

## Anatomy of Sports Injuries for Fitness and Rehabilitation

*Brandon, Leigh, 2011, ISBN 978-1-84773-874-5, 144 pages, Hardback, RRP \$49.99*

The book's aim is to educate the reader about basic anatomy, review common sports injuries and provide guidance on rehabilitation. The target audience is quite broad from physical therapists, to individuals who compete in sport with no medical training. For this reason it falls short of being particularly relevant to physiotherapists, because of the basic nature of the information contained within. The book is divided into 3 basic sections.

The first section of the book focuses on reviewing the basics of anatomy and movement, including breaking down common anatomical terms so they can be easily understood. The information is well set out, easy to read and covers a wide range of information in a short space of time. However this information relates to information that most physiotherapists would have covered during first year anatomy and is unlikely to add to their knowledge. It may be useful a refresher if required after being away from the discipline for some time.

The second section is the main focus of the book and provides a systematic breakdown of most common sports' injuries. The injuries are divided into body areas, starting from the foot and finishing at the shoulder, covering most problems that you would expect to see from common sports injuries'. The pictures through this section of the book are good and make it easy to visualise the area and injury being discussed. Each injury has a brief description, symptoms, causes, treatment, recovery times and exercises. There are 2 main downfalls for the book in this section. The first is the lack of evidence. There is no reference to any other literature or body of evidence which leaves the reader to assume that it is all anecdotal from the author (CHEK Practitioner & Strength and Conditioning Coach). The second downfall is the vague nature of a lot of the writing and recommendations, meaning there is little concrete advice to actually take from the pages and apply to an injury (outside of RICE). Again this means that there is unlikely to be much specific benefit gained by a physiotherapist reading these pages.

The third and final section is based around rehabilitation. The reader is shown various forms of mobilisation, stretching and strengthening exercises for different areas of the body, where the text is again backed up by excellent illustrations. The author does try to create some link between Section 2 (injuries) and Section 3 (rehabilitation) by referring the reader to the appropriate page, but again the information is quite vague and non-specific.

Overall the book is well set-up, and easy to read, with excellent illustrations to back up the text. Unfortunately physiotherapists are unlikely to gain much knowledge or treatment ideas from the book due to the simple level of the information. The best use for this book by a physiotherapist is likely to be in the waiting room for clients to read at their leisure.

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## Motor Control: translating research into clinical practice 4th edition

*Shumway-Cook, A & Woollacott, M. (2012). Lippincott Williams & Wilkins, Philadelphia. ISBN 13:978-1-60831-018-0. Hardcover. 641 pages.*

This is the fourth edition of a key neurorehabilitation text, the first edition of which was published in 1995. Shumway-Cook & Woollacott state that the focus of this particular edition is to review the current motor control research and explore how this translates to best clinical practices, which is similar in aim to edition 3. Likewise, the text has a similar structure to previous editions. Part 1 is devoted to the theoretical framework, Part 2 is arranged in the three functional groups of postural control, mobility functions, and reach, grasp & manipulation. Each of these functions is further explored within the subheadings of normal control of movement, functional changes across the life span, abnormal function and clinical management. Although the general structure remains unchanged, the chapter structure has altered slightly, there is a subtle change to some terminology and updated reference to the literature.

A change with this fourth edition is the additional resources available for both students and physiotherapy lecturers in the form of an online resource and an accompanying DVD. The DVD contains five case studies, which are each divided into the same four sections as the text i.e. postural control, mobility function, and upper extremity control, in addition to a section on impairments. The five case studies each have a different diagnosis, so that students can become familiar with similarities and differences of stroke, Parkinson's disease, cerebral ataxia, cerebral palsy and an older adult with balance deficits. In addition, the text is available online to those who purchase the book so that the full text is searchable. The videos are also available online. In addition, the figures and photos can be viewed online. For approved instructors, a test generator with 380 multiple choice questions provides an option to supplement teaching.

This book contains features to facilitate learning which support its continued use as a current text. As with the last edition, each chapter starts with learning objectives and contains lab activities with related questions for which answers are provided at the end of the chapter. Each chapter ends with a comprehensive summary. Other complimentary features throughout the book are the technology tool boxes, case studies and assessment tools, along with the generous amount of tables, figures and photos.

There are not many examples of pathologies such as spinal cord injury or traumatic brain injury, however I don't believe this is a serious omission, as the principles learnt from this text are consistent with clinical reasoning and therefore are applicable for the assessment and treatment of any neurological condition. This text remains the most comprehensive and sound neurological text book that I've seen. I bought the first edition and now am pleased to add the fourth to my shelves!

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