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### BOOK REVIEW

**Title:** SPORTS FITNESS AND SPORTS INJURIES  
**Editor:** T. Reilly  
**Publisher:** Faber and Faber (London), 1981  
 Price: £9.95      298 pages. Index. Ch. 37. Figs. 146      26 Contributors  
 (Hard cover also available – price unknown)

Following a foreword by Dick Jeeps, Chairman of the Sports Council, the first part of this book is concerned with the physical and mental health of the athlete, with contributions from the Editor and his colleagues at Liverpool Polytechnic, and Surgeon Rear Admiral Stanley Miles, who was Post-Graduate Dean in the Faculty of Medicine, University of Manchester, at the time the first Symposium took place. This book is based upon several interdisciplinary meetings. D. Markham, a Manchester orthopaedic surgeon, also contributes to this section.

The second section is devoted to training – weight training, for strength, injury prevention, flexibility, followed by two sections on injuries in specific sports – team games and individual events, and these included a brief description of baseball, and "grid-iron" football, unfamiliar to most UK readers, and an excellent account of subaqua hazards.

The fifth section on orthopaedic injuries, starts with an account of the physiology of injured muscle by R. J. Maughan, the Aberdeen physiologist, and continues with a well illustrated account of the spine, its anatomy and its injuries by Duncan Troup. In a similar way Lisle Thompson deals with the shoulder, elbow, pelvis and thigh, and J. N. Rimmer with the wrist and fingers: though he gives details of some of the less common wrist injuries, the common Colles' fracture is omitted altogether! Ian Adams discusses acute knee injuries from a practical point of view, without going into details of chronic instability, pes anserinus transplants, etc., the field of the specialist. He also discusses injuries to the ankle region, including the Achilles tendon.

The final section covers the immediate assessment of injury (Leon Walkden), first-aid (Tony Fowler), physiotherapy (Val Steele), fitness testing after injury (Dennis Wright) and rehabilitation (Barry Maddox).

All too often, in a multi-author book there is multi-standard of Chapters, but not in this book, where the standard is uniformly high. The figures, mostly drawn by one artist, are excellent, and the half-tone photographs, electron microscopy and radiographs all illustrate their points clearly.

The book is compiled from papers given at several interdisciplinary symposia held at Liverpool Polytechnic, but the careful editing gives an overall view of the medical and biological aspects of a wide variety of sports, that must be of value not only to the general practitioner, physiotherapist and sports scientist, but also to the expert who can add his own specialised knowledge to the general and wide ranging material given within.

**H. E. Robson**