

Book Reviews

Athletic Injuries of the Head and Neck

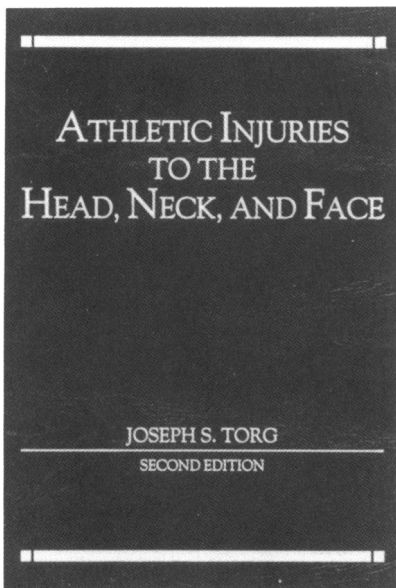
J. Torg, ed.

St. Louis, Missouri, USA: Mosby-Year Book, 1991, 708 pp

This second edition contains contributions from 36 authors.

The first part, entitled problems and prevention, is largely to do with the epidemiology of injury in the various sports highlighted. The origins of the book are betrayed by the heavy emphasis on American football. The reduction in incidence of serious head and neck injury from altering rules and equipment in this sport demonstrates the importance of sports medicine. However, the editor's pencil should have been used more ruthlessly, as the same paper and figures are used to illustrate identical points in different chapters – one graph is reproduced twice with two authors claiming different sources.

The next four parts deal with injuries to the brain, brachial plexus, cervical spine and finally mouth, face and eye. These comprehensively cover



anatomy and imaging through to first-aid and definitive treatment.

The sections on cranial and cervical injuries are especially thorough. Torg has written widely on the cervical spine and this is reflected in his contributions, particularly on fractures. Two useful chapters discuss the management of mild head injuries and the criteria for return to sport following such incidents, although they deal exclusively with American football. The last portion of the book is more concisely produced but with a wealth of practical information.

There are 12 colour plates illustrating anatomy. These are reproductions of drawings by Netter and some are inaccurate and of poor perspective. There are ample good quality photographs available which would have completed a detailed textbook.

Any sports doctors covering sports which involve trauma to the head and neck should have this book on their list of required reading.

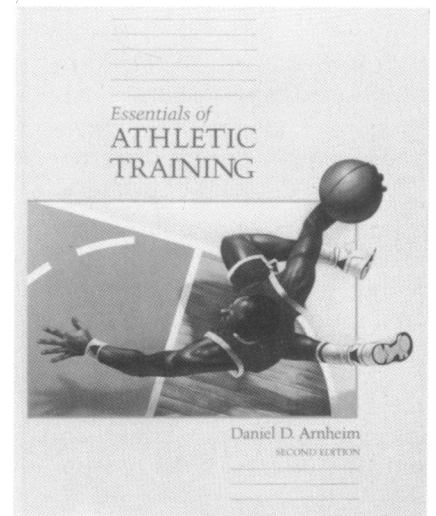
R. Hackney MB, Dip Sports Med

Essentials of Athletic Training

D. D. Arnheim with M. K. Anderson
St Louis, Missouri, USA: Mosby Year Book, 1991, £24.00, 505 pp

This second edition provides up-to-date information on the prevention and basic care of sports injuries. Written for the coach and physical educator, it stresses the importance of physical conditioning in the prevention of injuries. Though geared to the North American high school, the book could also be useful for the coach and physiotherapist in the UK, especially those who have limited knowledge in the prevention and care of sports injuries.

The book is divided into three parts, taking a systematic approach to injury management. Part one is an overall



look at athletic training and considers the current state of sports medicine relating to conditioning, nutrition and protective equipment in the prevention of injury. Part two describes the causes, characteristics and classification of sports injuries, tissue response to injury and the healing and repair process together with a good section on first-aid including relevant emergency procedures. Part three, the largest section of the book, considers the most common injuries sustained in each region of the body and describes immediate and follow-up care, preventive measures such as stretching, strengthening, and exercise rehabilitation for return to sport. The exercise regimens are illustrated by good line drawings or photographs. The final chapter in the book covers other sports conditions such as communicable diseases, AIDS and the deleterious effects of anabolic steroids.

The text is well referenced, each chapter having an annotated bibliography, and the book concludes with a comprehensive glossary and index.

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