

BOOK REVIEW

Title: MODERN PRINCIPLES OF ATHLETIC TRAINING
Author: D. D. Arnheim
Publishers: Times Mirror/Mosby College Publishing
 Price: £29.50 900 pages Sixth Edition ISBN 0-8016-2683-8

This book, written by a Fellow of the American College of Sports Medicine, provides an excellent reference source for the evaluation, management and rehabilitation of sports injuries as well as clearly outlining techniques for their prevention. Also covered is the area of Physical Conditioning and Training.

Although this is the sixth edition of the well established *Modern Principles of Athletic Training* which was previously co-authored by C. E. Klafs, it is essentially a re-written book which encompasses many of the advances that are rapidly taking place in the field of sports medicine. The sections on causes, prevention and management of injuries has been re-organised making referencing much easier.

Colour has been added to the illustrations greatly improving their clarity. In addition a number of full colour illustrations have been added depicting common fungal, viral and bacterial infections.

The number of sports injuries and related health problems covered has been also greatly expanded.

The book is essentially aimed at American 'Trainers' with some short sections referring to qualifications, codes of ethics and legal implications which are of little relevance to non-Americans. Only American organisations are referred to in the text with no reference to parallel organisations in Europe.

Although many references are made to American Football and Baseball the text does in fact examine the full spectrum of sports. Over 20 sports are evaluated for their incidence of injuries, the demands they place on the body and their particular training needs.

I would highly recommend this book to both coaches and sports physiotherapists as a very comprehensive practical introductory reference to the area of prevention, management and rehabilitation of sports injuries.

H. K. A. Lakomy

BOOK REVIEW

Title: SPORTS INJURIES. The Unthwarted Epidemic. Second Edition
Editors: Paul F. Vinger and Earl F. Hoerner
Publisher: PSG Publishing Company Inc., Littleton, Massachusetts. 1986
 Price: £32.50 433 pages incl. index Hard back ISBN 42 contributors to 38 chapters ISBN 0 88416 498 5

The contributors to the second edition of this textbook are predominantly from the USA and there is therefore a heavy emphasis on American football and ice hockey.

There is a foreword by the Editor-in-Chief of the "Physician and Sportsmedicine" but surprisingly no preface by the Editors and thus it is difficult to define the intended readership for the book.

The relatively short chapters are divided into four major sections commencing with the Monitoring of Sports Injuries and continuing with Socioeconomic Considerations in which topics such as the cost of sports injuries and the relative risks of various sports are discussed.

The largest section entitled Medical and Allied Health Aspects endeavours to cover in a systematic manner the full range of physiological, medical surgical and psychological components of sporting injuries. In this it succeeds reasonably well bearing in mind that space is limited and the fact that multiple authors inevitably cover ground more than once.

The final section, Protective Devices and Rules includes an interesting chapter on the legal aspects of sports medicine and ends with the views of a competitor.

The textbook which has a waterproof finish to the cover, attempts as with many American publications to be comprehensive. Unfortunately the contributors appear to have encountered the usual problems of keeping references updated. Also for a second edition one would have expected more recent and original diagrams, some having been reprinted from the admittedly excellent 1965 drawings by Frank Netter.

Although the majority of the authors are medical practitioners, the range of topics covered would be of interest to other health professionals and in view of the increasing profile of American sports in the United Kingdom it would be prudent for libraries at least to have a copy available.

John C. Lowry