
Book Reviews

Foot and Ankle Sports Medicine

David Altchek, MD, Christopher DiGiovanni, MD, Joshua Dines, MD, Rock Positano, DPM, MSc, MPH
Lippincott Williams & Wilkins, Philadelphia, United States, 2013
Hard cover, 351 pages
\$249.99 CAD
ISBN: 9780781797528

The foot and ankle are the foundation for athletic movement and performance. *Foot and Ankle Sports Medicine* is a new text that contains 32 chapters with contributions from over 40 medical doctors that specialize in the foot and ankle. The text does appear to lack contributions from other foot and ankle academic sources such as biomechanics, anatomy and radiology. Tendon disorders, trauma to the varying regions of the foot, surgical interventions and injury prevention are the main topics covered.

Within the text there are over 300 illustrations including numerous imaging studies, anatomical drawings and coloured anatomical specimen photographs. These images allow a field clinician quick reference, although relying on single images displaying a type of injury should not constitute a formal diagnosis. Surgical intervention, coloured photographs are also present in many of the chapters and although they make for excellent reference material it is unlikely the typical sports medicine physician would be conducting surgery.

Overall, *Foot and Ankle Sports Medicine* provides a recent and comprehensive orthopaedic-based approach to understanding the foot and ankle. The text relies on scientific literature rooted in surgical interventions that on-field sport clinicians and students without a surgical background may have a difficult time relating to. The current list price and lack of more detailed on-field assessments and treatment of the foot and ankle makes the text difficult to justify for all sports medicine clinicians and students alike.

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Tread Lightly: Form, footwear, and the quest for injury-free running

Peter Lawson and Bill Katovsky, PhD, RD, FACSM
Skyhorse Publishing, New York, NY 2012
258 pages, paperback, \$16.95 US
ISBN: 978-1-61608-374-8

Tread Lightly arrives at a pivotal time, as runners everywhere have begun to experiment with minimalistic footwear, and question the relationship of footwear and the injury epidemic. Peter Larson is a professor of biology and leading blogger for running shoe innovation and selection. Bill Katovsky is the co-founder of Natural Running Center, and author of several books.

In *Tread Lightly*, Larson and Katovsky provide well-detailed and balanced interpretation of modifying running form and footwear while questioning the underlying belief that humans are indeed “born to run”.

The chapters are updated with current evidence regarding the running shoe, pronation, foot strike, stride, and nutritional considerations. Each chapter addresses the pros and cons of modifying the practices of recreational runners, and offers expert opinion from leading footwear scientists, biomechanists, coaches, therapists, and competitive runners. Particularly, the concluding chapter provides strategic advice with reference to literature citations, helping runners to make informed decisions. Readers require a foundational understanding of anatomy and biomechanics in order to fully grasp the proposed risks and benefits of altering running practices.

I would recommend this book to therapists, coaches, and recreational runners who desire a lifetime of pain-free miles for themselves and their athletes.

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