

Book review

Sports injuries, mechanisms, prevention, treatment

Freddie H Fu and David A Stone (eds), 1040 pages, Williams & Wilkins, Baltimore, 1994
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This book is a new addition to the long list of books published lately on the subject of sports traumatology. It is 1,040 pages long and its weight makes it necessary to put it on a table for reading.

The different chapters are written by several well known authorities in the field. The book is divided into three sections. The first concerns general problems like conditioning and training, preseason evaluation, rehabilitation, drugs, etc. This section also contains the obligatory chapter on knee ligament biomechanics written by Savio Woo. He presents the same information that he has published in several other books of a similar or a different kind. It is surprising how many times an author can repeat the same information. Many of the figures have been published multiple times in the same format. The list of 103 references contains mostly papers from 1960 to 1990. There is only one single reference from 1993. Perhaps another author could have presented some of the latest knowledge in this field. What Woo is presenting is common knowledge by now.

Section two contains sport-specific injuries. It is a rather comprehensive list of sports with a definite American touch. Scandinavian authors participate well in a chapter on Nordic and Alpine skiing. Another well written chapter is about dance and the arts by Kamenski and Fu. Chapter 20 about Equestrian sports contains a number of sensational pictures on accidents by the same photographer and chapter 19 is an interesting description of sports events as a problem in emergency medicine. Because this section is divided by sport, there is much repetition of common injuries. Knee problems occur in many sports and therefore diagnosis and treatment is repeated several times.

Section three is a division of the subject by type of injury. It repeats much of the information in the previous chapters. There is an outstanding chapter by

Wayne B Leadbetter on soft tissue athletic injury. It contains well documented and current information about basic science and clinical aspects on this important problem. The chapters on shoulder and knee injuries are complete and well written, but the information can be found in any textbook about these injuries. The knee injury chapter has good drawings of knee anatomy.

Unfortunately, there are some errors in the text. Thomsens test for Achilles tendon rupture is called Thomas test on page 544 but named correctly later on in the book. The Latin phrase *rubor, dolor, calor et tumor* is incorrectly quoted in the text on page 736 but correct in the corresponding table (44.1).

Many of the illustrations are of a poor quality, some radiographic pictures even turned upside down (pages 140, 171, 173, 174, 210, 219). Many illustrations lack explaining text, letters or arrows. This is especially important for radiographic pictures, that may be difficult to interpret otherwise (chapters 49 and 50). Also some arthroscopy pictures are of a poor quality. In contrast chapter 48 about eye injuries is very well illustrated.

In summary, this is a very ambitious book with a lot of interesting information. It is designed as a reference book and probably not meant for reading from start to finish. Most of the information is important and of great interest to persons, who work in sports medicine. Unfortunately, some editing flaws, like the text errors and poor picture quality, detract from an otherwise very good impression. One can hope that the editors spend more time on improving text and illustrations in the next edition.

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