Clinical anatomy and management of thoracic spine pain


Understanding thoracic spine pain is complex and demands the sharing of ideas and knowledge to improve the management of patients. This text highlights the value of a multidisciplinary approach to the complexity of thoracic spine pain. Contributions from anatomy, pathology, chiropractic, osteopathy, and physiotherapy are presented in a readable format. Each section is written by acknowledged experts and provides a summary of relevant material that leads to an improved understanding of the causes of thoracic spine pain. The book highlights a common approach to mechanical treatment that can be provided by disciplines such as osteopathy, chiropractic, and physiotherapy.

The text is divided into four sections. Section 1 introduces the reasoning behind the text; section 2 introduces clinical neuroanatomy, pathology, and biomechanics of the thoracic spine; section 3 discusses diagnosis of thoracic spine pain; section 4 describes possible management protocols.

There is perhaps a disproportionately large section of the book devoted to neuroanatomy and gross pathology, with perhaps a less extensive clinical section than one would hope. This book certainly answers one of the commonly asked questions in manual therapy and that is “What is the difference between chiropractic and osteopathy?”

This book is essential reading for all students of musculoskeletal medicine and also those studying manual therapy of whatever kind. It is indeed a comprehensive review and embraces the more modern multidisciplinary approach to spinal pain. In summary, I would highly recommend the book to anyone remotely interested in the bra strap region!

Simon Petrides
Clinical Director, The BlackBerry Orthopaedic Clinic
Walden Tree, Milton Keynes, Buckinghamshire, UK

Nutrition in sport.


“A comprehensive review of the role of nutrition in sport and exercise” is promised at the beginning of the text, and, in my opinion, the promise is delivered.

The editor, Ron Maughan, from University Medical School, Forresterhill, Aberdeen is an established authority in exercise physiology and nutrition, and he has assembled no less than 65 experts (including himself) to produce this work for the IOC and FIMS, which represents volume VII of the *Encyclopedia of sports medicine*. Every contributor has solid credibility and they come from institutions in Europe, Asia, Australasia, and North America. Many of the authors are known to me personally and are active in teaching and research, and in providing service directly to athletes and coaches. Sadly, one of the outstanding scientists, Ethan Nadel, died during the production of this book.

The book is divided into four sections, the first covering the basic sciences of physiology, biochemistry, nutrition and exercise; metabolic consequences of exercise in environmental stress and, importantly, supplements and ergogenic aids. Even alcohol and sport are discussed. Excellent!

The next section looks at “special considerations”, and the “usual suspects” are covered, in most a thorough and practical discussion. The chapters deal with women, children, vegetarians, and the diabetic athlete (which I found particularly useful).

The final chapters cover specific areas of relevance where specialist understanding is required. These areas include sprinting, distance running, cycling, and team sports to name a few. My own interest in gymnastics (and my personal acquaintance with Dan Benardot) led me to single out the chapter on this sport for early reading as a test of style and practical applicability. Not surprisingly, this chapter is comprehensive, well balanced, and very well referenced. One could always complain that some sports are left out, but a review of the chapters in this section provides more than enough information to cover particular concerns. For example, chapter 47, “Weightlifting and power events”, lends itself to all the martial arts, bodybuilding events, track cycling, and of course the throws, jumps, and sprints in track and field athletics.

This is not a book to be read from cover to cover at one sitting. It is very definitely a wonky reference and should be dipped into as the need arises. Because of the quality of writing, the depth of references, and breadth of discussion, it will stand as a very useful text for years to come.

The editor and all contributors are to be congratulated!

Peter Fricker
Head, Sports Science and Sports Medicine, Australian Institute of Sport
Canberra, Australia
Chair of Sports Medicine, University of Canberra
Deputy Medical Director, Australian Olympic Team

Analysis

Presentation 18/20
Comprehensiveness 17/20
Readability 18/20
Relevance 17/20
Evidence basis 18/20
Total 88/100

Mary Claire McGovern
Senior registrar, general paediatric medicine
6 Connaught Park, Lurgan, Co Armagh
BT66 7AZ, N Ireland
sharing of knowledge and intervention models and encourage partnerships between the public and private sectors.

