

## Physical therapies in sport and exercise

Edited by G S Kolt, L Snyder-Mackler. Published by Churchill Livingstone, 2003, £60.00, hardcover, pp 623. ISBN 0443071543

*Physical therapies in sports and exercise*, as the name suggests, is sports medicine from a physical therapy perspective. As with all of these types of book, it tries to cover everything, draws on clinicians and researchers from around the globe, and succeeds well in giving a general guide. It is a mix of strong and concise anatomical review, general concepts within sports and exercise, regional injury management, other active groups, and a section on medical issues.

The editors make the point early on that there is a dearth of evidence for the techniques and approaches we use in physical therapies within sport. The stated aim is to "provide a logical approach to the management of sport and exercise injuries that considers the available evidence for the efficacy of a variety of management approaches." This book tries to use supporting evidence to develop the ideas presented, but despite this, often draws on the anecdotal clinical experience of the authors. How else would they get the notion that short runners tend to overstride (p 250)? If the book had stuck to the stated aim of evidence based statements, we would only have a book half the size and a lot more short athletes with facet joint problems.

This approach is demonstrated beautifully in the chapter on patellofemoral pain syndrome (PFPS). Sections outlining the theory, evidence, and practice of this condition provide a well structured layout. The authors of this chapter are able, in this way, to present the anecdotal evidence, the clinical findings, and acknowledge where further research needs to be done. It highlights that the evidence based techniques we now use for PFPS are the same techniques we used in our clinics 5–10 years ago which were then not evidence based! Without wishing to delve too much into the debate of "evidence based sports medicine", I found that this chapter, in general, rides the line well between providing the evidence for the management and acknowledging that other areas used within the overall program need to be further investigated.

There was quite a discrepancy in the layout and structure of the other chapters. It was difficult to know the focus. The clinician looking for prescriptive rehabilitation techniques and programmes would do well to look in the elbow chapter, but if looking for similar protocols for hamstring injuries, the clinician would be disappointed.

Similarly, the amount of space allocated to a region was inconsistent, and this was probably due to how much evidence was available or the interest/knowledge of the author. Whereas there were 20 pages devoted to patellofemoral joint pain, there was a page and a half on groin pain in its entirety, including just a few paragraphs on osteitis pubis. The multifactorial nature of hamstring pain and the management of this condition were given cursory consideration, despite the fact that these conditions often present the biggest challenge to the practitioner.

The last chapter makes an interesting read and attempts valiantly to roll years of

academic and clinical sports physician training into a few short pages. Within sports medicine, it is all too easy to get caught up in addressing the musculoskeletal issues, and forget the impact of common (and not so common) medical issues on the elite athlete. As primary contact practitioners, we have to ensure we have a strong multidisciplinary team around us. I would have liked to see a bit more attention paid to the multidisciplinary team and the physical therapists role within it.

There is some really useful information and up to date evidence based thinking within this text. For the primary clinician on the field of play, however, to rely on the knowledge in this book as the sum total of his/her arsenal would be to be left wanting. On balance, I can recommend *Physical therapies in sport and exercise* as an invaluable adjunct to the sports clinician's library.

### Analysis

● Presentation	17/20
● Comprehensiveness	14/20
● Readability	18/20
● Relevance	18/20
● Evidence basis	16/20
● Total	83/100

D B Kenneally

## CALENDAR OF EVENTS

### UK Radiological Congress 2005 (UKRC 2005)

6–8 June 2005, Manchester, UK

The UK Radiological Congress (UKRC) meeting will encompass the medical, scientific, educational, and management issues that are of interest and relevance to all those involved in the diverse fields of radiological sciences and oncology.

The UKRC provides a forum in which to bring together clinicians, scientists, radiographers, technicians, and other professionals to present and discuss the latest developments and challenges in diagnostic imaging, radiotherapy, and allied radiological sciences.

Key subjects to be covered include: diagnostic radiology; ultrasound; nuclear medicine; interventional radiology; veterinary radiology; emerging technologies; image analysis; computer applications; PACS; radiobiology; radiological physics; management & audit; computed tomography; magnetic resonance; equipment development.

Expected attendance (conference and exhibition): 4000

*Further details:* UKRC 2005 Organisers, PO Box 2895, London W1A 5RS, UK; Website: [www.ukrc.org.uk](http://www.ukrc.org.uk); Fax: +44 (0)20 7307 1414; Conference tel: +44 (0)20 7307 1410, Email: [conference@ukrc.org.uk](mailto:conference@ukrc.org.uk); Exhibition tel: +44 (0)20 7307 1420, Email: [exhibition@ukrc.org.uk](mailto:exhibition@ukrc.org.uk)

### 1st World Congress on Sports Injury Prevention

23–25 June 2005, Oslo, Norway

This congress will provide the world's leading sports medicine experts with an opportunity to present their work to an international audience made up of physicians, therapists, scientists, and coaches. The congress will present scientific information on sports injury epidemiology, risk factors, injury mechanisms and injury prevention methods with a multidisciplinary perspective. Panel discussions will conclude symposia in key areas providing recommendations to address the prevention issue in relation to particular injuries and sports.

*Further details:* Oslo Sports Trauma Research Centre and Department of Sports Medicine, University of Sport and Physical Education, Sognsveien 220, 0806 Oslo, Norway. Email: [2005congress@nih.no](mailto:2005congress@nih.no); website: [www.ostrc.no](http://www.ostrc.no)

### Osteosynthese International 2005

15–17 September 2005, Curiohaus, Hamburg

Congress-Chairman: Johannes M. Rueger, M.D., Professor and Chair

Topics:

- Innovations in intramedullary osteosynthesis
- New frontiers in osteoporosis and fracture treatment
- Current trauma research
- Special topic: Recent development in pelvic and acetabular fractures

Abstract submission deadline: 31 March 2005

*Further details:* INTERCONGRESS GmbH, Martin Berndt, Düsseldorf Str. 101, 40545 Düsseldorf-Germany. Tel: +49 211 585897-80; fax: +49 211 585897-99; email: [martin.berndt@intercongress.de](mailto:martin.berndt@intercongress.de); website: [www.osteoint2005.de](http://www.osteoint2005.de)

### 4th European Sports Medicine Congress

13–15 October 2005, Lemesos, Cyprus

*Further details:* Email: [pyrgos.com@cytanet.com.cy](mailto:pyrgos.com@cytanet.com.cy)

### BASEM Conference 2005

10–12 November 2005, Edinburgh, Scotland

*Further details:* Email: [basemoffice@compuserve.com](mailto:basemoffice@compuserve.com)

### BASEM Conference 2006

5–7 October 2006, Oxford, UK

*Further details:* Email: [basemoffice@compuserve.com](mailto:basemoffice@compuserve.com)

## CORRECTION

doi: 10.1136/bjsm.2004.009886corr1

Elliott K J, Cable N T, Reilly T. Does oral contraceptive use affect maximum force production in women? (*Br J Sports Med* 2005; **39**:15–9). The correspondence and affiliation details were published incorrectly in this paper. The correct address is: Dr Kirsty J Elliott, Applied Biomedical Sciences Research Group, GKT School of Biomedical Sciences, Shepherds House, Guys Campus, London SE1 1UL; email: [kirsty.elliott@kcl.ac.uk](mailto:kirsty.elliott@kcl.ac.uk)

We apologise for this error.