

## Book reviews

### *The Athlete's Elbow: Surgery and Rehabilitation*

David W. Altchek and James R. Andrews, 304 pages, Lippincott Williams & Wilkins, Philadelphia 2001  
ISBN 0-7817-2606-9

Some textbooks of a general nature deal with the elbow and its clinical problems, however, so far I know, this is the first to address the athlete's elbow. Many of the diseases and injuries discussed in this book are not specific to the athlete, but most of the discussions take the athlete's point of view.

David W. Altchek and James R. Andrews have succeeded in editing a comprehensive 304-page book focusing on the athlete with contributions by 37 authors. It is educational in an American way, as all the authors come from North America. Even for an orthopedic surgeon who does not live there, but is concerned with sports medicine, this book definitely fills a gap. In athletes, elbow injuries are less common than injuries of the knee, shoulder and ankle joints, but they may present a significant challenge to the physician. A reference book is therefore needed. Its layout is attractive, with two columns of text on each page. The illustrations are usually very informative, the references extensive, the presentation usually logical with clear headings and an index which facilitates the finding of data.

It is clear that the editors aimed to cover the topic completely. Thus the first chapter on developmental and gross anatomy totals 22 pages. There is also a long chapter on biomechanics of the joint including electromyographic analysis. Detailed analyses of the mechanism of throwing and its effects on the elbow are included. 22 pages on imaging of the elbow, however, seem too much.

Medial elbow pain is a common problem in throwing athletes and the diagnosis may be difficult. This problem, however, is somewhat diffi-

cult to understand in the book since it is discussed under four different headings.

Injuries and compressions of the nerves passing the elbow are presented in a very illustrative and useful way on 32 pages. Instability and simple as well as complex dislocations are thoroughly discussed in a way which will not cause debate. However, very little information is given on the treatment of fractures associated with dislocations of the elbow.

There is one separate chapter on elbow injuries in the adolescent athlete with a nice review of overuse injuries in the immature athlete. Injuries of the middle-aged are also included in the book—e.g., distal biceps tendon injuries are treated in detail.

Methods and indications for arthroscopy of the elbow are extensively described, including such esoteric topics as how to operate on lateral epicondylitis arthroscopically.

Extremely detailed programs for rehabilitation of the commonest injuries are presented in several tables.

In conclusion, this is an exclusive book or—to cite the authors—“this book is dedicated to the athletes, who through their devotion to sport and desire to return to competition, have pushed us as physicians to develop new techniques and treatments.”

**Per Olof Josefsson**

*Department of Orthopaedics, Malmö University Hospital, SE-205 02 Malmö, Sweden*