



## From break point to advantage: a practical guide to optimal tennis health and performance

T Wood

*Br. J. Sports Med.* 2006;40;484-  
doi:10.1136/bjism.2005.025486

---

Updated information and services can be found at:  
<http://bjsm.bmjournals.com/cgi/content/full/40/5/484>

---

*These include:*

### **Rapid responses**

You can respond to this article at:  
<http://bjsm.bmjournals.com/cgi/eletter-submit/40/5/484>

### **Email alerting service**

Receive free email alerts when new articles cite this article - sign up in the box at the top right corner of the article

---

### **Notes**

---

To order reprints of this article go to:  
<http://www.bmjournals.com/cgi/reprintform>

To subscribe to *British Journal of Sports Medicine* go to:  
<http://www.bmjournals.com/subscriptions/>

# PostScript

## BOOK REVIEW

### From break point to advantage: a practical guide to optimal tennis health and performance

Edited by Babette Pluim, Marc Safran. Racquet Tech Publishing, 2004, pp 392; softcover; US\$29.95 (€24.96 approx; £17.13 approx); ISBN 0972275916

This is the second *Tennis Medicine and Science* book to be published in recent years. Both authors are well known and highly respected members of this field. The book is aimed at, and indeed caters extremely well for, a wide audience. Players, parents of players, coaches, as well as any number of disciplines involved in the care of professional and recreational tennis players would find this book both interesting and extremely useful.

The book is well laid out and begins with an overview of the physiological demands of the game and the specific biomechanics of tennis, including technical aspects and issues of racquet, ball, shoes, and playing surface.

The second part of the book is dedicated to giving a brief but relatively thorough overview of injuries encountered in tennis. Indeed injuries such as the distal humeral stress reaction (bone marrow oedema) and abdominal internal oblique strain have been included, which are yet to be published in the mainstream scientific literature.

Medical conditions encountered by tennis players are reviewed, with special issues such as heat stress, nutrition, and the all important anti-doping programme given appropriate coverage. The authors continue the traditional line of including exercise associated cramps under the title "heat cramps" but then give current concepts on their aetiology. No book can be perfect!

Special tennis groups such as junior, veteran, women, and wheelchair players add to the comprehensive nature of this book.

It is ironic and amusing to see that, in the photo showing the contents of a typical medical bag, the only drug that can be identified is a box of vixxx!

I enjoyed this book because it is easy to navigate and it has excellent and practical photos and diagrams, particularly for rehabilitation purposes. It gives simple and practical advice on managing a number of common complaints that many tennis players, both professional and recreational, may experience. However, it still contains enough high level information to appeal to doctors of all specialties and physiotherapists.

## Rating

● Presentation	18/20
● Comprehensiveness	18/20
● Readability	18/20
● Relevance	18/20
● Evidence basis	18/20
● Total	90/100

I commend both the authors on producing such a comprehensive and interesting book.

T Wood

## CALENDAR OF EVENTS

### UK Radiological Congress

15–17 May 2006, NIA, ICC & Austin Court, Birmingham, UK

UKRC 2006 will offer a conference programmes with speakers from the United States, Europe and Japan participating alongside internationally recognised UK speakers. The scientific programme will include a wide range of topics. *Further details:* Tel: + 44(0) 207 307 1410/20; Fax: +44(0) 207 307 1414; Email: [conference@ukrc.org.uk](mailto:conference@ukrc.org.uk); Website: [www.ukrc.org.uk](http://www.ukrc.org.uk)

### 12th European Society of Sports Traumatology, Knee Surgery and Arthroscopy (ESSKA) 2000 Congress

24–27 May 2006, Innsbruck, Austria  
*Further details:* Tel: +49 611 9771635; Website: [www.esska2006.com](http://www.esska2006.com)

### 4th European EISCSA Congress

25–27 May 2006, Graz-Österreich, Germany  
Challenges in Exercise: Training and Therapy  
*Further details:* Tel: 02 21 / 80 11 00-0; Fax: 02 21 / 80 11 00 29; Email: [eiscsa2006@comed-kongresse.de](mailto:eiscsa2006@comed-kongresse.de); Website [www.comed-kongresse.de](http://www.comed-kongresse.de)

### Amsterdam Foot and Ankle Course

15–16 June 2006, Amsterdam, The Netherlands

This international course is a two day course on minimally invasive surgery of the hindfoot and ankle, featuring lectures, live surgery presentations, clinical demonstrations, a workshop, an interactive computer course and a fireside quiz. Each year the course has an international faculty.

