

**Book review**

## **Oxford Handbook of Sport and Exercise Medicine**

**Editor:** Domhnall MacAuley

**Bibliographic Data:** ISBN: 0-19-856839-8, Oxford University Press, 2007, £24.95, 831 pages, flexicover

**Subjects:** exercise for health, injuries, diagnoses and treatment in sports and exercise medicine

**DESCRIPTION:** This flexicover handbook presents a user-friendly overview into the evolving discipline of sports medicine. The growing scientific and research base is summarised and essential views on treatment, preventive strategies, and optimal exercise recommendation are discussed briefly in the relevant chapters. This book has been designed for everyday use for the practitioners working in this medical field. It also has blank pages for the readers' own updates.

**PURPOSE:** This guide book aims to display the common problems and diagnoses in sports and exercise medicine and to concentrate on the up-to-date approaches, management plans, and evidence-based procedures of treatment at the same time.

**AUDIENCE:** As a comprehensive basic text this guide book could be useful for lecturers, teachers, practitioners and students of exercise and sports medicine as well as GPs, nurses and others who are especially interested in this field.

**FEATURES:** This handbook is partitioned into 24 chapters focusing on the needs of the patient and offering an immediate guide to all aspects of diagnosis and treatment, epidemiology, exercise benefits and physiological issues. The chapters are: 1. Immediate care, 2. Sports injury, 3. Benefits of exercise, 4. Physiotherapy and rehabilitation, 5. Hip and pelvis, 6. Knee, 7. Ankle and lower leg, 8. Foot, 9. Shoulder, 10. Elbow and forearm, 11. Wrist and hand, 12. Head and face, 13. Spine, 14. Cardiorespiratory, 15. Abdomen, 16. Infectious disease, 17. Arthritis, 18. Dermatology, 19. Disability, 20. Physiology, 21. Metabolic, 22. Women, 23. Aids to performance, 24. The team physician.

**ASSESSMENT:** This is a must-have handbook for all medics practising in sports and exercise medicine, as well as anyone who has a special interest in this area, especially GPs, nurses, physiotherapists; even coaches, trainers, biomechanical experts. I believe they will enjoy making use of this guide book as it is right to the point, easy to read and understand during hectic daily practise.

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