

BOOK REVIEW

**THE A.B.C.'s OF ATHLETIC INJURIES AND CONDITIONING.** By A. B. Ferguson Jr., M.D., and Jay Bender, B.S., M.S., Ph.D. 1st edition, 1964, by the Williams and Wilkins Co., Baltimore, U.S.A. Price \$9.25.

Mr. Ferguson is, *inter alia*, Professor of Orthopaedic Surgery at the University of Pittsburgh, and Dr. Bender is Professor of Physiology at the Southern Illinois University. The book was written primarily for the coach, trainer and athlete in America. The term "athletics" refers to sports, particularly American football and baseball.

The book is divided into two sections, Section I dealing with athletic injuries and Section II with evaluation and conditioning. Section I contains statistics on the incidence of athletic injuries, e.g. in Little League baseball, followed by an interesting discussion on the type of exercise the authors consider to be indicated and also contra-indicated for athletes, and the principle on which these are based. Chapters 3 to 6 should concern physiotherapists as they refer to the treatment advocated by the authors for ligament tears and contusions, injuries of the trunk, limbs, head, neck and face, and the use of physical agents after injury. It is not clear whether physiotherapists or unqualified persons are expected to carry out the treatments recommended—if it should be the latter, then one is not surprised to read that one of the factors which are considered responsible for delayed recovery is "Complications of Therapeutic Agents" such as "blisters and burns due to the overzealous use of heat"! Although the treatments consist of the modalities used by physiotherapists (massage, exercises, ice, heat, etc.), the word physiotherapy appears about twice—once as being contraindicated in myositis ossificans: "physiotherapy, diathermy or other such measures should not be used"—and once as part of a treatment (specified as whirlpool baths and active exercise) for finger-joint dislocations.

As this book was not written for professional reading it is not proposed to discuss here the various treatments advocated. The chapter on taping should interest those who often are called upon to treat recent injuries. The chapter on athletic equipment concerns mainly the protective equipment worn by football and baseball players in America.

Section II starts with evaluation, i.e. tests of muscle strength and range of movement—using equipment and techniques advocated by Jay Bender—and includes reproductions of elaborate forms on which the results are recorded. These are then used to determine the special exercise needs of the individual, and to pinpoint deficiencies which may lead to injury. The subsequent chapters give examples of strengthening exercises for all body parts, using static resisted work by a partner or self as well as self-resisted work throughout the range, and also weight-lifting. The concluding chapters concern stretching and cardio-vascular (endurance) exercises, and a discussion on the use of isometrics.

It is felt that this book could not be recommended for physiotherapists in general practice or for students of physiotherapy, but it should be of interest to those who treat a large number of soft-tissue injuries, particularly those who are attached to professional football and baseball clubs in this country.

B.W.

## Vacancies

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Further information available from Mrs. John Dottridge, The Canadian Arthritis and Rheumatism Society, 900 Yonge Street, TORONTO 5, Ontario, Canada.

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### UPTON HOSPITAL, SLOUGH, BUCKS., ENGLAND

Two Physiotherapists required for well-equipped department of an acute General Hospital with a friendly atmosphere and a welcome for overseas staff. The hospital is situated in the Thames Valley, close to historic Windsor and Eton, and is only 30 minutes train journey from London. Assistance given in obtaining residential accommodation. Staff appointed will be given the opportunity of working in the new hospital at Wexham Park, Slough, which opens later this year. Applicants should be members of the South African Physiotherapy Association and eligible for State Registration in England. Commencing salary £623 p.a. for normal 36-hour working week. Applications to the Secretary.

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### HONG KONG SOCIETY FOR REHABILITATION

Male Physiotherapist required for 80-bed adult in-patient Medical Rehabilitation Centre, mainly industrial and traffic accidents. Work to include outdoor activities, class-work in gymnasium and departmental treatments. Staff of four. Three-year tour with economy air fare paid. Salary and conditions of service on application. Vacancy occurs July 1965. Applications, giving details of training, qualifications, experience, age and two references to the Hon. Secretary, Room 1437, Union House, Chater Road, HONG KONG.