

Atlas of Living and Surface Anatomy for Sports Medicine

Philip Harris & Craig Ranson

Editor – Sarena Wolfaard

Churchill Livingstone Elsevier

2008, 186 pp. CAN \$89.95

ISBN: 13: 978-0-443-10316

Philip Harris MD, MSc, MBCUB

Visiting Professor

University of Nottingham Medical School

Nottingham, UK

Craig Ranson BSc, PGDip

England and Wales Cricket Board Lead Physiotherapist

Special Lecturer in Sports and Exercise Medicine

Centre for Sports Medicine

Queens Medical Centre

University of Nottingham Medical School

Reviewed by Dana Selby BPHE, CK, DC

Email – dr.dselby@gmail.com, Active Choice – Rehabilitation Centre, Acton, Ontario

The writing team of Harris and Ranson set out to produce a text to improve anatomical and physical examination skills of health care practitioners in a variety of disciplines and have succeeded admirably with the production of the Atlas of Living and Surface Anatomy for Sports Medicine. This text is an valuable reference guide for both the experienced health professional who wants to review their knowledge of anatomy and manual testing for specific injuries as well as being an important tool for the novice practitioner who wants to improve their knowledge base and skill set.

This 10 chapter text is logically organized into different regions of the body and utilizes a variety of images, including skeleton, living anatomy, cadaver prosections, MRIs, radiographs and schematic drawings in order to clearly and concisely depict even the most complicated anatomical regions and manual palpating techniques. Each chapter begins with an introduction, location and palpation techniques of important structures of each region, including relevant joints, muscles (both palpation and resistance testing), neural and special testing with an emphasis on orthopaedic testing. At the conclusion of each chapter is a short list of recommended further reading and challenging and unique case studies and clinical problems which also include images of diagnostic ultrasounds, MRIs and radiographs where applicable.

The written text corresponds well with the numerous figures which are large and well labelled. There is also an accompanying DVD which is an excellent adjunct to the manual testing presented in the text and a DVD icon is printed within the body of the text in order to depict when to refer to the DVD for further

clarification or instruction. This becomes especially useful for special testing of injuries and specific structures to aid with diagnosing. However, it would be of benefit to the reader for the author's to have listed all the commonly recognized names for the special and orthopaedic tests when applicable, for example for the acromioclavicular joint of the shoulder, the 'scarf test' is also commonly called 'horizontal adduction stress test'.

To conclude I believe that this text would be a welcome addition to the library of any health care professional who wants a comprehensive, well formatted and easy to read guide in the areas of anatomy and manual testing.