

## Latest edition of a classic text

**Brukner P, Khan K (Eds) (2006) *Clinical Sports Medicine* (3rd edn). Sydney: McGraw Hill. ISBN: 0074715208. Hardcover text 1084 pages, CD, and DVD package. RRP \$179.95 (Book with CD and DVD also available separately.)**

This third edition of *Clinical Sports Medicine* does not disappoint. Organised similarly to previous editions, each chapter has been updated to include recent references, colour illustrations and photographs, and additional new information. The new high quality MRI images included in most chapters are particularly impressive. The new edition has a slightly more international feel than previous editions with the inclusion of a greater number of overseas contributors, yet the book retains its distinctive Australian personality. Other new inclusions are a CD of patient information sheets (.pdf files), a separate DVD which demonstrates assessment and treatment techniques, and a companion website.

The book is extremely comprehensive, but the content is organized well so that information relevant to several topics is described in a single detailed section which the reader is referred to in subsequent chapters. The additional and improved photographs enhance the reader's understanding of the subject matter. A good example of this is the section on cycling biomechanics, where the photographs clearly explain the concepts for a non-cyclist. In addition, the sections on the shoulder and the knee are exceptionally comprehensive and updated with the latest evidence, as a result of the inclusion of world renowned contributors such as Ben Kibler, Kay Crossley, and Jenny McConnell.

Compared to the previous editions, there is more detailed content on exercise rehabilitation, including a new chapter on core stability, more illustrated exercises within each chapter, and more specific exercises listed in the Tables that describe rehabilitation progression post-surgery or injury. This detail will be useful to the novice clinician, as well as to experienced clinicians who may not often treat sporting injuries. However, the exercises are focused on rehabilitating athletes, so a student using this as a primary musculoskeletal text will need guidance as to which patients are appropriate for some of the higher levels of exercise training.

The patient information sheets included on the bonus CD are excellent. Written in plain language with the patient in mind, they are organised so the clinician can easily print them for patient handouts. They will also be useful to the student as an overview of musculoskeletal conditions described in simple language. Additionally, they might be used by the novice clinician to identify effective lay terms for describing conditions to patients.

On the separate DVD, the content is better for some topics than others. The quality of the filming is excellent, with assessment techniques and exercises clearly portrayed. The comprehensive knee content is a valuable adjunct to the book. Additionally, the elbow, lower limb biomechanics,

and taping sections complemented the text well. Other topics such as the shoulder and the wrist/hand did not seem to be consistent with the book content, and the lumbar spine section is quite brief and limited in scope. Furthermore, the exercises presented on the DVD did not always progress from basic to more advanced, and the model exercises were not always performed flawlessly (eg, the scapular exercise model did not stabilise the scapula very well). These DVD attributes might result in some misconceptions for the novice. Nevertheless, it would be a useful learning tool for the student learning to perform assessment techniques.

It appears that the aim of the companion website is to provide current information on topics that advance more rapidly than a text can be updated, which is a great idea. It is described in the text as 'providing specific tips for health professionals' and a 'listing of online resources... with current information.' The text refers readers to the website for content that will be updated (eg, information on supplements) or for additional resources (eg, .pdf copies of Tables of nutritional content of foods, which could be useful when advising athletes). In reality, however, the companion website was somewhat disappointing, with the publisher's focus appearing to be selling books rather than updating content. Although the text has been available since August 2006, as of July 2007 there appeared to be no updates on the website of the topics referred to in the text. In addition, the .pdf files referred to in the text could not be found, and an email enquiry through the website received no response. One useful feature of the website is the links to full text versions of published research articles relevant to topics in the text. None of these articles, however, was more recent than the text itself.

Overall, this text is relevant to a wide variety of practitioners who work with athletes, including physiotherapists, medical practitioners, sports trainers, emergency personnel, radiologists, massage therapists, and sports nutritionists. It does not delineate specific roles in the care of the athlete, which corresponds to the overlap of roles often experienced in practice. However, this might create some uncertainty for the novice; it is not always clear at what point therapists would be best advised to seek assistance from medical or emergency personnel rather than administering treatment independently in an on-field situation. Nevertheless the book does present the ideal optimum care of the athlete, in a context where there is ready access to all possible relevant equipment and personnel. Its inclusive format means that health professionals will gain knowledge of all aspects of the athlete's care provided by the different members of the sports medicine team.

Finally, this book speaks well to both clinicians and students, and will serve effectively as both a 'staple' reference text for the experienced practitioner and an introductory text for the novice. With the additional illustrations, photographs, and updated evidence, it stands out distinctively from the previous editions and can be recommended highly.

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