BOOK REVIEW

Title: THE ABC'S OF SPORTS MEDICINE
Editor: James McMaster, MD with thirteen contributors
Publishers: Robert E. Krieger Publishing Co., Malabar, Florida, 1982
 Price \$16.50 394 pages + VI. 18 chapters and contains a glossary, appendix and index

The title of the book is only half correct. ABC is right since the D to Z of Sports Medicine is missing. There is a misconception that Sports Medicine is synonymous with sports injury when in fact it forms a relatively small but important section of the whole. Very little space is given to medical, psychological, physiological and other disciplines. The sense of incompleteness is further conveyed by the layout. Only half the page space is used and most pages contain only one column of print. This is clearly not intended for filling in the deficiencies since it is not uniform. It is not at all clear for whom the book is intended — the extensive glossary of medical terms suggests a lay audience. The standard varies wildly. The Salter classification of epiphyseal injuries is detailed and could only interest the trainee orthopaedist, whilst, for example, the description of ligament injuries to the ankle is too simplistic.

References are often skimpy for so large a subject and those that are included are often not the best for further reading, being neither the most comprehensive nor the most authoritative.

The section on the hand gives little guidance as to the position of immobilisation of metacarpophalangeal joints — vital if permanent loss of function is to be avoided, and under "treatment" nothing is said about that most valuable technique of internal/external fixation — so useful in complicated problems which may allow joint mobility.

Shin splints are mentioned but not their relation to compartment syndromes.

In the chapter on "The Thoracolumbar Spine and Pelvis", there is nothing on pelvic ring disruptions or on pubic symphysis instability and the sacro-iliac joint, sternum and coccyx are totally missing.

The diagrams are clear. Some of the figures — Fig. 11 (p. 130), Fig. 21 (p. 154), Fig. 13 (p. 174) (previously correctly printed as Fig. 12 p. 24) and Fig. 14 (p. 174) are either antipodean or simply printed upside down.

Chapter 14 on genital injuries, venereal and related conditions makes one wonder what the next sport to be included in the Olympic schedule will be?

The chapter on skin diseases should have been titled Skin Disorders to include blisters and calluses and nail problems which are the usual problems encountered. Blisters are given space under common injuries but calluses are not mentioned at all.

The chapter on Sports Medicine and The Law reflects the litigious trend in this field and it is important to be familiar with such matters and the exact extent of responsibility.

There is a good chapter on eye injuries.

I found the index skimpy and unhelpful. Why list the passing reference to Wolf Parkinson White syndrome and not refer to the pelvis at all?

The Publishers are to be congratulated on producing a hardback of this quality paper and print for \$16.50 though, in all honesty, I cannot recommend its purchase even at such a modest price.

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