though I have had two equestrian injuries from hitting the cantle of the saddle, and one case of coccydynia in a girl landing on a hard floor doing a standard broad jump in general practice this year). Operations for tendon decompression may not find favour with all orthopaedic surgeons, but they generally are successful, and well illustrated in the atlas.

This book will be a useful introduction to sports medicine for any doctor, general practitioner or specialist, who deals with injuries in sport or in sportsmen, and to physiotherapists, teachers and those caring for sportsmen who should be aware of the mechanism of injury, ways of prevention and recognition of abnormal conditions that need expert treatment. All atlases are now expensive, but at £15 this one seems excellent value.

H. E. Robson