The conference will include plenary sessions on topics of concern to all professions (for example, the influence of the media on the teaching of professionalism; the role of policies and laws) and state of the art presentations focusing on their respective fields. Simultaneous translation of these sessions and the opening and closing ceremonies will be available in French and Spanish. Additionally, as the focus is to facilitate exchange, parallel sessions (oral presentations, round tables, and debates) and poster sessions will be organised around six major themes: Road Safety, Occupational Safety, Sport, Leisure, Home, Institutional and Product Safety, Suicide Prevention, Violence Prevention and Post-trauma care and Rehabilitation.

Further details: Carol Pincos-Langevin; tel: +1 514 848 1133; fax: +1 514 286 6469; email: trauma@coplanor.qc.ca
Web site: www.trauma2002.com

World Conference on Women and Sport
16–19 May 2002, Montreal, Quebec, Canada
Further details: Deena Scoertz (secretariat), IWG Secretariat, 15 Eddy Street, 8th Floor Hull, QC K1A 0M5, Canada; tel: +1 604 999 0989; fax: +1 819 956 8019; email: dscoertz@infoserve.net
Web site: www.iwg-gti.org

49th ACSM Annual Meeting
20 May–1 June 2002, St. Louis, Missouri, USA
Further details: Fax: +1 (317) 634 7817

XVIII FIMS World Congress of Sports Medicine
5–9 June 2002, Budapest Congress Centre, Budapest Hungary
Further details: Congress Secretariat Assisztencia Kft, H-1132 Budapest, Visegradi u 25; tel: +36 1 350 1854/1892; fax: +36 1 350 0929; email: assisztencia@euroweb.hu
Web site: www.assisztencia.hu

Physical Therapy 2002
5–8 June 2002, Cincinnati, Ohio, USA
Further details: 2002 Annual Conference Program Committee, Co/Professional Development, APTA, 1111 North Fairfax St. Alexandria, VA 22314-1488 USA

9th World Symposium of Biomechanics and Medicine in Swimming
21–23 June 2002, St. Etienne, France
The early registration fee is 250€, the student rate is 100€.
Further details: Jean-Claude Chatard, Pav 12, St Jb, CHU de Saint Etienne, 42 055 St Etienne Cedex 2, France; tel: +33 4 77 1272 34; fax: +33 4 77 1272 29; email: chatard@univ-st-etienne.fr
Web site: www.univ-st-etienne.fr/swimsym

BASICS Pre-Hospital Emergency Care Certificate (PHEC)
24–26 June 2002, Madingley Hall, Cambridge, UK
Awarded jointly by BASICS and the Royal College of Surgeons of Edinburgh this three day residential courses are available to those who may deal with emergency situations, including those involved in health care at sporting events. The certificate is awarded to participants who successfully complete the course and pass the examination on the final day.

Other dates available: 30 August–1 September, Ramroor Hall, Sheffield; 21–23 October 2002 and 25–27 November both at Madingley Hall, Cambridge, UK.
Further details: BASICS Education Ltd; tel: +44 (0)870 165 4999; fax: +44 (0)870 165 4949; email: educ@basics.org.uk
Web site: www.basics.org.uk

World Congress on Drowning
26–28 June 2002, Amsterdam, The Netherlands
Further details: email: secretariat@drowning.nl
Web site: www.drowning.nl

12th Commonwealth International Sports Conference
19–23 July 2002, Manchester, UK
Further details: Conference Secretariat, HIT Conferences, Cavern Court, 8 Mathew Street, Liverpool L2 6RE, UK; tel: +44 (0)151 227 4423; fax: +44 (0)151 236 4829; email: sport@hit.org.uk
Web site: www.hit.org.uk/sport/home.htm

Fourth World Scientific Congress of Golf
23–26 July 2002, St Andrews, UK
Further details: World Scientific Congress of Golf Trust, The Scores, St Andrews KY16 9AT UK; tel: +44 (0)1334 473560; fax: +44 (0)1334 474322; email: golfscience@st-andrews.ac.uk

Sports Medicine Course
3–10 August 2002, Vancouver, Canada
Further details: Cathy Means; tel: +1 608 263 6637; fax: +1 608 262 8421; email: cjmeans@facstaff.wisc.edu

XVI IEA World Congress of Epidemiology
18–22 August 2002, Montreal, Canada
Further details: Conference Secretariat, Events International Meeting Planners, 759 Square Victoria, Suite 300, Montreal, Quebec, H2Y 2J7, Canada; tel: +1 514 286 0855; fax: +1 514 286 6066; email: info@eventsincl.com
Web site: www.ieca2002.com

