**BOOK REVIEWS**


In this very readable book Sue Edwards and her fellow contributors take an essentially pragmatic approach, dealing with issues that face neurological physiotherapists daily. Apart from the first chapter, in which Cecily Partridge gives an informative review of the development of physiotherapy in neurology, the book is concerned with finding practical solutions to some of the very complex problems raised when dealing with neurologically damaged patients. I was particularly pleased to see a chapter by a neuropsychologist, as the cognitive deficits of brain injured subjects, and the influence of these on their overall management, often seem to be ignored by those promoting a particular approach to treatment. Indeed, Sue Edwards does not shy from controversy and acknowledges in her excellent chapter on orthotics and splinting that the debate continues about the appropriateness of such measures.

Each chapter is extensively referenced for further reading. The text is well organised and easy to access with clear headings and plentiful illustrations.

This is not a book about a set of very specific treatment techniques or even about a philosophy of treatment, but it offers an approach which is insightful and oriented towards the total physiotherapy management of complex and severely disabled patients. It is a book I would very much like to own and would recommend to practitioners with considerable experience in neurology, as well as to those relatively new to this field.


This text is a long overdue reference work that details, in a much needed fashion, the research to date on concentration, attention, cognition, and sports performance. It relates sports science research in these areas to parallel studies in performance and expertise in mainstream psychology and suggests a host of ways in which the two disciplines might combine to enrich each other’s knowledge. The almost encyclopaedic scope of this text means that I find myself referring to it for references, ideas, and information during the course of my daily work.

Dr Moran makes it clear that much of the evidence to support the importance of the ability to concentrate in sport comes directly from anecdotal reports from athletes and coaches themselves, who describe moments of concentration loss in a losing performance and descriptions of total concentration and focus during the “best” performance. He has used this springboard cleverly, by heading each chapter with a series of relevant evidential quotes from a variety of leading sportmen and women. These quotes are never overdone, are contextually well placed, and certainly helped me to retain a perception of the practical relevance of the cognitive issues he discusses. They were, undoubtedly, a bonus in terms of retaining appropriate “focus”!

Retaining an appropriate focus could have been made easier, and this is my only real criticism of the book. It is not directed at the content of the book but has to do with the style in which it is written. Dr Moran has adopted the standard style of beginning and ending each section (and chapter) with a summary of what is to be has been covered and how it correlates with the rest of the book. However, I found that while I was reading these summaries, I began to scan, rather than read the text, and the thought, “too many unnecessary words” would spring to mind. These “guidance statements” would be so much better if they were clearly laid out—for example, in bullet point (or similar) form. This would have broken up the mountain of text, highlighting and linking the important points. As psychologists studying information processing and attentional control, surely we have a responsibility to use our own research advice about how best to provide information in an easily accessible form? The Psychology of Concentration in Sports Performer has few charts, tables, or diagrams to help its readers. Thus although the content is fascinating and well argued, absorbing and processing this mountain of information, without missing any of the interesting detail, requires a great deal of purposeful concentration.

To summarise, the strengths of this book are in its contents and depth. I am not sure that Dr Moran says anything new, but he does make clear what evidence there is to support the variety of performance enhancing techniques used by sports psychologists and, more importantly, highlights the areas where theory is absent and what can be done about this. He brings to the fore the idea that sport and sports performance is a veritable playground for the study of the construct of “attention” because the process or attention directly refers to the relation between “mental effort and physical skill”. With this in mind, this book is essential, not only for sports science professionals but also, perhaps more importantly, for mainstream psychologists looking to enhance their own essentially laboratory based experimental work.

**NOTES AND NEWS**

**Aircast Travelling Fellowship**

The Aircast Travelling Fellowship will be awarded this year for the first time. The prize is an educational grant to the value of £2000, which will enable the successful applicant to travel to a centre of excellence in sports medicine in the United States. The prize will be awarded at the BASM Annual Congress in Brighton and details of the entry criteria are available from the BASM office.

