BOOK REVIEW

Title: DANCE INJURIES - THEIR PREVENTION AND CARE
Author: Daniel D. Arnheim, DPE, FACSM, ATC. Second Edition - 1980
Publisher: The C. V. Mosby Company, USA
Price: £7.25 239 Pages Flexible Plastic Cover

This is an excellent book for anyone concerned with Dance, Gymnastics, and any Body Movement activities.

It is written in an interesting style, yet the text is simple enough to be understood by young dancers and gymnasts.

The experienced dance teachers, and gymnastic coaches as well as physiotherapists who wish to specialise in treating injuries in this field will gain a great deal of help and information from the book.

It is divided into five clearly defined parts, each providing a logical sequence of information.

The book is based on the four factors needed to assist nature in the healing processes — (1) Preventive Conditioning — (2) Immediate Injury Care — (3) Follow-up Care — (4) Supportive Techniques.

Hundreds of young people are involved in dance activities every day. The need for preparation for Dance or conditioning as the Author describes it is fully explained. He states that the “Concept of preventive conditioning is as important for the time a dancer is actually performing, as it is for rehearsing or studying. Therefore in a long dance season, preparation — conditioning or warm-up should develop to maintain the level for optimum performance”.

Immediate injury care, follow-up care and supportive techniques are well covered. There are well written chapters on body structure and composition, posture and its relation to dance.

The section on the dancer’s body covers all situations that may cause injury. Then comes the development of the three areas of injury prevention being of major importance to the dancer, namely preparing the body, nutrition, psychological factors.

The next section covers the principles of injury care — it's evaluation and management. Finally the listing of recommended treatment and management of musculo-skeletal conditions common to dance.

This is an enjoyable book to read, and one statement in particular can be adopted by all those who are interested in any sport.

"Every dancer’s injury is the responsibility of all who are associated with dance; the dancer, choreographer, teacher and stage manager.

Therefore, every sportsman’s injury is the responsibility of all who are associated with sport, the sportsman, the coach or trainer, the physiotherapist, the doctor and the manager.

Margaret John, MCSP

OBITUARY

Mr. Jal Adi Tata, MCSP, SRP

We learnt with regret of the death of Mr. Tata last October. He joined the BASM in 1970, at which time he was working at Mount Vernon Hospital, but moved to Canada some four years ago, working in Quebec, then Burlington, Ontario, and finally in Winnipeg. He was a loyal supporter of the Association while he was in the U.K., and continued his interest as an overseas member when he emigrated. We extend our sympathy to his widow, Elizabeth, and know that his interest in the treatment of the injured sportsman will make his death a big loss to the clubs with which he was associated.

H. E. Robson