PostScript

BOOK REVIEWS

Clinical guide to sports injuries

Edited by Roald Bahr and Sverre Mæhlum.
Published by Human Kinetics, 2004, \$95 USD
(Amazon). ISBN 0736041176

A new book from Scandinavia raises the bar (no pun intended) in sports medicine textbooks. The main strength of this book is its use of lavish high quality illustrations throughout with over 400 colour pictures and 120 photos. All of the artwork is also included on an accompanying CD-ROM for use in lectures and illustrations. The artist, Tommy Bolic, was the man who illustrated Peterson and Renstrom's famous text *Sports injuries: their prevention and treatment*. Those of us who cut our teeth on the first edition of that book decades ago will instantly recognise the high standard achieved.

The book takes a problem orientated approach to sports injuries. As one would expect from two Norwegian editors, the text is highly organised throughout and is able to maintain the clinical focus of each problem as the reader is taken step by step through the diagnostic thinking, history, exam, testing, management, rehabilitation, and prevention. The tight editing ensures a level of consistency across the book, something not always achieved in a multi-authored text.

This text is an ideal starting point for those embarking on a sports medicine career and also provides valuable insights for experienced clinicians wanting to extend their knowledge. The CD-ROM is of course a welcome bonus and ever so useful for giving talks. Book of the year!

Rating

• Presentation	20/20
• Comprehensiveness	18/20
• Readability	20/20
• Relevance	20/20
• Evidence basis	15/20
• Total	93/100

P McCrory

Boxing: medical aspects

Edited by Friedrich Unterharnscheidt and Julia Taylor Unterharnscheidt. Published by Academic Press, April, 2003, \$195 USD (Amazon), hardcover. ISBN 0127091300

This is a serious piece of work. At 900 pages and almost 5 kg it is, without a shadow of doubt, the most complete review and analysis of the medical aspects of boxing ever written. Delve into almost any part and realise that there is a lot more to boxing than two blokes punching the living daylight out of each other. For example, have you ever pondered why woodpeckers are not punch drunk or why a boxer can be felled by a blow to the

stomach or chest just as easily as to the head? The answers lie somewhere within the pages of this monumental tome.

In boxing medicine, Friedrich Unterharnscheidt is well known. As a US board-certified neurologist and neuropathologist, he has spent his whole professional life studying this area. His unique background also provides him with an exceptional ability to integrate the European and US literature in a way that no existing American textbook can possibly emulate. In an era in which scholarship is increasingly synonymous with a Google search of the term "boxing", this book is a revelation. In providing the historical perspective and the breadth of clinical topics, it outstrips the older multi-authored boxing texts such as those by Barry Jordan¹ and Bob Cantu.²

This book is therefore a good starting point for anyone with more than a passing interest in boxing. Unlike multi-author texts, this book does suffer from the weakness that it is difficult for a single person to keep up with the breadth of evolving literature across this entire field. Owing to publication delays beyond the author's control, there are relatively few references cited from the last five years. Hopefully this will be rectified in the next edition.

In addition, some of the areas that are currently topical lack the perspective that a wider understanding of neurotrauma can bring. Unterharnscheidt devotes quite a long discussion to Barry Jordan's 1996 work on ApoE and chronic brain injury, yet ignores the far wider, recently published work on how this genotype affects the outcome of all levels of traumatic brain injury regardless of the cause. Similarly there is little discussion on the ethical issues raised by whether individual boxers should be tested for this gene.

There are also imbalances in the chapters on neuro-investigations, with only a brief discussion of neuroradiological changes in boxers, yet there is a long chapter on EEG changes after head injury, a technique that most neurologists have long abandoned because it has little use in this setting.

There are some aspects of this book that do cause concern. For example, there are case descriptions of boxers said to have chronic brain injury from boxing. The most recognisable commentary is on Muhammad Ali, where his Parkinsonian condition is described as being boxing related largely on the basis of media reports or comments from boxing promoters rather than the official medical reports from the Mayo Clinic in 1980 and Columbia-Presbyterian Medical Centre in 1984, where it is clearly stated that he was not suffering from a boxing related neurological condition. In a textbook such as this one, this mistake is disappointing and detracts from the veracity of other descriptions.

