Therapeutic Modalities for Athletic Injuries
by Craig R. Denegar, PhD, ATC, PT Human
Kinetics Publishers (Champaign, IL) 2000,
hardback, illus, 264 pages, \$32.

Therapeutic Modalities for Athletic Injuries is part of the Athletic Training Education Series. The targeted audience for this single-author book is student athletic trainers and practicing certified athletic trainers. The book is intended as a classroom text for the former and as a reference for the latter. But, the book would be appropriate for any rehabilitation professionals who use modalities in their practice.

The sequence of the 13 chapters is ordered logically with the chapter on injury being followed by a chapter on the resultant pain, a chapter on neuromuscular sequelae, and, of course, chapters devoted to the various types of treatment modalities. Each chapter includes a brief case scenario as well as a thought-provoking summary that uses essay-style instructions as subheadings, much like the essay questions on an examination.

This book offers a well-written synopsis of not only the proper use of modalities for sports rehabilitation but also of closely related aspects of rehabilitation including psychological, histological, and neuromotor issues.

The review of the nervous system, tissue injury and repair, and the theoretical foundations of contemporary pain control is a welcome surprise to bridge the students' basic science and clinical coursework. The author does a superb job of sewing into the text a reinforcement of the athletic trainer's scope of practice, as well as a discussion of interventions within this context. But, the author does mention additional applications of modalities outside the athletic trainer's scope.

Keeping the intended audience in mind, the book is written at a level that most students will likely find appropriate. The book, having been authored in second person, is written directly to the clinician. In other words, the author speaks directly to "you," the reader. Such a personable style of writing is very inviting and refreshing given that many books in the health-care professions are written in an overly proper, if not archaic, third-person style that does not draw in the

reader. To complement this informal style, the book offers elegantly simple tables and diagrams.

The format of this book is like that of many other contemporary books published by Human Kinetics. For example, the font is approximately 10–12 point, the illustrations are in 2 colors, and the pages offer generous margins. The margins provide ample space for note taking by the highly motivated student.

A fundamental issue seems to be writing an evidence-based text firmly grounded in the scientific literature that can still serve as a practical, ready reference for the clinician. *Therapeutic Modalities for Athletic Injuries* faces a similar challenge. The book is concise and reader friendly, but those readers longing for a thorough review of the literature will have to rely on other resources. The number of references per chapter ranges from 1 to 33, with the average chapter having approximately 10 references. Many of the citations are secondary sources of information (eg, other textbooks). Due to the relative lack of evidence discussed, readers are unable in many instances to form their own opinion on a given topic and must resign themselves to basing their practice on the author's interpretation of the literature. A minor criticism of this text is that many of the photographs in the first 100 pages are of little educational value and consume space that could have been used for more references, the inclusion of appendices, or a much more thorough glossary.

Certainly a strength of this book is its being 1 book in a multivolume series, which provides an integrated, non-conflicting, non-overlapping series of texts for student athletic trainers. This feature as well as the readability of this text make it an attractive introductory modality text for students of not only athletic training, but also for other entry-level students of rehabilitation professions. Clinicians seeking a quick refresher may also find this book helpful.

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