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BOOK REVIEW

Title: PEDIATRIC AND ADOLESCENT SPORTS MEDICINE
Authors: Edited by Lyle J. Micheli, MD. Various contributors
Publisher: Little Brown and Company, Boston, Massachusetts 02106
Price: $35.75

This book, the work of a distinguished team of contributors deals with sports medicine problems of children and adolescents who are taking an increasing role in modern sport. Having outlined the problems experienced by parents and coaches, the opening chapter, by the editor, deals with stress, and injuries to which the young are more susceptible. It encourages close supervision of their activities.

Emergency treatment of head, cervical spine, chest, heart, and soft part injuries is described. One small but important point, is the omission of the under-water sealed bottle in the treatment of pneumothorax.

Preparticipation medical examination and first aid measures for dealing with a variety of situations are described and guidelines for doctors which could disqualify the would-be competitor from intensive or contact sports are enumerated. These are suggested by the American Medical Association. In some of the conditions described, modified sport might be permissible. This is a useful contribution for practitioners who monitor competitors and supervise sporting meetings as a part-time interest.

When assessing upper extremity injuries, distinction must be made between macrotrauma and overuse syndromes. Clinical pointers are described and illustrated and a variety of conditions analysed. The pre-adolescent is at less risk of injury to the lower extremity than the older student. Children are more susceptible to growth-plate injuries and avulsions of musculotendon insertions from bone. In this chapter particular reference is made to knee joint injuries and the adjacent structures. When dealing with ankle sprains one must be alert to the possibility of epiphyseal fractures or growth-plate injuries of the tibia and fibula.

With care, many spinal injuries can be prevented. Adequate warm-up with stretching exercises is advised. Care of the suspected injury is described and the value of rehabilitation in spinal injury stressed. Scoliosis is not a contraindication to participation, many scoliotics having reached high sporting standards. Low back pain, its causes and management are detailed.

The problems of asthma, diabetes, and epilepsy in sport are mentioned. It is pointed out that in the latter condition many activities can be enjoyed under supervision.

Healthy diet and the use of supplements such as iron in young women competitors is described and attention is given to the pre-game meal and the socially deprived athlete.

Further chapters deal with psychological manifestation in sport, the female athlete, the handicapped participant, with a final chapter on conditioning.

I have enjoyed reading this book which is equally valuable to the doctor, the physiotherapist, or the physical educator. It is well produced. Each chapter concludes with many references which will give specialised information to those anxious to further their studies of sports medicine.

Noel Bleasdale