how this book, *Brain and body in sport and exercise*, would complement his work. Unfortunately I came away a little disappointed, as it was a book that reviewed the science and application of biofeedback techniques, and, as such, was aimed predominantly at sports psychologists.

Nevertheless even a sceptical heathen such as a sports physician was able to extract some useful concepts and ideas to potentially take into clinical practice—for example, in my specific interest, tennis, a sport in which biofeedback could have a role to play in performance.

The editors seemed to have a legitimate right to publish this book, writing a number of the chapters themselves, and, throughout, many of the quoted references were theirs.

After labouring through some of the early theoretical chapters, I wanted to see how easy biofeedback was to apply in practice. The Wingate five step approach was described in some detail, and it seemed it could take over 60 hours of training to implement. The take home message is that biofeedback is not a quick fix for poor athletic performance!

At the non-elite level, one chapter tried to revive interest in biofeedback in exercise psychology, namely how to allow recreational exercisers to maintain a decent stimulatory level of exercise without pushing too hard and creating an aversion to future exercise bouts. This work takes on added importance in the context of our current sedentary population, who all too readily abandon a new exercise regimen within a few weeks of starting.

Overall this book would be useful for sports psychologists in particular, but high level coaches and other practitioners may be surprised at the potential of biofeedback in their athletes.

Rating

● Presentation	11/20
● Comprehensiveness	14/20
● Readability	11/20
● Relevance	13/20
● Evidence basis	15/20
● Total	64/100

T Wood

Football medicine, revised edn

Edited by Jan Ekstrand, Jon Karlsson, Alan Hodson. Published by Taylor & Francis, 2003, £32.50, hardcover, pp 562. ISBN 1841841641

What is the difference between a well intentioned, but, in truth, mediocre manual and a treasured tome of great utility to the reader? Is it too sweeping to suggest that the premier book is (a) correct, (b) clear, (c) concise, (d) contemporary, (e) carefully constructed, (f) clinically relevant, and (g) copiously illustrated in colour?

Sweden's frontline of soccer/football doctors, Jan Ekstrand and Jon Karlsson, together with England's Alan Hodson, display all The 7 Habits of Highly Effective Penmen in the English version of their already classic book, *Football medicine*. The Swedish version jumped off the shelves in Stockholm, Goteborg, and

Umea faster than David Beckham's Real Madrid shirts; the publishers have now scored with the English version for the bilingual markets of Manchester, Munich, and Montevideo.

In the days when Britain ruled the waves, the jaded, aging, reviewer would have clichéd this book as the *Bible of football medicine*. While quite a compliment, in today's warming globe, when *Bibles* are worshipped less than plasma TVs and SUVs, jaded, aging reviewer thinks that *Football medicine* is headed to be the iPod of football books. This book is innovative, elegant, transportable, and great value for money.

What is striking about *Football medicine* is its combination of evidence based prevention, diagnosis, treatment, and rehabilitation information in a clinically useful and readily accessible form. The first half sees a very well constructed build up, with the latest in sports physiotherapy, orthopaedics, and general medicine that is relevant to football/soccer. The authors ensure that the reader is not trapped offside, as healing strategies are outlined with the aid of full colour artwork and photographs that are both educative and aesthetically pleasing. The scientific evidence is set up for the reader with very clear, crisp graphs. Highlights of the second half include the major innovations in concussion, anterior cruciate ligand (ACL) injury prevention, groin pain, and core stability; there are many practical examples of functional rehabilitation, most useful for physiotherapists and sports trainers.

A clear winner, this book does not require the reader to go into extra time to find answers. It actually provides valuable sports medicine advice that extends well beyond the football arena—it is also valuable for clinicians treating a wide range of sports men and women. I commend the authors greatly on the English language version of *Football medicine*—much more than just a football book!

Rating

● Presentation	19/20
● Comprehensiveness	18/20
● Readability	19/20
● Relevance	20/20
● Evidence basis	15/20
● Total	91/100

K Khan

Sports neuropsychology

Edited by Ruben J Echemendia. Published by The Guildford Press, 2006, £30.87, pp 324, hardcover. ISBN 1572300787

That the discipline of clinical neuropsychology has come of age is well demonstrated in the text *Sports Neuropsychology* edited by Echemendia. This book integrates much of the 20 year history of the role of neuropsychology in sports, the current state of play, and future directions. It provides an overview of the integral role of the neuropsychologist in contributing to assessment and management of concussion, return to play decisions, research design, and individual athlete support. One might argue that this is unsurprising given that the book's contributors are

predominantly neuropsychologists. The value of neuropsychology in the diagnosis and management of sports concussion is, however, supported by later chapters written by other members of the sports medicine team.

