

## ACSM's sports medicine: a comprehensive review

Francis G O'Connor, Douglas J Casa, Brian A Davis, Patrick St Pierre, Robert E Sallis, Robert P Wilder (Eds) Lippincott Williams & Wilkins 2013. Printed in China. ISBN 9781469827605 RRP \$152.00. Soft Cover 859 pages, online access code specific to each individual text.

The American College of Sports Medicine's (ACSM) aim was to provide a comprehensive yet focused text to address the lack of publications available to students preparing for the US medical subspecialty board examination. As stated by the editors in the text preface, physicians are the intended targets for this text. However, the content is relevant to all professionals working with athletes of any age, level, in any sport, with or without underlying pathology.

The text is divided into seven sections; general considerations, evaluation of the injured athlete, medical problems in the athlete, musculoskeletal problems in the athlete, principles of rehabilitation, sports specific populations and special populations. Whilst the text takes into consideration athletes of all ages, there are specific sections dedicated to the paediatric and geriatric population. It also takes into consideration the novice versus elite athlete.

In addition to the 859 page text there is an online resource of nearly 1,000 US medical board type questions. The editors selected contributing authors from sports physicians through to physical therapists and sports trainers. The text has extensive referencing; however, there is a lack of contemporary literature (within the last 5 years), particularly in the section 'Medical problems in the athlete'.

The text is well laid out with bullet points, clear heading and tables. There are few images in the text, with even fewer image examples of radiological scans. These images, particularly photographs, are of an average standard and as a consequence mostly appear blurred. Anatomical drawings are basic but clear.

Whilst the breadth of topics in this text is comprehensive, the depth is lacking. The text provides a good overview, covering injury and pathology for a significant number of sports and specific body parts, however the detail is relatively sparse. Superior texts do exist in the literature, if specific detail is required on a particular injury.

As a quick reference for a vast array of sports medicine related to specific body regions or sport, this book would be useful. The text is probably most useful for the undergraduate physiotherapy student, but may also be useful to the post-graduate professional, as an addition to more specific text such as Bruckner and Khan's Clinical Sports Medicine.

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## Therapeutic exercise for physical therapist assistants, techniques for intervention. Third edition

William D Bandy and Barbara Sanders (Eds) 2013, Lippincott Williams & Wilkins, ISBN 978-1-60831-420-1, softcover, 538 pages. RRP: approximately \$78.

This textbook is the third edition of this text, aimed specifically at the physiotherapy assistant. The authors of this book strive to give prospective physiotherapy assistants a very comprehensive background on interventions, the rationale for these interventions, and a broader scope of clinical reasoning.

The authors begin at the very basics with a review of orthopaedic tissues and joint functions. The reading quickly progressing into a listing of treatment modalities used, and familiarizes the reader with treatments such as ice massage, ultrasound and electrical stimulation, and the relation of each intervention to the aforementioned connective tissues. While the authors are careful to note that modalities are to be used in complement to other mobilizations and exercises, the provided supporting evidence for the modalities is rather dated.

Initially it is clear that this book is written for an American audience with Chapter 2 relating heavily to American regulations for the physiotherapy assistant. However, past Chapter 2, the book does progress in a very logical order beginning with low-level joint mobilizations and reviewing arthokinematics for common mobilizations. Further chapters go through a variety of therapeutic exercises ranging from low-level exercises suitable for a home-exercise programme all the way up to the moderate-to-higher level athlete. The authors make use of a variety of exercise types ranging from those with merely gravity as resistance all the way up to weighted exercises and plyometrics.

This book is also not confined to orthopaedics and sports injuries as Chapters 13 and 14 also cover cardiac rehabilitation and respiratory therapy. With regards to the cardiac summary, the information is thorough in both training targets, as well as strong emphasis on safety precautions.

Chapter 17 also demonstrates other therapies which a physiotherapy assistant and physiotherapists may be lesser familiar with, such as techniques of aquatic therapy. While the chapter is heavier on theory and the aquatic forces relating to each exercise, the principles are well illustrated with several pictures of exercise techniques.

The style and voice of this book makes it easy read, and numerous pictures throughout each chapter demonstrate ideas and key points. But even though the title of this book implies a physiotherapy assistant audience, the content is explained in detail up to the education level of a new-graduate physiotherapist. But this comprehensive approach also ensures that the reader (regardless of their professional role) has a firm understanding of why a particular treatment and progression is appropriate. Each chapter is also concluded with a self-quiz, and an information box regarding age-appropriate considerations and often a case-study pertaining to each chapter. For these reasons, this book would be a great addition to any early physiotherapy or physiotherapy assistant curriculum. However, this book is likely too basic for a quick-reference for the more advanced clinician.

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