

Complete Conditioning for Hockey

Peter Twist

Human Kinetics

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Peter Twist's *Complete Conditioning for Hockey* is a new publication that covers seemingly all facets of hockey training.

Twist provides hockey specific exercises that are challenging and designed to transfer off ice skill development and conditioning to on ice execution. This comprehensive guide combines both ease of reading and thorough explanations of the various aspects of hockey training that makes it a 'must read' for athletes, parents, coaches and trainers. Base conditioning, strength and power, balance, quickness, agility and reactivity, as well as speed, are all discussed and both off ice and on ice drills are provided.

Twist's *Complete Conditioning for Hockey* takes into consideration athletes of various conditioning and skill levels. By introducing each exercise from a basic movement pattern and including options for increasing difficulty, this book will fit any level of hockey player. Descriptions and photos help the reader to visualize each exercise while reading the text, and the DVD that is included with this publication puts the exercises into action.

This book is not without limitations. Not all of the exercises in the text have photos, and some of the warm-up exercises have no description or sample video. Often, exercises have different names depending on the source of reference so clarifying each technique through video examples would have ensured there is no confusion. Ideally, if *all* the exercises mentioned or described in the book were demonstrated in the DVD, this certainly would be a complete package.

Today's hockey players are having greater demands placed on overall conditioning. The competition to earn a spot on a team whether in minor hockey leagues, select teams, national teams, or the NHL, is requiring the athlete to perform the most advanced concepts of functional

training to gain an edge. Peter Twist's *Complete Conditioning for Hockey* definitely provides that edge.

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Placebo: mind over matter in modern medicine

Dylan Evans

Harcourt Publishers 2004

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Within medical science and popular culture, the term placebo refers to a sham intervention that may produce an effect without a biologic rationale. This effect is rarely recognized as a legitimate response, and often downplayed. However, in *Placebo: mind over matter in modern medicine*, Dylan Evans generates a convincing hypothesis that the placebo produces a biologic effect through suppression of the inflammatory cycle.

Evans details placebo history and then evaluates the biology and psychology behind this mysterious therapeutic area. Written in a strikingly evidence-based fashion, Evans frequently refers to the strengths and limitations of cited research while objectively examining a plethora of publications.

The author states the case that placebos are not as innocuous as once thought. Rather, this otherwise inert intervention can produce both symptom relief and negative side-effects. Even more, there are other components of the placebo intervention, such as therapeutic interaction that may affect the degree of the response.

A minor criticism is the author's choice of generalizing 'alternative therapies.' No distinctions are made between CAM professions when making claims of shamanism, ineffectiveness and outright fraud. This is inappropriate due to the heterogeneous nature of the subject matter. Also, this book is intended for a lay audience, making repetitive content dry for those with a background in basic science, such as health professionals.

Overall, this text is stimulating, providing food-for-thought regarding ethics, philosophy and clinical practice.

I recommend *Placebo* to clinicians as it will surely change your opinion and experience of the placebo effect.

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