This text is primarily designed as an introduction to sports neuropsychology and a resource tool for neuropsychologists and psychologists involved in the diagnosis and management of sports related concussion. I feel this book has broader application and will be both interesting and useful to the range of clinicians, sports trainers, and coaches who need to understand and contribute to the management of sports concussion at both the individual and team policy level.

The book follows a logical progression, beginning with a section designed to put the role of the sports neuropsychologist in context. This section describes the history of neuropsychological assessment in sports from the early 1980s to the present and includes a chapter on the rewards and pitfalls of working with athletes. As an experienced neuropsychologist I found this latter section a little condescending. It suggests we should avoid the urge to ask for an athlete's autograph! I should have thought such behaviours would be clearly governed by the ethical standards of psychologists. However, other more complex and useful ethical issues are addressed, including dealing with the media and managing lines of communication within sports organisations.

Section II addresses definitions and the assessment of concussion in sports and return to play guidelines. This is followed by a section on concussion surveillance and management programs for athletes at various levels. These include junior school athletes through to high school, college, and the professional athlete. In each case, the authors try to provide a hands-on approach to setting up programs based on experience. This includes the pitfalls, the importance of pre-season assessment, and assessment tools.

I particularly enjoyed the following section on computerised neuropsychological batteries. The development and use of computerised batteries has grown over recent years in response to the need for time efficient and reliable indices of cognitive change. These are useful in the serial assessment of the athlete. This section gives interested readers the opportunity to gain an overview of the nature of available batteries and make comparisons. The book is completed with a section written by other members of the sports medicine team, for example physicians, who provide an insight into their view of the role of the neuropsychologist in understanding and managing concussion.

The book has a very North American view of the world. This is understandable given the backgrounds and vast experience of many of the contributors, which revolves largely around American football. A broader view may have been achieved with discussion of other early sports concussion data. For example, Australian Rules Football concussion data published in the mid 1990s contributed to the understanding of the importance of assessment of sports specific recent memory. This material, often referred to as the Maddock's questions, has been adapted internationally and is used routinely by the likes of the British Jockey Club. (There is my very Australian view of the world!). I would also have liked to have seen a chapter exploring the role of neuropsychology in

sports such as boxing, horse racing, rugby, and other football codes. One contributor acknowledges that neuropsychology testing is becoming increasingly popular in such sports, but this is not pursued. Even a brief chapter providing an overview would have rounded the book out, to meet the expectations of the title "Sports Neuropsychology". Overall I enjoyed this book and find it a worthwhile addition to my library, both in my capacity as an experienced clinical neuropsychologist and in my new career as a researcher.

Rating

• Presentation	16/20
• Comprehensiveness	14/20
• Readability	17/20
• Relevance	17/20
• Evidence basis	16/20
• Total	80/100

H Clausen

Principles of pediatric surgery, 2nd edition

Edited by James O'Neill, Jr. Published by Mosby, 2003, £102.60, pp 895, hardcover. ISBN 0323018270

Paediatric surgery matured as a discipline distinct from adult surgery during the second half of the 20th century. The first edition of this book was published in 1995 under the title *Essentials of Pediatric Surgery*. The second edition has been expanded to include sections on perioperative considerations such as paediatric anaesthesia, haematology, fluid and nutritional support, and respiratory and cardiac physiology. It is for this reason that the title was changed.

The stated aims of the book's authors are for it to act as: (a) a reference text for paediatric surgeons, surgical residents of all specialties, and other surgeons who perform procedures on paediatric patients, and (b) a concise reference for physicians who manage the care of children.

With regard to these stated aims, I felt that the book achieved mainly good results. Most of the sections are comprehensive and well referenced. A particular strength of the book, from my perspective, was the section addressing tumours, both benign and malignant. The 11 chapters (115 pages) in this section give an overview of all of the common neoplasms affecting the paediatric and adolescent population. Each chapter has relevant material covering investigation and staging, operative management, adjuvant therapy, and prognosis. As a clinician who each year sees patients with a past history of neoplasia, I anticipate that this book will continue to be a valuable reference. The chapter on bone tumours was particularly relevant to sports medicine. It included an interesting update on advances in limb salvaging surgery. This chapter would be an excellent source of material for candidates studying for Sports Medicine Fellowship examinations. A criticism of this chapter would be the poor quality of x ray reproduction.

