This study was not planned in a double blind fashion, so it is not possible to ascertain the degree of bias in the interpretation of the ultrasound scan. Ultrasound scanning could be used as a readily available, low cost, high safety and high accuracy method in suspected Achilles tendon injuries and in the immediate and late post-operative periods of surgically treated injuries for follow-up purposes.

References

BOOK REVIEW

Title: JOINT PROTECTION AND REHABILITATION IN RHEUMATIC DISORDERS
Author: M. Brattstrom
Publisher: Wolfe Medical, London 1986
Price: £20 256 pages Index Photographs & line drawings Paperback ISBN 0 7234 09072

Marete Brattstrom presents a comprehensive thesis on joint care divided into two main sections. Part 1 outlines basic joint anatomy and function accompanied by a very brief outline of the common arthritic disorders. There was, I feel one glaring omission in the failure to mention the reactive arthritides such as Reiter’s which, in its incomplete form is really one of the commonest forms of arthritis in young people. Part 2 is the meat of the book covering each part of the skeletal system. Sensible advice is given on how to avoid damage and deformity for weak inflamed joints. Some of the suggestions are open to discussion but in the main the recommendations are presented so logically and clearly that the tendency is to think, “that’s obvious, just what I tell my patients”. We may indeed tell them a little but unless we cover all aspects of daily living joints will still be prematurely destroyed.

The book is therefore primarily written for occupational therapists although all involved in dealing with arthritis should be aware of the principles. One comment especially provides food for thought for the readers of this journal “In the present fitness orientated society the rheumatic patient feels even more of an outcast”. In summary the basic message is that daily living can be a danger to your joints, if you have arthritis, and the answer is not to not do it, but to do it differently.

G. Hopkins

BOOK REVIEW

Title: DIAGNOSTIC PICTURE TESTS IN RHEUMATOLOGY
Authors: V. Wright and A. R. Harvey
Publisher: Wolfe Medical, London 1987
Price: £6.50 128 pages Pictures in sequence, answers in sequence ISBN 0 7234 0926 9

Rheumatoconditions occasionally present as sports injuries, and I strongly recommend this excellent little book as a fun way of learning and revising rheumatology. It consists of a series of pictures and accompanying questions, each set centred on a particular condition. The answers are at the back of the book for an instant self-appraisal. The pictures include photographs of skin, joints and eyes, X-rays, histological sections, thermograms, bone scans and electrocardiograms. Apart from a few of the X-rays which suffer from being reduced in size, the pictures are of excellent quality and cover an encyclopaedic range of conditions. The questions are searching and include aetiology, complications, differential diagnosis and management, and to complement them the answers are clear, succinct and quite detailed.

Professor Vernon Wright and Dr. A. R. Harvey must have combed the archives to collect such a variety of pictures. They cover the whole rheumatological spectrum including inflammatory diseases of connective tissue such as rheumatoid arthritis, systemic lupus erythematosus and scleroderma; the seronegative arthritides; degenerative and traumatic conditions and biochemical disorders such as gout and alcaptonuria. The book fits easily into a pocket and will prove very useful not only to clinical and postgraduate students but to other doctors wishing to brush up on their rheumatology.

Sylvia M. Lachmann