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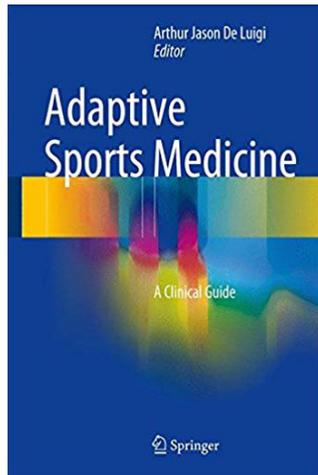
Book reviews

Adaptive Sports Medicine: A Clinical Guide

Editor: Arthur Jason De Luigi

Publishing House: Springer, 2018

402 pages; price: 135.19 € (paper) /107.09 € (eBook)



Together with a really formidable team of 48 collaborators, Prof. Arthur Jason De Luigi from the MedStar National Rehabilitation Hospital/Georgetown University Hospital, internationally recognized as a leader in adaptive sports medicine, provides us with an impressive clinical guide in the field. It is the first-of-its-kind text, comprehensively presenting all the aspects of the domain, which all those professionally interested in this area have been waiting for for a long time, taking into consideration that adaptive athletes – the beneficiaries of such new expertise - are increasingly more involved in sport, both for its positive effects on health and for performance, within local, regional, national or international competitions.

The unique material of the book is distributed in four unequal parts. The first one is dedicated to the conditions and evolutions that have made possible the emergence and development of adaptive sports medicine. Obviously, the most important condition – in fact an absolutely crucial prerequisite – was the implementation and evolution of policies and legislation in the field of disabled persons' rights, which “created the fertile soil to grow adaptive

sports” (Chapter 1). Apart from this essential legislative framework, the continuous concern and progress in wheelchair sports technology and biomechanics (2), as well as in the technology of adaptive sports prostheses (3) are extremely important.

The next part addresses medical aspects in adaptive sports medicine. Here, those interested will find extensive information on the injury epidemiology in paralympic sports (Chapter 4), as well as the state-of-the-art knowledge about emergent care (6), surgical aspects (7) and rehabilitation of adaptive athletes (8). So that even without any prior knowledge and experience in the field, everyone will understand what can happen within adaptive sports competitions, and will not be intimidated in providing medical care for the respective athletes.

Part three is by far the most voluminous of all, as it consists of over 260 pages and no less than 20 of the 31 chapters of the book. This part starts with three chapters that teach us about adaptive running, cycling, and golf, respectively, and then continues with the 8 adaptive sports practiced by wheelchair athletes: basketball (12), rugby (13), power soccer (14), softball (15), dance (16), fencing (17), curling (18) and tennis and table tennis (19). The aspects related to adaptive volleyball described in Chapter 20 are followed by three sports requiring special conditions, namely water sports (21), ice sled hockey (22) and alpine skiing and para-snowboarding (23), the other sports of this family - extreme sports - being presented in the last chapter (28) of this part, after adaptive throwing (24), shooting (25), weight lifting (26) and combative sports (27).

The next two chapters - 29 and 30 - belonging to part four, address the problems of event planning and of how to promote the benefits of sports participation for individuals with disabilities. The last chapter, entitled *Controversies in adaptive sports*, aims to clarify how the governing bodies – as well as participants in adaptive sports competitions - can make the difference between a fair accommodation and an adaptation (and generally speaking “a solution”) which may provide an unfair competitive advantage.

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