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BOOK REVIEW

Title: **LIGAMENT INJURIES AND THEIR TREATMENT**
Editor: D. H. R. Jenkins
Publishers: Chapman and Hall, London
 Price: £35.00 364 pages incl. index Hard back 19 contributors to 16 chapters ISBN 0-412-25470-0

The book starts off with a good review of the anatomy and biomechanics of ligament systems and their healing process with special reference to the knee and elbow and ankle which are the principal sites of ligament injury in man with the exception of the metacarpo-phalangeal joint of the thumb.

Clinical emphasis is mainly on the knee with a survey of the presenting features and diagnosis of the various instabilities and their management.

The editor's known interest and pioneer work with carbon fibre is reflected in the disproportionate emphasis on this material for ligament repair. Almost a third of the book is devoted to carbon fibre. Its brittleness and tendency to fragment with time and for its particles to migrate may modify its further use.

Little mention has been given to arthroscopic techniques for ligament repair which are presently in vogue.

This book is mainly of interest to orthopaedists who are concerned with the management of joints liable to ligament sprains or tears. It is, I think, somewhat too technical for the average lay reader.

B. Helal

BOOK REVIEW

Title: **INJURIES TO THE THROWING ARM**
Editors: B. Zarins, J. R. Andrews and W. G. Carson
Publisher: W. B. Saunders Co. 1985
 Price: £39.50 372 pages Index Half-tone and graphs Soft back ISBN 0-7216-1416-7

Much of the appeal of this book would not be possible without the aid of Channel 4 TV. It is an American publication dealing mainly with the upper limb problems of baseball players, introducing such problems as Little Leaguer's elbow and evaluating the fast ball, curve ball and the slider. One section is devoted to tennis and swimming but there is no mention of other racquet sports or field events.

It is a book which could interest the rising Orthopaedic surgeon or physician, with detailed accounts of surgical and radiographic techniques. Whilst the authors admit that arthroscopy of the shoulder and elbow is not firmly established, their enthusiasm for the technique is unmistakable in their detailed accounts.

The chapters on body mechanics and functional anatomy, together with the description of common injuries and their evaluation are excellent. Inevitably, with a compilation such as this, illustration is variable but where they are included they are of a high standard and helpful.

Treatment may reflect different national attitudes. Remedial and strengthening exercises are dealt with in considerable detail. The programmes appear more appropriate to the remedial gymnast than the physiotherapist and there is no mention of the more technical modalities.

As well as surgery, the various authors do seem keen on steroid injections and, unfortunately, still recommend Phenylbutazone. The more acceptable NSAID's are not recognised in this book.

Its price of £39.50 presumably reflects the editor's opinion that this compilation of papers from two sports medicine conferences represents the "state of the art" of treatment of throwing injuries. They overvalue its importance.

M. B. Bottomley