*Further details:* [www.anklecourse.com](http://www.anklecourse.com)

### Physical Activity, Exercise and Cardiovascular Health

23–25 June 2006, Bologna and Forli, Italy  
This meeting is a satellite symposium of the world International Atherosclerosis Society Congress (<http://www.isa2006.org>), whose plenary session is planned for 18–22 June 2006 in Rome. The meetings will be attended by more than 8000 experts from all over the world and will have significant international media coverage.

*Further details:* <http://www.isa2006.unibo.it>

### IV Science and Racket Sports World Congress

21–23 September 2006, Madrid, Spain  
The congress will be held at the Spanish National Institute of Sport in Madrid, and in conjunction with the 8th International Badminton Federation (IBF) World Science Congress.

The congresses will take place during the World Badminton Championships, also in Madrid.  
*Further details:* Dr David Cabello ([dcabello@ugr.es](mailto:dcabello@ugr.es))

### Osteosynthese International 2006

21–23 September 2006, Berlin, Germany  
Topics include: extremity injuries; spinal injuries; OR of the future; special meeting hand surgery; east-meets-west forum.

*Further details:* [www.osteoint2006.de](http://www.osteoint2006.de). Online registration: [www.registration.intercongress.de](http://www.registration.intercongress.de). Scientific committee: Michael Wich, Unfallkrankenhaus Berlin (ukb), Warener Str. 7, 12683 Berlin-Germany. Tel: +49 30 5681-0; Fax: +49 30 56301475

### AIPN 8th National Injury Prevention Conference

27–29 September 2006, University of New South Wales, Sydney, Australia

*Further details:* <http://www.aipn.com.au/conference.html>

### 23rd Annual Meeting of the German speaking Association of Arthroscopy (AGA)

29–30 September 2006, Salzburg Congress, Salzburg, Austria

Topics will include: arthroscopic cartilage therapy; rotator cuff and subacromial space; advances in cruciate ligament surgery; and what's new.

*Further details:* Tel: ++ 49 611 97716-0; Fax: ++ 49 611 97716-16; Email: [aga@intercongress.de](mailto:aga@intercongress.de); Congress homepage: [www.aga2006.de](http://www.aga2006.de); Online registration: [www.registration.intercongress.de](http://www.registration.intercongress.de); Homepage of AGA: [www.aga-online.de](http://www.aga-online.de)

### Joint German Congress of Orthopedics and Trauma Surgery

2–6 October 2006, Messe/ICC Berlin (Germany)

Congress language will be German (no simultaneous translation). English sessions will take place in a separate lecture hall on two days. Twenty-four credit points are expected to be certified (6 per day, 3 per half-day).

*Further details:* Tel: ++49 611 97716-0; Fax: ++49 611 97716-16; Email: [info@intercongress.de](mailto:info@intercongress.de); Congress homepage: [www.orthopaedie-unfallchirurgie.de](http://www.orthopaedie-unfallchirurgie.de)

### BASEM Conference 2006

5–7 October 2006, Oxford, UK  
*Further details:* Email: [BASEMinfo@aol.com](mailto:BASEMinfo@aol.com); Website: [www.basem.co.uk](http://www.basem.co.uk)

### International Hip Arthroscopy Meeting

17–18 November 2006, Homburg/Saar, Germany

Topics include: live arthroscopies; examining and imaging techniques including MR arthrography; hip arthroscopy techniques with and without traction; and groin problems, impingement, open hip surgery.

*Further details:* INTERCONGRESS GmbH, Karlsruher Str. 3, 79108 Freiburg, Germany; Tel: +49 761 69699-0; Fax: +49 761 69699-11; Email: [services.freiburg@intercongress.de](mailto:services.freiburg@intercongress.de); Congress homepage: [www.orthopaedie-homburg.de](http://www.orthopaedie-homburg.de); Online registration: [www.registration.intercongress.de](http://www.registration.intercongress.de)