**Book reviews**

**OXFORD DESK REFERENCE: RHEUMATOLOGY**

*Richard Watts, Gavin Clunie, Frances Marshall and Tarnya Marshall (eds)*

*ISBN 9780199229994, 664 pages, £55.00*  
*Oxford: Oxford University Press, 2009*

This book has many strengths and few weaknesses. In its over 500 pages, it covers a very wide range of rheumatology. It emphasises that rheumatology as a specialty covers many conditions ranging from soft tissue rheumatism through to the inflammatory arthropathies and eventually to complex multisystem disease.

The stated objective of the authors is to help the specialist rheumatologist with diagnosis and management of all these diseases. The emphasis is on the clinical aspects, and also on investigations that will help establish diagnosis and up-to-date management.

An impressive feature of the book is the amount of information presented concisely. This is all ‘meat’ and little ‘fat’. A large number of authors have been involved in contributing to this tome but the general approach is the same for each of the chapters.

I found, in particular, chapters on pain and pain management to be very helpful as a practising rheumatologist. Also, fragile bones as an entity are rarely as well detailed in a smallish general rheumatology text as they are here.

An additional attraction, which is very helpful, is that at the end of each chapter there is a list of references, which are predominantly up-to-date and provide extra information if required.

If you are managing rheumatology problems, this is an extremely useful book to have on your shelf; if you are presented with a clinical conundrum and require more detail, this is the ideal book to refer to because both common and rare conditions are comprehensively covered.

This book is strongly recommended.

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**A CONCISE GUIDE TO SPORTS INJURIES, 2nd Edn**

*Malcolm T.F. Read*

*ISBN 978 0443068737, 392 pages (hardback), £41.99*  
*Churchill Livingstone, 2008*

This is a comprehensive text book. Its target audience is sports medicine practitioners, orthopaedic surgeons, physiotherapists and rheumatologists. I consider it would also be appropriate for GPs with an interest in musculoskeletal management and also sport rehabilitation students and graduating practitioners: indeed, anyone with a ‘hands-on’ approach in the field would find it useful.

The author, Dr Malcolm Read, is widely respected in the field of sports medicine for his clinical expertise but
also as an international hockey player, a representative of Great Britain as an Olympic athlete, and medical advisor to the British Olympic Association. The forward is by Dr Bryan English, club doctor to Chelsea Football Club.

The book is divided into 21 key chapters, with chapters 1–19, inclusive, focusing on specific regions of the body. The two final chapters cover ‘Rehabilitation and training with an injury’ (chapter 20) and ‘Team doctoring’ (chapter 21); the book concludes with a comprehensive glossary of terms that has an clear content list. These are summarised concisely.

The strengths of this book are that it is an exceptionally comprehensive text, it is well supported with references and it is well formatted (which makes it both easy and enjoyable to read). It is good to see rehabilitation focused on to such good effect. It is clearly written from the balanced perspective of someone who has both competed at the highest level himself as an athlete as well as being an experienced practitioner. It is good value for money.

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SPORTS INJURIES: A UNIQUE GUIDE TO SELF DIAGNOSIS AND REHABILITATION, 3rd Edn

Malcolm T.F. Read and Paul Wade

ISBN 978-0-0443-06816-4, 236 pages (paperback), £21.99  
Churchill Livingstone, 2009

This is a compact, easy reference new text book. Its target audience is aimed at ‘keep-fit enthusiasts to world and Olympic champions’ as well as coaches, teachers, GPs and physiotherapists. I can add sport rehabilitation students to that as my undergraduates loved it and found it a useful starting point for their problem-based learning.

The authors are Dr Malcolm Read, who is widely respected in the field of sports medicine for his clinical expertise and also as an international hockey player, a representative of Great Britain as an Olympic athlete and medical advisor to the British Olympic Association. Paul Wade is a sports journalist and broadcaster.

The book is divided into six key chapters: How to avoid injuries in the first place; Guide to treatments; Top to toe guide to injuries; How to recover from an injury; Sport by sport guide to technical injuries; and, finally, A–Z of medical terms.

The strength of this text is its simple clarity. Anyone trying to convey a difficult concept across to a patient or student will appreciate the difficulty of making the complex appear simple and understandable. This text achieves that aim most effectively. The weakness of the text is the omission of any supporting references and it is, therefore, lacking in an evidence base as a text book. However, there is a companion text by the same author, Concise Guide to Sports Injuries, 2nd edn, that addresses this weakness.

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Who does the term ‘manual therapies’ apply to? This new textbook, *Anatomy and Physiology for the Manual Therapies*, has a clear aim of presenting anatomy and physiology unified by the theme of homeostasis.

The target is a very broad spectrum, as many clinicians use an element of manual therapy and, as such, elements of the text will appeal to a wide range of practitioners. This focus, with the authors’ innovative approach to the teaching and learning experience, makes it an advantageous text for undergraduates.

Dr Kuntzman is a licensed massage therapist who has a PhD in human anatomy and teaches human anatomy and physiology. Prof. Tortora is a professor of biology and teaches human anatomy. Both have a wealth of teaching experience, awards and accolades pertinent to their field.

The book is divided into 29 chapters. The text provides the student with an understanding of the structural and functional levels of the human body. Chapter 4 is an excellent chapter dealing with connective tissues and how they relate to manual therapies. Chapters 6–15 focus on the musculoskeletal system. Whilst all the chapters have relevance, these 11 chapters will be the ones most utilised. It is a comprehensive text which includes the nervous system, with emphasis on neural communication and maintenance of homeostasis and sensations of pain. The endocrine, cardiovascular and lymphatic systems are covered which provide manual therapy students with an understanding of hormonal functions, the heart’s anatomy and physiology, blood flow and circulation as well as the immune system. The remaining chapters cover the respiratory, digestive and urinary systems.

The undoubted strength of this is its student-centred approach. It is very interactive and appeals to all types of learners due to its creative use of supplementary media as a complete teaching and learning package. It has a web registration card to utilise a host of dynamic resources which will help tutors and students alike. It identifies other sources that may be purchased.

An additional strength of the text is its clear layout for students’ reference. It has a ‘contents at glance’ at the start of each chapter. There are clear objectives for each section. At the end of a section there is a ‘clinical connection’ or a ‘manual therapy connection’, where relevant. This helps the reader to problem solve and relates theory to practice.

Most experienced musculoskeletal clinicians would have most of this knowledge but may find it useful for revision or as a reference text. Most undergraduates of physiotherapy, sport rehabilitation or medicine would find it a comprehensive text for their studies, in terms of relating anatomy and physiology for manual therapy applications.

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