The literature contains several cases of exertional rhabdomyolysis, a potentially dangerous condition that cause the release of intracellular contents from skeletal muscles in concentrations that may lead to renal and other systemic complications. The concern of the general public for body fitness has led to widespread frequenting of fitness centres and the use of widely advertised electronic devices, which can be readily purchased and used at home. Our patient was not a bodybuilder and did not take anabolic-androgenic steroids. He just used the electronic muscular stimulator at home. To our knowledge, this is the first report of rhabdomyolysis caused by an electronic stimulator. The purpose of this report is to assist clinicians in recognising this condition and to warn people against careless use of these devices.
Institute is a membership organisation is false (also sadly the organisation no longer exists!). The proposal to involve the Health Development Agency in educational issues in doping is flawed, as they have no prior experience in this area. Carbohydrate loading using an intensive seven day training to deplete stores initially on a protein rich diet has not been recommended for some years. I could go on and on. Why oh why didn’t they have knowledgeable authors with working experience in the topic? To anyone other than those with a passing interest in what was happening in anti-doping a few years ago, it is potentially dangerous and should not be purchased.

Target audience: essentially sports scientists and coaches, with clinicians as a secondary audience.

Rating

- Presentation 13/20
- Comprehensiveness 15/20
- Readability 13/20
- Relevance 13/20
- Evidence basis 18/20
- Total 72/100

The malalignment syndrome: implications for medicine and sport


The concepts of malalignment and imbalance have gained popularity in sports medicine over the past 10 years, and have been used to explain many of the injuries of athletes and physical activity participants present. Rather than simply treating local symptoms, sports medicine practitioners are now looking more globally for contributing factors to injuries and encouraging preventative measures that address these more global deficits. The malalignment syndrome is a comprehensive text that can assist sports medicine practitioners in understanding how malalignment contributes to a range of conditions, and how various sports and physical activities can impact on the alignment of anatomical structures. The book addresses not just the assessment and diagnosis of malalignment syndrome, but also several approaches to treatment, including manual therapy, orthotics, injection, surgery, and self help techniques.

As a clinician, academic, and researcher, I have found the level of detail and depth of knowledge excellent. The authors and contributors have provided comprehensive material that is well supported by research evidence where available. Biomechanics, as it relates to malalignment, can be quite daunting for many practitioners. However, the author has managed to use clear explanations and weave biomechanical information into an understandable and applied context. The large number of figures used in the book enhances comprehension of the text and allows the reader to fully understand the concepts being discussed. Some photographs, however, require greater clarity in print.

Of interest is the way in which implications are drawn for several areas of medicine including neurology, gastroenterology, orthopaedics, cardiology, and gynaecology. A potential danger of covering several areas in one chapter is that each chapter is not given equal superficial attention. In this text, however, comprehensive summaries are provided for each specialty area. Greater use of brief case studies would, however, be beneficial. The malalignment syndrome is also discussed with reference to a wide variety of sports and physical activities, including climbing, waterskiing, swimming,
weightlifting, and throwing sports (chapter 5). This specific information provides a comprehensive overview for those working with particular sports, although further references for each sport would allow the interested reader to pursue further knowledge. The equestrian sports were singled out for a chapter of their own (chapter 6), whereas this information may have been better placed with all the other sports.

This book is an excellent resource for either the sports medicine practitioner or academics preparing theoretical and clinical teaching on malalignment syndrome. Upper level students in the breadth of sports medicine and rehabilitation professions would also find this book a well written resource.

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The Leeds Sports Imaging Course
6–7 September 2004, Leeds, UK.

This two day course is aimed at both radiologists and clinicians who are involved in sports imaging. The course will comprise an imaging and clinical overview of all relevant joint, bone and soft tissue sporting injuries.

The faculty will comprise internationally recognised skeletal imaging and clinical experts from the UK, Europe and North America who will deliver state of the art lectures and lead sessional discussions. Each session will cover the spectrum of injury for a specific anatomical area beginning with clinical lectures that will allow the subsequent imaging lectures to be placed in context. All aspects of imaging will be discussed but will concentrate on the use of ultrasound, conventional MR imaging and MR arthrography for the diagnosis, staging and prognosis of sporting injuries. Therapeutic image guided intervention using fluoroscopy, CT and ultrasound will also be demonstrated.

13 RCR category one CME credits have been awarded.

Further details: Carol Bailey, Course co-ordinator, MRI Department, B Floor, Clarendon Wing, Leeds General Infirmary, Leeds LS1 3EX; tel: +44 (0)113 3922826; fax: +44 (0)113 3928241; email: Carol.Bailey@leedsth.nhs.uk

2004 APS Interisocity Meeting – Integrative Biology of Exercise
October 6–9 2004, Austin, TX, USA

Further details: Email: meetings@the-aps.org; website: www.the-aps.org

Australian Conference of Science and Medicine in Sport
October 7–9 2004, Alice Springs, Northern Territory, Australia


BASEM Conference 2004
14–17 October 2004, Belfast, UK

Main themes: Overuse Sports Injuries and Muscle Injuries. Keynote speakers include: Chris Bradshaw, Medical Director, Olympic Park Medical Centre, Melbourne and Kim Bennell, Assistant Professor, School of Physiotherapy, Melbourne University.

Further details: Email: fionnuala.sayers@greenpark.n-i.nhs.uk

2nd International Ankle Symposium
15–16 October 2004, Newark, DE, USA

The meeting will examine ankle instability and other related ankle pathologies from a multidisciplinary perspective. Attendees will include clinicians and scholars from the disciplines of orthopedics, podiatry, physical therapy, athletic training, biomechanics, and sports medicine. This conference aims to build on the success of the inaugural symposium held in Ulm, Germany in December 2000. Emphasis will be on oral and poster presentations of original research along with selected plenary presentations.

The deadline for abstract submissions is July 1 2004.

Further details: Jay Hertel, PhD, ATC, FACSM, Conference Co-Chair, Penn State University, email: jnh3@psu.edu, or Thomas Kaminski, PhD, ATC, FACSM, Conference Co-Chair and Host, University of Delaware, email: kaminski@udel.edu. Website: http://www.udel.edu/ias/

The 23rd Congress of Sports Medicine of the AZ Sint-Jan AV
15–16 October 2004, Brugge (Belgium)

Further details: tel: +32 (0)50 45 29 00; 45 22 50; fax: +32 (0)50 45 22 31

1st World Congress on Sports Injury Prevention
23–25 June 2005, Oslo, Norway

This congress will provide the world’s leading sports medicine experts with an opportunity to present their work to an international audience made up of physicians, therapists, scientists, and coaches. The congress will present scientific information on sports injury epidemiology, risk factors, injury mechanisms and injury prevention methods with a multidisciplinary perspective. Panel discussions will conclude symposia in key areas providing recommendations to address the prevention issue in relation to particular injuries and sports.

Further details: Oslo Sports Trauma Research Centre and Department of Sports Medicine, University of Sport and Physical Education, Sognsveien 220, 0806 Oslo, Norway. Email: 2005congress@nih.no; website: www.osstrc.no

4th European Sports Medicine Congress
13 – 15 October 2005, Lemesos, Cyprus

Further details: Email: pyrgos.com@cytanet.com.cy

BASEM Conference 2005
10–12 November 2005, Edinburgh, Scotland

Further details: Email: basemoffice@compuserve.com

BASEM Conference 2006
5–7 October 2006, Oxford, UK

Further details: Email: basemoffice@compuserve.com