

## Rehabilitation of sports injuries: scientific basis

Walter R. Frontera, editor



Malden (MA): Blackwell Science; 2003. 326 pp. US\$125 (cloth) ISBN 0-632-05813-7

**Rating:** \*\*\*

**Audience:** Consultants in sports medicine and exercise management; family physicians

**Content:** A publication of the International Olympic Committee's Medical Commission, this is the 10th volume of the *Encyclopedia of Sports Medicine*. Edited by Walter Frontera, chair of the Department of Physical Medicine and Rehabilitation at Harvard, it is an excellent and detailed text with up-to-date discussions of the basic science and of rehabilitation after sports injury. The book opens with an in-depth review of the pathophysiology of injury, skeletal muscle regeneration, and bone and tendon repair. The basic science section, particularly the de-

scription of anterior cruciate grafts, is outstanding. It is followed by discussions of the physiology of detraining and the vicious cycle of overuse injuries so commonly seen today. A very useful review of the psychological response to sports injury and rehabilitation is included. The chapters on the management of pain and inflammation with pharmacology, acupuncture and physiotherapy are comprehensive but would have most interest for researchers. The text is completed with a practical, state-of-the-art presentation on strength, flexibility and proprioception retraining (including functional rehabilitation programs for running, baseball, tennis and soccer) and with a brief but useful review of orthotics and bracing.

**Strengths:** The basic science section is excellent and thorough, making this a useful text for full-time practitioners on the sports medicine team. It would be particularly useful for those working in the science of physiotherapy and in pri-

mary care sports medicine and orthopedics, and is a must for graduate students in the field.

**Limitations:** This volume would be improved with the inclusion of more practical rehabilitation programs for use in family practice. Specific strength, flexibility and proprioceptive programs for common injuries such as anterior cruciate ligament injuries, patellar femoral pain and Achilles tendinopathy would be useful. Likewise, a specific walk-run program following tibial stress fracture, to take one example, would round out the book.

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Items reviewed are rated on a 4-star scale (4 = excellent).

## BOOKS RECEIVED

Benedetti P, MacPhail W. **Spin doctors: the chiropractic industry under examination.** Toronto & Oxford: Dundurn Group; 2002. 296 pp. \$24.99 (paper) ISBN 1-55002-406-X

Fugh-Berman A. **The 5-minute herb and dietary supplement consult.** Philadelphia: Lippincott Williams & Wilkins; 2003. 475 pp. US\$59.95 (cloth) ISBN 0-683-30273-6

Gagan D, Gagan R. **For patients of modest means: a social history of the Voluntary Public General Hospital in Canada, 1890-1950.** Montreal: McGill-Queen's University Press; 2002. 268 pp. \$49.95 (cloth) ISBN 0-7735-2436-3

Goodman K. **Ethics and evidence-based medicine: fallibility and responsibility in clinical science.** New York: Cambridge University Press;

2003. pp. 168 US\$27 (paper) ISBN 0-521-79653-9

Hackett P. **A very remarkable sickness: epidemics of Petit Nord, 1670 to 1846.** Winnipeg: University of Manitoba Press; 2002. 315 pp. \$24.95 (paper) ISBN 0-88755-659-0

Jennings S. **Locked in, locked out.** Saint John (NB): Dreamcatcher Publishing; 2002. 207 pp. \$24.95 (paper) ISBN 1-894372-23-9

McDonald L, editor. **Florence Nightingale's spiritual journey: biblical annotation, sermons and journal notes.** Waterloo (ON): Wilfrid Laurier University Press; 2002. 616 pp. \$85 (cloth) ISBN 0-88920-366-0

Murray RM, Jones PB, Susser E, van Os J, Cannon M, editors. **The epi-**

**demiology of schizophrenia.** New York: Cambridge University Press; 2003. 454 pp. US\$80 (cloth) ISBN 0-521-77540-X

Nutt D, Ballenger J, editors. **Anxiety disorders.** Malden (MA): Blackwell Science; 2003. 542 pp. US\$149.95 (cloth) ISBN 0-632-05938-9

Palmer S. **From popular medicine to medical populism: doctors, healers, and public power in Costa Rica, 1800-1940.** Durham (NC): Duke University Press; 2003. 329 pp. US\$69.95 (cloth) ISBN 0-8223-3012-1 US\$22.95 (paper) ISBN 0-8223-3047-4

Spencer R. **Conjoined twins: developmental malformations and clinical implications.** Baltimore: Johns Hopkins University Press; 2003. 476 pp. US\$85 (cloth) ISBN 0-8018-7070-4