

BOOK REVIEW

Title: **GUIDELINES FOR EXERCISE TESTING AND PRESCRIPTION, THIRD EDITION**
Authors: American College of Sports Medicine
Publisher: Lea and Febiger, Philadelphia, USA. 1986. UK distributors Quest-Meridien, Beckenham
 Price: \$9.00 Paperback ISBN 0-8121-1022-6

The 1986 edition of *Guidelines for Exercise Testing and Prescription* represents a substantial revision of the earlier (1980) version and is an essential reference book for all those concerned with exercise testing and therapy. It deals with evaluation prior to testing, testing procedures, principles and different approaches to prescribing exercise, administration of an exercise programme and certification of exercise testing personnel. The latter section is not of direct relevance to Great Britain but the learning objectives specified comprise a useful checklist.

The previously confusing classification of individuals prior to testing has been simplified and is now clearly presented in tabular form. Exercise test protocols are presented for cycle ergometer and treadmill but the reader is provided with no evaluative comment to assist him/her in selecting from 4 different treadmill protocols. Two new chapters are included; Chapter 5 deals with testing and prescription for special populations, including the obese, hypertensives, and patients with diabetes mellitus or pulmonary disease; Chapter 6 discusses strategies for positively affecting health behaviour. The chapter dealing with exercise prescription for cardiac patients has been revised in the light of increasing knowledge and includes sections on cardiac medications and pacemakers.

The exercise prescription guidelines show a change of emphasis compared with earlier editions. Whereas an exercise intensity in the range 60-90% of functional capacity was previously recommended this has been revised downward to 50-85% functional capacity. Similarly, "moderate exercise" was defined as 70-80% functional capacity in the 1980 edition but is now defined as 40-70%.

Appendices include examples of informed consent forms, the influence on exercise responses of pharmacological agents likely to be encountered with cardiac patients and details of the metabolic calculations on which exercise prescription may be based. Despite the section on quality control, the need for calibration of ergometers when extrapolating from work rate or treadmill speed to the metabolic requirements of a task is not sufficiently stressed. Useful references are included after each chapter.

Adrienne E. Hardman

BOOK REVIEW

Title: **THERAPEUTIC ELECTRICITY AND ULTRAVIOLET RADIATION (Third Edition)**
Editor: G. Keith Stillwell
Publishers: Williams and Wilkins, Baltimore and London
 Price: £28.80 ISBN 0-683-07979-4

The third edition of *Therapeutic Electricity and Ultraviolet Radiation* is the successor to Vol. IV of the same title, published by the Physical Medicine Library and the now more aptly renamed Rehabilitation Library.

The new editor has retained the valuable introductory chapters to the two sections by the late Sydney Licht who edited the earlier series in 1959 and 1967.

With the exception of the chapter 'Clinical Uses of Ultraviolet Radiation' by Bryan O. Scott of the UK all the other contributions are by American authors.

The digest type presentation has produced a comprehensive approach to the subjects and each chapter is supported by a wealth of references.

The largely re-written sections on instrumentation and electrical stimulation of muscle tissue with a new chapter on electrical stimulation for analgesia take into account recent developments in solid state and transistorised circuitry and describes their uses in TNS, pulsed electromagnetic currents and various stimulatory applications.

Unfortunately there is no reference to either ultrasound or laser therapy, two modalities which are in widespread clinical use.

The chapter on 'Instrumentation in Ultraviolet Radiation' remains unchanged but those on 'Clinical Uses of Ultraviolet Radiation in Dermatology' present current research material and a warning of possible hazards which should influence those concerned with prescribing and administering UV radiation in clinical situations and for cosmetic purposes.

This multi-authored volume covers a wide range of subjects in a most admirable manner and is to be recommended for its historical detail, technical information and comprehensive references.

Grant Smith, MCSP