

## Book Reviews

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**Physical Dimensions of Ageing**, 2nd edition, W.W. Spirduso, K.L. Francis and P.G. MacRae, Human Kinetics, 2005, ISBN-13 : 978-0-7360-3315-2

This book aims to provide an overview of how people age physically, how ageing affects the other dimensions of life and the role of exercise in the ageing population. It is research based and aimed at undergraduate and post-graduate students as well as professionals involved in research and clinical work with the ageing population. The book is divided into five parts. The first two parts provide a comprehensive overview of the ageing process, the universal age-related changes, the clinical symptoms of ageing and the effect of ageing on skin, bones, muscles, joints, body mass index, the cardiovascular and neurological systems. Throughout part one, emphasis is placed on the importance of exercise in the prevention and management of osteopenia, sarcopenia, flexibility and cardio-respiratory health. Physically active individuals are compared with inactive individuals and extensive research has been provided to support the detrimental effects of lack of activity and disuse.

I found part three of the book most interesting as a clinician. Chapter six in particular provides an excellent overview of the sensory, motor and cognitive systems theory in relation to the control of balance. There is a comprehensive exploration of the effects of ageing on these systems, the implications of balance deficits in older adults and for the management of falls. Chapters seven and eight provide a detailed and straightforward explanation of how the ageing process affects reaction times, attention to tasks, as well as how this impacts on activities of daily living, in particular driving.

Parts four and five explore the role of exercise in mental health and psychological well being and the impact on quality of life. There is a strong emphasis placed on the role of periodic assessment of physical fitness and a range of outcome measures are explored. Reference is made to the challenges in choosing outcome measures and performing assessments due to the

heterogeneous population and differences in functional fitness and performance in the ageing population. Guidance is provided on the various types of exercise programs regarding appropriate resistive training, aerobic training and functional training. The final chapter provides an interesting perspective of what is physically possible for the ageing population with a focus on world records amongst elite older athletes as an inspiration for optimal physical ageing.

Throughout the book, physiological and psychosocial mechanisms are explored in support of the benefits of exercise on cognition, balance, cardiovascular health, mental health and the ability of exercise to compensate for age-related deterioration in functional capability. I would recommend this as a reference book for the clinician, it is also a valuable resource for those involved in education and research.

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**Clinical Orthopaedic Rehabilitation: An Evidence-Based Approach**, 3rd edition, S.B. Brotzman and R.C. Manske, Elsevier, 2011, ISBN 978-0-323-05590-1

This text aims to provide comprehensive, evidence-based information in relation to various orthopaedic pathologies in terms of diagnosis, interventions and rehabilitation. It comprises eight chapters in total. Chapters one, two and three are dedicated to upper limb injuries. Chapter one covers a broad range of common pathologies that occur in the hand and wrist. Injuries of the elbow are covered in chapter two, with specific attention given in sections to certain population types e.g. the throwing athlete, paediatrics. Chapter three

moves further up the chain to address shoulder pathology and rehabilitation. Chapters four, five and six cover topics relating to lower limb injuries. In chapter four, knee injuries are the focus, with almost half of the chapter allocated to addressing issues surrounding anterior cruciate ligament injury. Chapter five covers various common foot and ankle injuries. Chapter six looks at the arthritic knee and rehabilitation protocols following both total knee and total hip replacements. Chapter seven is titled "Special Topics". Interestingly, hip injuries are covered within this section, as is groin pain. The other "special topics" covered includes topics related to running injuries, tendinopathy and hamstring muscle injuries in athletes. The final chapter, chapter eight, addresses spinal disorders, including whiplash injury and lower back complaints. Within this chapter, the topics of core stabilization training, spinal manipulation and the McKenzie approach are covered.

A key strength of this text is the detailed focus given to the appropriate treatment protocols for each injury discussed, with reference to the literature to clinically justify same. The book is peppered with illustrations and tables throughout, which enhances the clarity of the book. Admittedly, the text can be somewhat wordy and repetitive at times. Also, there is no definitive format within each chapter, with each chapter placing a variable focus on the different elements associated with injury and pathology.

There are a total of eighty nine contributors to this book, all of whom have specialist knowledge and expertise in the field of orthopaedics and musculoskeletal therapy. The contributors include a diverse spectrum of clinicians and academics, including orthopaedic specialist surgeons, physiotherapists, occupational therapists, university researchers, medical students and individuals working with elite athletes

and in athletic performance labs. Evidently, input from such a diverse team of contributors results in the production of a material that can be of value to an equally diverse potential audience. This diversity of contributors serves to yield a comprehensive analysis of the injuries and pathologies covered in the book. The scope of the analysis varies from discussion of not only the underlying predisposing factors to injury and injury rehabilitation, but also predictors, implications and follow up rehabilitation in the case of surgical intervention. This enables the clinician to provide the patient with evidence based guidance in relation to all intervention types.

A further bonus of this book is that it is accompanied with a code that enables one to access an electronic version of the book on 'Expert Consult'. This tool provides video analysis of various biomechanical observations, for example, poor versus good form on landing from a jump. It also provides video demonstration of numerous mobilisation techniques and of exercise patterns and progressions. Contrary to books in orthopaedics and musculoskeletal therapy written by a small number of specialist clinicians, the diversity of the input into this book means that the content is more global in insight and more detailed in its diversity than many former texts. Although some of the text can be superfluous and somewhat lacking in structure, its strengths are in demonstrating the expertise of diverse specialists, expressed clearly with the use of illustrations and diagrams.

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