It is fortunate that most of this journal was in an advanced stage of preparation before I sustained a small though temporarily disabling coronary infarct early in February. I am even more fortunate in being able to hand over the later stages of preparation of this issue to the Associate Editor, Dr. Clyde Williams, who has had to assume responsibility much sooner than he anticipated. An enormous debt of gratitude is also owing to my Secretary/Financial administrative assistant, Mrs. Olga Harris, who has kept the financial work of the Association and the journal running smoothly though apologies are offered for any delay in answering correspondence. My thanks also to the Chairman and to the Secretary David Chapman, both of whom have been able to undertake some of the work I do normally.

Finally, members and readers who have not yet paid their subscription either in part or fully are requested to do so without delay. Not only do we need the money to keep the Association running, but the need for repeated personal reminders wastes a great deal of effort, particularly at this time, and in one of the factors that forced up the subscription rate in 1982. Members are reminded that formal resignation is required in writing for those who do not wish to continue their membership. Non-payment of subscription or cancellation of standing order is not sufficient.

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BOOK REVIEW

**Title:** PROGRESSIVE EXERCISE THERAPY. In rehabilitation and physical education (Fourth Edition)

**Authors:** John H. C. Colson, FCSP, FSRG, DipTRG, DipCOT and Frank W. Collison, MSRG

**Publishers:** Wright, PSG Bristol London Boston, 1983

**Price:** £9.95

It is twenty-five years since this book was first published by John Colson, a Fellow of the Chartered Society of Physiotherapy and Remedial Gymnast, and Frank Collison, Member of the Society of Remedial Gymnasts. In the year when these Societies are working towards amalgamation, it is refreshing to read this new edition.

It is a book that explains exercise and how exercise is used, by careful progression of strength, range, co-ordination and complexity. Part 1 describes very thoroughly all aspects of specific exercise therapy. By using, free exercises, assisted, assisted-active, auto-assisted active (tension) exercises, suspension and supported exercises. Resisted exercises, by weight and pulley, strength progression, resistance training, resistance by springs, by malleable materials, water and manual resistance.

Part 2 covers basic functional movements used in the early stages of mobilisation and re-education. It is concerned with positioning and manoeuvres which enable patients to move safely through various positions and directions.

Part 3 gives progressive exercises in terms of strength and mobility and includes movements for all parts of the body.

Part 4 is new and is a very useful addition to the text. It shows how to construct and use tables of specific exercises for particular conditions. By applied exercise therapy a large range of programmes are presented — regimes following total hip replacement, meniscectomy and major abdominal surgery.

Part 5 is a small but very valuable section of the book, dealing with general exercise therapy. Today, as more and more sportsmen and women take a greater interest in fitness training there are constant requests for help in building circuit training programmes. Here is sound advice on preparing different types of circuits for general, specific, function and pre-work situations. For those less dedicated but equally enthusiastic “keep-fitters” the section on exercises to music will be very helpful.

Finally, there are two excellent appendices — which I feel would have been more valuable if they had been placed at the beginning of the book.

Appendix 1 explains starting positions, those fundamental and derived.

Appendix 2 gives gymnastic terminology, the dictionary of gymnastic terms that makes this valuable book easier to read and use, not only by trained Remedial Gymnasts and Chartered Physiotherapists but by all those involved in keep-fit and sport, so that they may truly understand the principles of exercise therapy.

Margaret John, MCSP, SRP