There is a well-researched chapter on chest wall deformities. Questions regarding pectus excavatum are not uncommon, and interesting data are presented on long term follow up of respiratory function and exercise performance in patients who have had corrective surgery for this deformity. Other chapters providing authoritative reference material include those on vesicoureteric reflux, haematuria, hernias, congenital heart disease, and spinal dysraphism (to mention but a few).

As a sports physician, I was disappointed by the chapter entitled "Musculoskeletal Injuries". The chapter ran to only six pages of this 900 page text. Essentially, the chapter addressed management of long bone fractures, with references (to text books mainly) dating from 1980 to 1996. No mention is made of knee meniscus injury, cruciate ligament rupture, apophyseal avulsion, or stress fractures, and none of these terms appear in the index. No reference is made in the text to muscular injury, making the title of the chapter somewhat misleading. In contrast to this six page chapter that poorly covers a huge subject, there is a 16 page chapter on "Infections of the Lung and Airway".

This textbook is hard bound and its 900 pages are printed on good quality paper. The text is readable throughout. The subject matter is certainly relevant to practitioners who have paediatric patients. The black and white line illustrations are of good quality, and the black and white photographs of moderate quality. As noted, the quality of x ray reproduction is disappointing.

I am sure that I will refer to this book regularly in the coming years. It would certainly be a valuable addition to the library of sports medicine training practices, and to those of practitioners with large paediatric patient populations. However, as a sports physician rather than a surgeon, there would be higher priorities on my "must have" list if I were going to spend this amount of money on a reference textbook.

Rating

• Presentation	16/20
• Comprehensiveness	15/20
• Readability	16/20
• Relevance (to sports physician)	12/20
• Evidence basis	15/20
• Total	74/100

S Reid

CORRECTION

doi: 10.1136/bjsm.2006.027250corr1

R Pokan, P Hofmann, S P von Duvillard, *et al.* Oral magnesium therapy, exercise heart rate, exercise tolerance, and myocardial function in coronary artery disease patients (*Br J Sports Med* 2005;40:773-8). This paper should have been published with the following Commentary. We apologise for this error.

This study re-investigates the effect of oral magnesium therapy on exercise heart rate, exercise tolerance, and myocardial function in coronary artery disease patients. It confirms and extends previous results that oral magnesium supplementation improves resting myocardial function and exercise performance in (magnesium deficient) cardiac patients. The relevant new finding is that this also includes a favourable modulation of the upward deflection of heart rate performance during an incremental exercise test, which indicates improved stress dependent left ventricular function.

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CALENDAR OF EVENTS

Joint German Congress of Orthopedics and Trauma Surgery

2-6 October 2006, Messe/ICC Berlin (Germany)

Congress language will be German (no simultaneous translation). English sessions will take place in a separate lecture hall on two days. Twenty-four credit points are expected to be certified (6 per day, 3 per half-day).

Further details: Tel: +49 611 97716-0; Fax: +49 611 97716-16; Email: info@intercongress.de; Congress homepage: www.orthopaedie-unfallchirurgie.de

BASEM Conference 2006

5-7 October 2006, Oxford, UK

Further details: Email: BASEMinfo@aol.com; Website: www.basem.co.uk

LaSalle Bank Chicago Marathon 2006 World Congress: Science and Medicine of the Marathon

18-21 October 2006, Intercontinental Hotel, Chicago, USA

The programme will be presented on the 4 days prior to the LaSalle Chicago Marathon. This will be the 30th anniversary of the NY Academy of Sciences Session on the same topic. The conference will be a series of topics, each with two to six speakers (20-30 min lectures) followed by questions and discussion. Each speaker will be asked to prepare a 1000-1500 word manuscript with a focused bibliography, which will be published in a proceedings publication. The conference registration fee will be \$299 in advance and \$350 at the door. The daily fee will be \$100 in advance and \$125 at the door. Registration before 15 August will guarantee conference participants an entry into the LaSalle Chicago Marathon. CME will be offered for physicians (through ACSM) and 28 credit hours for an additional \$15.

Further details: Online registration: www.SMMConference.com

8th Scandinavian Congress of Medicine and Science in Sports

9-12 November 2006, Sports Institute of Finland, Vierumäki, Finland