BOOK REVIEW

Title: THE INJURED ATHLETE
Author: Daniel N. Kulund, MD + 8 contributors
Publishers: J. B. Lippincott Co., Philadelphia and Toronto
Price £32 16 Chapters Numerous illustrations

Let there be no doubt, the days of the pseudo-expert in the field of Sports Science are numbered.

Properly trained and qualified personnel are taking an interest in the training, performance and the ills and injuries of the athlete. Daniel Kulund, the Editor of this book, and his fellow contributors have produced a work of high standard which is matched in quality by the illustrations, format and printing, and the publishers, Lippincott, must take their due share of the credit.

The title is misleading for only 50% of content is directly concerned with injury.

There are sections on medical assessment, nutrition, drugs, the handicapped athlete, training techniques, preparation, rehabilitation, the special problems of children and women, medico-legal aspects, and there is a systematic survey of injuries and sports-related injuries and their treatment.

Coverage is really extensive. You are told how many calories per minute are expended during intercourse, what "strawberries" are, how to treat saddle soreness and even the jargon is interpreted.

Terms such as "crucifixion", "hamburger" and "meatgrinder" take on new meanings.

You may care to know what Iowa TOES, De Vries or 5BX programme are. Gerokinesiatrics may be just the thing for you after "hitting the wall".

We lag behind the USA who do not consider a sports medicine team complete without an expert in Biomechanics, a Dentist, an Equipment manager, an Exercise teacher, a Health Educator, a Physiologist, a Kinesiologist, a physical educator, a podiatrist, a sports psychologist, a strength and conditioning coach and nebulous extras called "officials". They also include a doctor and a coach, a masseur and even the athlete. Such a superfluous of resource and wealth must arouse a certain envy in those who have difficulty in financing very basic essentials.

The bibliography is exhaustive and there is a good index.

It is a refreshing change to find so much good sense and so constantly high a standard of accuracy in the information provided.

Altogether a pleasing book that deserves success and at £32 is a sound investment for everyone concerned with caring for sportspeople.

B. Helal