**1997 BASM National Congress**

The organising committee expects a large number of delegates at the 1997 congress, which takes place at the Stakis Brighton Metropole from 6 to 9 November. In addition to a full programme of invited lectures, there will be a special session devoted to academic research, and the abstracts of all those papers selected for presentation will be published in this Journal. This was a very popular session in 1996 and reflected a very high quality of research and development in British sports medicine. The organising committee also invites submissions for a new category entitled “Pears in practice”. This might be an idea, a diagnostically test, or a treatment that you feel adds to the body of current knowledge in our discipline. In keeping with the decision at the 1996 congress, there will also be a meeting of the doctors group within BASM to discuss future developments in postgraduate training and opportunities for improvement in educational standards.

**American College of Sports Medicine—BASM lecture**

Professor Ron Maughan gave the BASM lecture to an audience of about 200 people at this year’s meeting of the American College of Sports Medicine. It was a great success, and this initiative was well received both by the audience and the host organising committee. Also at the ACSM meeting, Dr Paul Thompson, president elect of the ACSM, came to speak to those BASM members present at the physicians reception and invited BASM to continue this sponsorship. He is very enthusiastic about developing international relations and we look forward to closer partnership in the future.

**National Sports Medicine Institute**

The new chief executive of the NSMI is Mr Stanley Williams, who is very keen to develop relations with BASM. Dr Neil Townsend, chairman of NSMI, reported recent development to the most recent BASM council meeting, and sports medicine should be optimistic about these changes. BASM representatives encouraged NSMI, through Dr Townsend, to devote particular attention to promoting education and research. As NSMI is the key educational organisation in British sports medicine, membership of the council is this as a priority.
XXVI FIMS World Congress of Sports Medicine

The XXVI FIMS World Congress of Sports Medicine will take place between 30 May and 3 June 1998 in Orlando, Florida. It will be hosted by and held in conjunction with the annual meeting of the American College of Sports Medicine (3–6 June 1998). Those who wish to submit papers for consideration should submit their abstracts to the ACSM national centre by 1 October 1997. Abstract forms may be obtained from the education department of the American College of Sports Medicine, PO Box 1440, Indianapolis, IN 46206-1440, USA. Tel 317 637 9200. Fax 317 634 7817.

Third Annual Congress of the European College of Sports Science

Closer to home, the Third Annual Congress of the European College of Sports Science will take place in Manchester from 15 to 18 July 1998. There will be a major sports medicine and health theme to this meeting. Further details are available from HIT Conferences, Cavern Walks, 8 Mathew Street, Liverpool L2 6RE. The deadline for abstract submission is 1 February 1998.

BASM Scotland

Faith Gardner sends us reports from BASM Scotland, where they have had a very busy year. One of the highlights was “The great outdoors” advanced module meeting, which was a superb mixture of practical teaching and experience of common scenarios. At their AGM BASM Scotland said goodbye and thank you to Drs Colin and Paul Fettes and welcomed Drs Harry Burnett, John Maclean, and Ms Kirsty Arbuthnott. During the year Faith also had time for an educational visit Australia, where she visited a number of centres of excellence in sports medicine.

Sports medicine in Northern Ireland

Sports medicine in Northern Ireland continues to flourish after the outstanding success of 1996. Robin Harland continues as chairman and Bruce Thompson as secretary, and the winter educational programme boasts a host of national and international speakers. Both Ian Corr and Richard Nicholas have returned for orthopaedic sports medicine fellowships in Australia and formed a very strong alliance with the experienced primary care group.

Royal College of General Practitioners

BASM has forged a new partnership with the Royal College of General Practitioners. There will be a joint meeting, coordinated by BASM South West, at the RCGP spring meeting in Exeter in 1998. We look forward to continuing this link as BASM and the RCGP have many common interests and responsibilities.

Membership—address change

Patrick Milroy, membership secretary, has asked that we notify members of his change of address. Mail should now be directed to Dr Patrick Milroy, The Old Farmhouse, Newton Lane, Newton-by-Daresbury, Warrington, Cheshire.

