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BOOK REVIEW

Title: MUSCLE AND TENDON INJURIES IN ATHLETES
Authors: V. Krejci and P. Koch, 1976
Translator: D. Le Vay, 1979
Publisher: Year Book, Medical Publishers, London and George Thieme, Stuttgart
 Price: £5.25 96 pages 85 figures Flexible plastic cover.

This little book is written primarily for sports physicians, but also had in mind the physiotherapist and the scientifically trained coach and physical educationist. It starts with a description of the various types of muscle injury; the "pulled" muscle – a reversible minor injury, the partial tear, and the complete tear, with theories on the cause of muscle injuries discussed in some detail, including experimental work. The role of infection, among other causes, is highlighted. Apart from high technology electro-diagnostic techniques, simple tests for injury and recovery are described that need no or only simple apparatus applicable to the Casualty Department, the Fracture Clinic, the G.P.'s surgery and the Physiotherapy Room. Remedial exercises for each muscle group are described, and details illustrated for strapping techniques.

Other muscle conditions such as the gelatinous nodules found along the length of muscle fibres are also described, and the differential diagnosis discussed; their treatment with injection of hydrocortisone, electrotherapy, etc. are described, but massage seems the most effective therapy. The authors also support the use of pre-competition massage in prevention of injury, which may be doubted by many, but also the caveats regarding massage in injury treatment.

In a similar way injuries to tendons, their sheaths and paratendinous structures are also discussed, with treatment by cortisone and heparin injection into sheaths, and x-ray therapy in stubborn cases, with surgical decompression where indicated. Myositis ossificans is also described briefly – perhaps too briefly. The last third of the book is devoted to the fundamental principles of muscle training and the details of warm-up are well illustrated by photographs. The last chapter discusses rehabilitation. Most of the 98 references are to literature published in German, as would be expected, but 17 are a useful selection in English.

Generally, this book describes muscle and tendon injuries in various sites, and gives details of the treatment of each, much of which can be carried out in general medical or physiotherapy practice, but the indications for specialist hospital treatment are given.

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