

BOOK REVIEWS

Orthopaedic and Sports Physical Therapy, Vol. 2.

Edited by J. A. Gould III and George J. Davies

St. Louis: C. V. Mosby, 1985

According to the authors, this book is intended for physiotherapists and doctors specialising in orthopaedics.

The book, which covers a wide field, is divided into 5 main sections: Section I (basic science) covers basic neurobiology and biomechanics of the musculoskeletal system.

Section II covers the inflammatory response of synovial joint structures to trauma (both in intra- and extra-articular structures). Attention is also given to different types of fractures and methods of immobilisation and internal fixation. Bio-electrical stimulation in cases of non-union is also discussed. There is an enlightening section dealing with musculo-tendon and ligament injuries. A detailed analysis of biomechanical properties, the evaluation of injuries, operative and non-operative procedures, and in lesser detail, rehabilitation procedures are also covered in this section.

The third section deals with the evaluation, rehabilitation and prevention of sport injuries. The evaluation of sport injuries is covered in detail together with determining both short- and long-term rehabilitation aims.

Selected physical agents such as ultra-sound, short-wave diathermy, TENS, interferential therapy, iontophoresis and phonophoresis, are briefly discussed, together with a discussion on their analgesic properties.

The basic concepts of mobilisation and manipulation for musculo-skeletal dysfunction are also covered (including, amongst others, Kaltborn, Maitland and Cyriax techniques).

Finally, sport physiology and active resistive training programmes are discussed. A brief section on orthopaedic appliances for persons with spinal dysfunction is included.

Section 4 is most informative — covering the bio-mechanical evaluation and treatment of a wide variety of conditions affecting the peripheral joints (including the tempero-mandibular joint).

The evaluation of the different peripheral joints is the most comprehensive ever found by the reviewer. The evaluation and treatment of spinal and sacro-iliac conditions follows the concepts of Maitland, Kaltborn, Cyriax, Wyke and other eminent persons in the field of mobilisation.

The final section deals with the importance of a comprehensive pre-season evaluation for two major reasons: Firstly for the prevention of injury through the evaluation of body structures to identify areas susceptible to injury, and secondly to provide base-line data for rehabilitation, should injury subsequently occur.

“Orthopaedics and Sports Physical Therapy” vol. 2 is an extremely valuable book for all physiotherapists and is highly recommended.

L.C.C.

The Hand — Fundamentals of Therapy

by J. Boscheinin-Morrin, V. Davey and W. B. Conolly

London: Butterworths, 1985

Available from: Butterworths, 8 Walter Place, Waterval Park, Mayville, Durban 4091

Price: R57,00 — Paperback.

In the preface the authors state that this book is geared to providing an easy reference and treatment guide for therapists who are inexperienced in the treatment of hands. To this should be added — physiotherapy and occupational therapy students. The authors have been eminently successful in achieving their aims. They have produced a clear, concise and precise guide to the rehabilitation of the most common conditions:

The chapters include assessment, tendon injuries, peripheral nerve injuries, fractures and joint injuries, amputations and the crushed hand, Dupuytren's contracture, the burnt hand and the rheumatoid hand. The final chapter gives patterns and construction guidelines for splints and pressure garments.

Each chapter contains an introduction which includes the relative anatomy, healing process, surgical approach and any other facts relevant to the subject of the chapter. This is followed by a detailed, progressed therapeutic programme. This section is very clear on how to isolate movement while full function is not allowed. Specific splintage for the individual conditions is well described. Common complications and their treatment are also included. The therapy is progressed with desired time intervals until the patient is fully rehabilitated. Psychosocial aspects of hand conditions are also discussed. Each chapter is rounded off with a relevant reading list.

The book is extensively illustrated with photographs and line drawings which clarify the text further. The only unclear aspect of the book was the pages of very light print viz. 182-3, 186-7, 190-1 and 194-5. One hopes that this is a fault to be found only in the review copy.

This book should be recommended reading for any physiotherapist or occupational therapist starting to work in a hand clinic. It should be placed on the compulsory book list of all physiotherapy and occupational therapy students.

L. Davids

Swimming for the Disabled

Association of Swimming Therapy

London: Adam and Charles Black, £4,95

Daar is 'n duidelike inhoudingsopgawe en lys van fotos, wat baie volledig is. Die boek is geskryf deur die Association of Swimming Therapy en die Halliwick metode word beskryf.

Die swemmetode is om gestremde persone vertrouwd met water te maak en om genot uit die water te put.

Die klem is op deelname — gestremdes kan self instruktors word van die metode. Die hoofstukindeling is prakties en georden vanaf eenvoudige reëls soos hantering en veiligheid, na meting van vordering, hoe gevorderd moet word en uiteindelik hoe 'n klub administreer moet word, asook die organisering van helpers en gala organisering.

Die inligting is duidelik uiteengesit met praktiese wenke, goed toegelig met sketse of fotos.

Die stap vir stap vordering is duidelik beskryf in hoofstukke 4 tot 7 en die gewone Halliwick metode word beskrywe (die gewoondraak aan water, verskillende stasies en dryfkrag). Die basiese metodes om te leer swem, word in hoofstuk 7 bespreek, met hoofstukke 7 en 8 ook beskrywend ten opsigte van die fisiese aspekte van water. Hoofstuk 9 het te doen met die gestremdhede en hoe hulle op water reageer. Bykomende inligting ten opsigte van speletjies en spesiale oefeninge word in hoofstukke 11 bespreek. Hierdie tegnieke word ook aangewend om die gestremde te leer swem.

Alhoewel daar niks opwindend nuut in die boek bespreek word nie, is die 'n goeie handboek om te gebruik ten opsigte van swem vir gestremdes. Aangesien die inhoud vir die algemene publiek geskryf is, word baie basiese kennis verskaf. Dit is egter heeltemal geskik

vir gebruik deur professionele persone asook studente en kan daarom aanbeveel word.

Ingrid Marren

Sports Injuries Their Prevention and Treatment

Dr. Lars Peterson and Dr. Per Renstrom

First edition 1983. English edition in South Africa by Juta & Co. Ltd., P.O. Box 123, Kenwyn, 7790

The authors of this book are two leading Swedish orthopaedic surgeons, both expert and widely experienced in treating sports injuries. Together they have compiled an extremely interesting, well presented and beautifully illustrated book on the subject. The information is aimed at any- and everyone concerned with sports injuries and there is a useful glossary at the back for those not familiar with some of the medical terms used.

The book covers everything from the general principles, acute treatment, the biomechanics of sports injuries and preventive measures for injuries in specific areas. There is also an interesting section on children and adolescents which points out the risks of overtraining the immature body. On the whole the emphasis is on understanding injuries, preventing them and returning the injured participant to his or her sport safely and quickly. The last chapter on training different parts of the body gives some very simple but effective exercises for retraining not only strength but also co-ordination.

Some parts of this book may be controversial but I feel it is definitely a worthwhile acquisition for anyone interested in sports injuries.

Robyn Thyse