Kinesiology—New Perspectives. 3rd International Scientific Conference
25–29 September 2002, Upatija, Croatia
Further details: Conference Office, Faculty of Kinesiology, 10,000 Zagreb, Horvancanski zavoj 15, Croatia; tel: +385 1 3658 666; fax: +385 1 3654 146; email: natalija.babic@ifk.hr

The Queen's Golden Jubilee and Post Commonwealth Games BASEM Congress 2002
10–13 October 2002, The Low Wood Hotel and Conference Centre, Inndermere, Cumbria, UK
Keynote lecturers
Professor Stuart M McGill (Canada), will lecture on “Low back exercise: the foundation for building the best programme” and present a workshop on “a programme to enhance spine stability”. Assistant Professor Karim Khan (Canada), will lecture on “Better management of tendinopathies” and “Physical activity and bone health”. Other speakers include: Professor Dr med Hans H Faessler (Germany) lecturing on “Current concepts in knee ligament reconstruction following sports injuries” and “Rehabilitation after cruciate ligament reconstruction”; Mr Peter Hamlyn (United Kingdom), Chairman of the Government Ministerial Working Group Report on Safety and Medicine in Sport, will open and Chair a discussion on progress one year on from the report.

Further programme details are available at the web extra section of the BJSM website: www.bjsportmed.com
Further details: Mrs Sue Roberts, BASEM Company Office, 12 Greenside Ave, Frodsham, Cheshire WA6 7SA, UK; tel/fax: +44 (0)1928 732 961; email: basemoffice@compuserve.com Web site: www.basem.co.uk

Sports Medicine of Australia 2002 Australian Conference
12–16 October 2002, Carlton Crest Hotel, Melbourne, Australia
Further details: Prue Robertson, Project Officer, Sports Medicine Australia, PO Box 237, Dickson ACT 2602; tel: +02 6230 4650; fax: +02 6230 5908; email: prue.robertson@sportnet.com.au

Celebrating 50 years of Orthopaedics in Singapore
13–16 October 2002, Singapore
In conjunction with the 25th Singapore Orthopaedic Association Meeting, 22nd Asian Orthopaedic Association Meeting, 5th Combined Meeting of Spinal and Paediatric Sections—APOA, 7th Meeting of Sports Medicine Section—APOA, 3rd Meeting of Asia-Pacific Orthopaedic Society for Sports Medicine.
Further details: 2002 COM Secretariat, c/o Dept of Orthopaedic Surgery, National University Hospital, 5 Lower Kent Ridge Road, Singapore 119074, Republic of Singapore; tel: +65 772 4340; fax: +65 778 0720; email: secretariat@soa.sg.org Web site: http://orthopaedics2002.caldaradone.com

BASICS Immediate Care Course
This five day residential course is primarily aimed at those with extensive experience in immediate care, this course will develop and enhance the necessary skills to deal with all medical and other emergencies in pre-hospital medicine.
Further details: BASICS Education Ltd; tel: +44 (0)870 165 4999; fax: +44 (0)870 165 4949; email: educ@basics.org.uk
Web site: www.basics.org.uk

BASICS Immediate Care Course “Top up”
This two day course is for those who would like to attend the final two days of the Immediate Care Course to develop their skills.
Further details: BASICS Education Ltd; tel: +44 (0)870 165 4999; fax: +44 (0)870 165 4949; email: educ@basics.org.uk
Web site: www.basics.org.uk
The 5th Asian Federation of Sports Medicine Congress
24–27 October 2002, Seoul, South Korea
Further details: AFSMC 2002 Seoul Secretariat, Hanjin Travel Service Co Ltd, c/o Young CHANG (Marine Center New Bldg 5th Fl, #51, Sogong-dong, Chung-gu, Seoul 100–770, South Korea; tel: +822 726 5553; fax: +822 778 2514; email: ychang@kaltour.com)
Web site: http://www.afsmc2002.or.kr

Australian College of Sports Physicians (ACSP) 2002 Conference in conjunction with the New Zealand Sports Medicine Conference
30 October–3 November 2002, Christchurch, NZ
Keynote speaker will be Assistant Professor Karim Khan from Vancouver, Canada. Call for abstracts will be announced in early 2002
Further details: Rob Campbell; email: rcampbell@sportsmed-nz.co.nz
Web site: www.acsp.com.au