CALENDAR OF EVENTS

XIX Symposium of the European Group of Paediatric Work Physiology
16–21 September 1997; The Manor House Hotel, Moretonhampstead, Devon, UK
Further details: Professor Neil Armstrong, Children’s Health and Exercise Research Centre, University of Exeter, Heavitree Road, Exeter EX1 2LU. Tel 01392 264812. Fax 01392 264706

BASM West Midlands Region
18 September 1997; The role of orthotic devices in the management of anterior knee pain and shin pain
4 December 1997; Tendonitis or tendinosis: does it matter?
Further details: Dr Grahame Brown. Tel/fax 0121 414 5117

General sports medicine (course)
21–26 September 1997; Lilleshall Hall National Sports Centre, Shropshire (residential)
Further details: Education Office, British Association of Sport and Medicine, c/o The National Sports Medicine Institute, Medical College of St Bartholomew’s Hospital, Charterhouse Square, London EC1M 6BQ. Tel +44 (0)171 253 3244. Fax +44 (0)171 251 0774

IXth European congress of sports medicine
23–26 September 1997; Portugal
Further details: Secretariat, IXth European Congress of Sports Medicine, Rua Alexandre Herculano, 341 - 4.° S/14, 4100 Porto, Portugal. Tel 2 207 3040. Fax 2 207 3044

British Olympic Medical Centre seminars
26 September 1997; Nutrition in elite athletes
12 December 1997; Difficult problems in sports medicine
The Charles Clore Lecture Theatre, Institute for Medical Research, Northwick Park Hospital, Harrow, Middlessex HA1 3UJ
Cost per seminar £50
Further details: Jenny Basing. Tel 0181 864 0609

Practical sport and medicine (course)
2–9 October 1997; Club La Santa, Lanzarote (residential)
Further details: Education Office, British Association of Sport and Medicine, c/o The National Sports Medicine Institute, Medical College of St Bartholomew’s Hospital, Charterhouse Square, London EC1M 6BQ. Tel +44 (0)171 253 3244. Fax +44 (0)171 251 0774

16th Congress of sports medicine
10, 11 October 1997; Belfry Halls, Brugge, Belgium
Topics include: soft tissue injuries, physiology and nutrition, youth and physical performance, peripheral neurological disorders and sports, foot injuries and sports shoes, shoulder-arm pain and tension tests.
Further details: Dr Michel D’Hooghe, President Brucosport, Hospital A Z Sint-Jan, Riddersloofse B-8000 Brugge, Belgium. Tel +32 (0)50 45 22 30. Fax +32 (0)50 45 22 38

Fourth world congress on sports sciences
22–25 October 1997; Monaco
Theme: Training and care of athletes—current concept and technologies
Further details: SportEL Organisation, Fourth IOC World Congress on Sport Sciences, 4 Bd du Jardin Exotique, MC 9800 Monaco. Tel 377/93 30 41 59. Fax: 377/93 30 41 62

4th Annual conference of the International Society for Quality of Life Research
5–9 November 1997; Vienna, Austria
Further details: Scientific and Administrative Secretariat ISOQOL97, The Vienna Academy of Postgraduate Medical Education and Research, Alser Strasse 4, A-1090, Vienna, Austria. Tel +43 (1) 405 13 83 13. Fax +43 (1) 405 13 83 23. Email medacad@via.at
Home page http://www.via.at/medacad

BASM national congress (London and South East Region)
6–9 November 1997; Hotel Metropole, Brighton
Further details: Education Office, British Association of Sport and Medicine, c/o The National Sports Medicine Institute, Medical College of St Bartholomew’s Hospital, Charterhouse Square, London EC1M 6BQ. Tel +44 (0)171 253 3244. Fax +44 (0)171 251 0774

Intermediate course: Sports specific injury management and normal examination of joints—Part 1
23–28 November 1997; Lilleshall Hall National Sports Centre, Shropshire (residential)
Further details: Education Office, British Association of Sport and Medicine, c/o The National Sports Medicine Institute, Medical College of St Bartholomew’s Hospital, Charterhouse Square, London EC1M 6BQ. Tel +44 (0)171 253 3244. Fax +44 (0)171 251 0774