
Book Reviews

Essential Dance Medicine

Bracilović, A

Humana Press, 2009, 178 pp., Soft Cover, US \$79.95,

CAN \$83.95

ISBN: 9781934115671

Ana Bracilović combines her dance experience with a medical specialty in physical medicine and rehabilitation in this review of dance injuries. It is organized into eight chapters: the first seven outline injuries divided by anatomical region and the last is an illustrated glossary of dance terms.

Each injury is presented with a case, diagnosis, epidemiology, pathophysiology, clinical and diagnostic information, and treatment (brief outlines of both conservative and surgical options). As indicated in the foreword, this text is not meant to serve as a complete reference for the management of injured dancers; the reader must therefore rely upon the best available literature and clinical experience to create a treatment plan.

Relevant differential diagnoses are outlined and differences in presentation are contrasted to the general population. Crucial considerations, such as the effects of the female athlete triad and common dance technique errors, are described as they pertain to injury mechanism.

Despite the strengths of this text, there are weaknesses. It is only moderately referenced and there are a number of spelling and spacing errors that detract from the overall readability. As well, the classification of spondylolisthesis described incompletely and it is inaccurately stated that increased dorsiflexion increases susceptibility to ankle inversion injury.

This text is a helpful reference for those beginning to treat dancers. It is not extensive enough to serve as a resource for all aspects of diagnosis or management, but achieves its aim of highlighting the unique needs of a specialized population.

Brynne Stainsby, BA, DC

Canadian Memorial Chiropractic College,

Sports Nutrition: Energy Metabolism and Exercise

I. Wolinsky and J. Driskell, 2008

288 pages, Hard cover, US \$124.95/Can \$124.95/£79.99

ISBN-10: 9780849379505

This book was written as part of a series of sport nutrition texts designed to aid health and nutritional professionals. The goal of the book is to offer the latest knowledge and research in energy metabolism and exercise. Contributions for the book come from over twenty sports nutrition professionals including medical doctors, dietitians, and academic researchers.

The simple layout contains nine chapters divided into three sections: energy yielding nutrients, estimation of energy requirements, and physiological aspects of energy metabolism. Individual chapters focus on carbohydrate, fat, and protein energy production, laboratory and field assessment of energy expenditure, and sex, age, and body weight differences in energy needs. Information throughout is often presented at a sophisticated level. A thorough knowledge of biochemistry is required for many equations and diagrams. What few illustrations there are can be found in black and white. The addition of some colorful conceptual figures would aid in making this book a more pleasurable read. The quality of information written is impressive, with numerous references made to important historical and recent studies within each chapter. References are listed at the end of the chapter and are current up until 2007. An index can also be found at the back of the book to aid the reader in locating important concepts that may occur within multiple chapters.

This book does an incredible job of providing well researched, athlete focused, nutritional information. It would serve as an excellent resource to any health care professional involved with athletic populations.

Erik A. Yuill BPHE, BSc, MSc, DC

Graduate Studies, Sports Sciences Resident

Canadian Memorial Chiropractic College