But this is nitpicking. My biggest disappointment in the broader media discussion on boxing is the lack of scientific rigor that is brought to the boxing debate. It is not unusual to hear figures of anywhere between 20% and 60% of chronic CNS abnormalities ascribed to professional boxing, yet few of these people would realise that the boxers studied in those cited papers commenced their sport over 100 years ago. It is not too

great a leap of understanding to appreciate that boxing has changed since that time and that a better appreciation of the current literature would be worth while. This book argues neither for nor against the continuation of boxing, but lays out the literature and the body of scientific knowledge necessary to provide a meaningful background for the issue.

This book should be compulsory reading for anyone who wants to study this area, particularly, those who feel the need to comment publicly on the boxing debate.

Overall, what can I say about it? For the researcher or clinician with a strong interest in this area, it is money well spent. Unterharnscheidt gives a unique historical perspective of boxing medicine and covers much of the clinical information that will not be found elsewhere. There are anecdotal observations and comments about technical issues of boxing that only a true aficionado can appreciate. This book is written by a master in the field.

To paraphrase Johann Wolfgang von Goethe "Ein Gegenstand, wohl beschaut, schliesst ein neues Organ in uns auf" (An object, well studied, opens a new organ in us).

Rating

• Presentation	12/20
• Comprehensiveness	18/20
• Readability	12/20
• Relevance	15/20
• Evidence basis	12/20
• Total	69/100

P McCrory

References

- 1 Jordan B, ed. *Medical aspects of boxing*. 1993.
- 2 Cantu RC, ed. *Boxing and medicine*. 1995.

Running and science: an interdisciplinary perspective

Edited by Jens Bangsbo and Henrik B Larsen. Published by Institute of Exercise and Sport Sciences, University of Copenhagen, 2001, A\$47.95 + GST, pp 17, softcover. ISBN 8716123492

This is the spiritual successor to the excellent volume on the marathon published by the *Annals of the New York Academy of Sciences* (volume 301) in 1977. It is a series of articles based on presentations at the Second European Congress of Sport and Exercise Science held in Copenhagen in 1997. There were 800 delegates and some 400 papers presented by 100 different speakers. The book is one of a series, and other volumes have appeared on soccer and sailing.

There are seven chapters, including topics such as exercise physiology, running economy, prevention of overuse injuries, and principles of training. The book opens with an excellent chapter by Tim Noakes summarising the physiological capacity of the elite runner. In his inimitable, almost conversational style, Tim

leads the reader through the basics of exercise physiology as it relates to elite level running performance. He concludes that multiple physiological systems are likely to contribute to superior running ability. As an African, he provides a useful analogy from that continent explaining the physiological strategy that the cheetah has evolved to survive as a successful predator. Its small size and likely high running economy slows its rate of heat accumulation just sufficiently for it to outrun the smaller gazelles on which it preys (there is some useful information you can pass on to your children for their next biology project!). There is the hint of Tim's more recent work at the end of the chapter where he states that "central (brain) fatigue may contribute to the fatigue experienced during prolonged exercise". Regular readers of this journal will be familiar with the significant recent publications by Tim and his co-researchers in this area.

Later chapters of the book discuss the muscle fibre characteristics of the runner, with needle biopsy studies contributing much useful information in this area. The fibre type composition may change during a yearly training cycle, depending on the type of training undertaken. The next two chapters discuss the contribution of physiological factors such as maximal aerobic power and running economy to overall running performance. The ability to store and use elastic energy in the running musculature and tendons may be especially important. The following chapter is a brief dissertation on the prevention of running injuries, with emphasis on the man-shoe-surface interaction. The final two chapters discuss training principles, firstly from a theoretical standpoint quoting relevant research, and secondly from a case study perspective. This I found most useful. The case studies showed that, for different athletes, a trade-off between high training volume and high training intensity had a very individual effect. It supported what many of us believe empirically—that there are several ways to skin a cat.

The chapters are generally well written and extensively referenced. There is appropriate use of tables and diagrams, and these are clearly explained. However, the conference was held in 1997, so there is no information on more recent developments.

The book will be of most use to exercise or health professionals who are working with runners, and to athletics coaches with a good scientific background. For students of exercise physiology, I would recommend Wilmore and Costill's book instead. For those who want a comprehensive up to date book on running, I would recommend Tim Noakes' *Lore of running*.

