

## BOOK REVIEW

**Title:** **SPORTS INJURIES — THEIR PREVENTION AND TREATMENT**  
**Authors:** Lars Peterson and Per Renström. British Editor: Kate Hope  
**Publisher:** Martin Dunitz, London. 1986  
 Price: £19.95 488 pages. 240 photographs and 130 diagrams, nearly all in colour. Index. Bibliography  
 ISBN 0-906348-91-9

This is an excellent book, not only on sports injuries but also on training, biomechanics and failures that lead to injury, on sport for the disabled, and the young, and an excellent last chapter giving in detail with photographs the exercises needed for rehabilitation. The anatomical diagrams illustrating various injuries are excellent, though a few errors in labelling have been allowed to creep in; in the figure on page 354 labelling of the talus and calcaneum have been reversed; on page 387 the trachea is labelled 'oesophagus' and on page 410 the label for the insertion of the iliopsoas is pointing to the upper third of the sartorius. We cannot blame the authors for these, nor for some uncorrected spelling mistakes, — 'kilopond', not 'kilopound'! and the omission of the 'i' in 'proprioceptive', but these are unimportant. If the book has a weakness, it is because it has been written with too many groups of people in mind, and the repetition of labelling such as 'thigh bone (Femur)' 'shin bone (Tibia)' amongst some highly technical clinical details I found rather distracting. The illustration of the 'ideal' sports shoe showed quite a high heel tab, though in the text it is advised that the inside of the heel counter be smooth and soft. The 'cross-section' of the shoe illustrated is actually a longitudinal section.

There are a few points with which the authors are at variance with standard UK practice; 'some wounds . . . need to be stitched by a doctor', but no mention of closure of small wounds by steristrip or a butterfly plaster; twelve weeks convalescence after a sprained ankle (though this is sometimes necessary); 'medial and lateral tennis elbow' though in the UK only the lateral epicondylitis is so described and on acute hypothermia in a sportsman 'warming should be carried out slowly at normal room temperature' whereas our own mountain and cave rescue teams immediate warming in a hot bath, and some units carry hot water to the cave entrance to flood a plastic 'sleeping bag' as soon as the victim reaches the rescue vehicle, — gradual warming is recommended for less acute hypothermia in the neglected elderly. Some sentences could be better phrased, — 'the kidneys are located above the pelvic girdle' — Well above! and protected by the lower ribs for at least half their length. Some sections could with benefit be expanded; cervical spine injuries are rather glossed over, although they form the most serious of all sports injuries compatible with survival, and are all too frequent in diving, rugby, equestrian events and gymnastics. Haematoma of the vulva is mentioned as a water-ski hazard, but not pyometra which can also occur in this activity, as can miscarriage and possibly air embolism. Vulval haematomata are a not infrequent overuse injury in cyclists. The use of mouthguards in the prevention of dental injury is described, but not their value in reducing skull and brain damage. There is an extensive bibliography, 62 books and some articles, but no references are quoted in the text (and in a book written by Scandinavians Åstrand is printed as Astrand).

These faults are few, of little importance and should be eliminated in any subsequent edition or reprint. They cannot detract from a well written and beautifully illustrated book from which I have learned a lot. There is much very practical advice that one would expect from an experienced coach rather than from a doctor, such as the choice of racquet handles and the correct methods of striking to prevent recurrence of tennis elbow. The section on the knee and its mechanisms whose breakdown leads to injury is excellent, and the last section on rehabilitation exercises could well form an instruction book in its own right, not only for the sportsman but for the average patient seen in orthopaedic and general practice. I do not know how the publishers are able to produce such a good and well-illustrated book for under twenty pounds. Well worth the price, which is within the purse of every doctor and therapist with an interest in the treatment of sports, occupational and domestic injuries.

Henry E. Robson

## BOOK REVIEW

**Title:** **THE PROBLEM KNEE. DIAGNOSIS AND TREATMENT IN THE YOUNGER PATIENT**  
**Author:** M. F. Macnicol  
**Publishers:** W. Heinemann, London  
 Price: £19.50 184 pages with Index Line drawings ISBN 0-433-20130-4

This book is designed to emphasise the basic principles in managing a problem knee. Details about surgical technique have been expressly avoided, as mentioned in the introduction, and thus the text is directed particularly towards the non-surgical readership. The first three chapters are concerned with anatomy, clinical examination and investigations and are quite comprehensive. The treatment of ligamentous injuries is systematically approached and does acknowledge variations in the extent and location of the tear as for example occurs in medial ligament rupture of the knee. Perhaps a little more detailed information could have been given, thus to continue the example, drawings utilising damage to the menisco-femoral and menisco-tibial portions could have been inserted to show the complex inter-relationship between superficial and deep components.

The chapter on meniscal lesions is a little disappointingly brief and devoid of arthroscopic pictures. It does highlight the importance of partial meniscectomy and briefly mentions meniscal repair which is being increasingly used in many sports centres around the world. The remaining chapters deal with patello-femoral pain, fractures and non-traumatic conditions around the knee.

Overall this is a very useful book for the intended audience of physiotherapists, coaches, family doctors, casualty officers and sports medicine.

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