BASICS Refresher course
28–29 November 2002, Madingley Hall, Cambridge, UK
This two day course is directed at previous participants on the pre-hospital emergency care and immediate care courses. The aim is to maintain and update skills, incorporating the latest developments in pre-hospital care.
Further details: BASICS Education Ltd; tel: +44 (0) 870 165 4999; fax: +44 (0)870 165 4949; email: educ@basics.org.uk
Web site: www.basics.org.uk

2nd World Congress of Science and Medicine in Cricket
4–7 February 2003, University of Port Elizabeth, South Africa
Further details: Dr Richard Stretch, University of Port Elizabeth, PO Box 1609, Port Elizabeth 6000, South Africa; tel: +27 41 5042584; fax: +27 41 5812605; email: sparas@upec.ac.za

Vth World Congress on Science & Football
April 2003, Lisbon, Portugal
Further details: Dr J Cabri; email: Jcabri@fmih.utl.pt
Web site: http://www.fmih.utl.pt/wesf

3rd Québec International Symposium on Cardiopulmonary Rehabilitation Evidence Based Interventions: Science to the Art of Cardiopulmonary Rehabilitation
11–13 March 2003, Québec City Convention Center, Québec, Canada
Call for abstracts deadline is 1 November 2002. The abstract submission form and complete programme can be printed from the web site.
Further details: email: Jean.Jobin@med.ulaval.ca
Web site: www.ulaval.ca/physio

The LTA Sports Science and Sports Medicine Conference

6th International Symposium “In Vivo Body Composition Studies”
3–5 October 2002, Villa Mondragone, Tor Vergata University, Rome, Italy
Submissions are welcome on a variety of topics on body composition until 15 May 2002. Instructions on submitting abstracts are now available on the congress web site: www.uniroma2.it/eventi/BodyComp2002/

Australian Conference of Science and Medicine in Sport
12–16 October 2002, Carlton Crest Hotel, Melbourne, Australia

Keynote speakers
Dr Bill Evans, Director of the Nutrition, Metabolism, and Exercise Division in the Donald W Reynolds Department of Geriatrics and Geriatric Research, University of Arkansas School of Medical Sciences.
Dr Glenn Singleman, an expedition doctor and documentary filmmaker. He has accompanied climbing and research expeditions to extreme locations in Antarctica, Nepal, Pakistan, Russia, Peru, Patagonia, and Irian Jaya. He is a consultant in high altitude and extreme environment medicine.
Professor Tom Rowland, is a Professor of Pediatrics, Tufts University School of Medicine, Boston. He has specialist expertise in the area of paediatric cardiology and type 1 diabetes and performance limitations of children and youth.
Further details: www.sma.org.au

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Web site: www.med.unsw.edu.au/sportsmed

www.basem.co.uk
The British Association of Sport and Exercise Medicine has launched its new website—www.basem.co.uk. The site provides information about the educational opportunities in sport and exercise medicine and advice to those wishing to become involved in this area.

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Educational programme
The Centre offers a one month full time Postgraduate Certificate in Sports Physiotherapy: spine, pelvis, and lower limb. Instructors are leading clinical experts and researchers in the multidisciplinary approach to sports medicine. The Certificate will run from Nov 4–29 in 2002.
Please contact: A/Professor Peter Brukner: sportsmed@unsw.edu.au (Research Degrees), A/Professor Kim Bennett: k.bennell@unimelb.edu.au (Research Degrees), Mr Henry Wajswelner: h.wajswelner@unimelb.edu.au (Certificate Courses).
Web site: www.physioth.unimelb.edu.au/csmre

NOTES AND NEWS

English Institute of Sport
The construction has started on the English Institute of Sport adjacent to Sheffield’s Don Valley Stadium. This new multi sports facility will provide a regional base for the delivery of services to athletes within the English Institute of Sport (EIS) network and provide a world class training facility. The facility will contain:
• A large strength and conditioning area, state of the art sports science and sports medicine facilities, recovery areas for athletes, a hydrotherapy pool, and a flotation tank
• National Indoor Athletics Centre with a six lane indoor track and 132m straight sprint, a throwing area, and 1500–2000 seat capacity
• Table tennis centre
• Regional judo facility
• National netball centre
• Badminton performance centre
The project is scheduled to open in spring 2003.

www.bjsportmed.com