Overall, I think this book enhances the already significant contribution of the Nordic countries to sports science and medicine.

Rating

• Presentation	14/20
• Comprehensiveness	16/20
• Readability	15/20
• Relevance	17/20
• Evidence basis	18/20
• Total	80/100

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CALENDAR OF EVENTS

1st European Conference on Injury Prevention and Safety Promotion

June 25–27 2006, Vienna, Austria

Further details: <http://www.eurosafe.eu.com>

Amsterdam Foot and Ankle Course

15–16 June 2006, Amsterdam, The Netherlands

This international course is a two day course on minimally invasive surgery of the hindfoot and ankle, featuring lectures, live surgery presentations, clinical demonstrations, a workshop, an interactive computer course and a fireside quiz. Each year the course has an international faculty.

Further details: www.anklecourse.com

Physical Activity, Exercise and Cardiovascular Health

23–25 June 2006, Bologna and Forli, Italy
This meeting is a satellite symposium of the world International Atherosclerosis Society Congress (<http://www.isa2006.org>), whose plenary session is planned for 18–22 June 2006 in Rome. The meetings will be attended by more than 8000 experts from all over the world and will have significant international media coverage.

Further details: <http://www.isa2006.unibo.it>

IV Science and Racket Sports World Congress

21–23 September 2006, Madrid, Spain

The congress will be held at the Spanish National Institute of Sport in Madrid, and in conjunction with the 8th International Badminton Federation (IBF) World Science Congress.

The congresses will take place during the World Badminton Championships, also in Madrid.

Further details: Dr David Cabello (dcabello@ugr.es)

Osteosynthese International 2006

21–23 September 2006, Berlin, Germany

Topics include: extremity injuries; spinal injuries; OR of the future; special meeting hand surgery; east-meets-west forum.

Further details: www.osteoint2006.de. Online registration: www.registration.intercongress.de. Scientific committee: Michael Wich, Unfallkrankenhaus Berlin (ukb), Warener Str. 7, 12683 Berlin-Germany. Tel: +49 30 5681-0; Fax: +49 30 56301475

AIPN 8th National Injury Prevention Conference

27–29 September 2006, University of New South Wales, Sydney, Australia

Further details: <http://www.aipn.com.au/conference.html>

23rd Annual Meeting of the German speaking Association of Arthroscopy (AGA)

29–30 September 2006, Salzburg Congress, Salzburg, Austria

Topics will include: arthroscopic cartilage therapy; rotator cuff and subacromial space; advances in cruciate ligament surgery; and what's new.

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

aga2006.de; Online registration: www.registration.intercongress.de; Homepage of AGA: www.aga-online.de

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

International Hip Arthroscopy Meeting

17–18 November 2006, Homburg/Saar, Germany

Topics include: live arthroscopies; examining and imaging techniques including MR arthrography; hip arthroscopy techniques with and without traction; and groin problems, impingement, open hip surgery.

Further details: INTERCONGRESS GmbH, Karlsruher Str. 3, 79108 Freiburg, Germany; Tel: +49 761 69699-0; Fax: +49 761 69699-11; Email: services.freiburg@intercongress.de; Congress homepage: www.orthopaedie-homburg.de; Online registration: www.registration.intercongress.de

17th Annual Meeting of the International Association for Dance Medicine & Science (IADMS)

25–29 October 2007, Canberra and Melbourne, Australia

Co-hosted by three of Australia's elite institutions—The Australian Ballet School, Australian Dance Council (Ausdance) and the Australian Sports Commission—IADMS works to improve dancers' health, well being and performance through the encouragement and promotion of dance medicine and science. Outstanding international researchers, practitioners and educators will offer insight into the latest developments in dance medicine and science. Activities of relevance to dancers, dance teachers and health professionals will include presentations and movement sessions on topics such as:

- Training efficiency
- Nutrition
- Dance wellness programs
- Psychology
- Scientific research
- Practitioner wisdom
- Injury prevention, treatment and rehabilitation
- Surgical and non-surgical interventions

Further details: Email: janetkarin@australianballetschool.com.au.

For information about other IADMS conferences and publications contact ConferenceDirector@iadms.org or www.iadms.org.