
Book Review

Fascia in Sport and Movement
Robert Schleip, Editor and Amanda Baker,
Assistant Editor
Handspring Publishing, Scotland, UK, 2015, 274 pp.,
Paperback Price: \$76.90
ISBN: 978-1-909141-07-0

Editor Robert Schleip is a researcher and international authority on fascia. In his book, *Fascia in Sport and Movement*, he, co-author Amanda Baker and twenty-six contributing authors provide a sound evidence-based framework for fascial therapy by applying the current histological research to clinical practice. The book contains contributions from a wide-variety of health professions, who all provide refreshing and diverse positions on this newly emerging topic.

Fascia in Sport and Movement is divided into two well laid out sections. The first section discusses the research and theories of fascia as they pertain to force transmission, biochemistry, elastic storage, recoil dynamics, stretching, etc. The second section addresses the clinical applications of fascia training. This section is broad and covers numerous movement practices, assessment technologies and manual techniques. The book does an exceptional job fitting fascial training principles into already established movement practices such as Pilates, Gyrotonics and martial arts. Though the book fails to apply fascial training principles and methods to a large number of mainstream sports, it is something the authors may consider expanding upon in future editions.

The information cited within the text is current and well referenced. Many chapters within and between the two sections also reference each other, providing a fluid read with easy navigation of the text. *Fascia in Sport and Movement* is an excellent addition to the bookshelf of any manual health care practitioner or student. It is the first book of its kind and I believe it is a resource that will be referenced for many years.

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Fascial Dysfunction - Manual Therapy Approaches
Leon Chaitow, Editor
Handspring Publishing, Scotland, UK, 2014, 266 pp.,
Paperback Price: \$62.50
ISBN: 978-1-909141-10-0

Fascia is a trending topic of discussion among many health disciplines. Many professions are beginning to understand and acknowledge fascia's contribution to dysfunction as the body of research on fascia continues to grow. Leon Chaitow is a renowned Osteopath and Naturopath who has authored numerous papers and books on various manual medicine topics. He and nineteen others have put together an exceptional book called *Fascial Dysfunction - Manual Therapy Approaches*. The book is a great resource for fascia research and provides information on various methods to clinically assess and treat fascial dysfunction.

Fascial Dysfunction - Manual Therapy Approaches is divided into two sections. The first section provides a detailed groundwork for understanding the many roles fascia plays in the body. It also provides valuable information on what can happen when the fascial tissues are not performing as they should.

Section two provides the reader with various techniques used to treat fascial dysfunction. This section is particularly worthwhile for those interested in exploring and practicing different fascial treatment methods. The largely European contribution in section two suggests that the fascial treatment techniques provided may not be representative of the treatment methods practitioners are using in other parts of the world and is therefore something that the authors may consider expanding upon in a future edition. The contributors in this section provide a treatment rationale based on both anecdotal evidence and scientific research and acknowledge limitations when necessary.

I would recommend *Fascial Dysfunction - Manual Therapy Approaches* to all manual medicine practitioners who are interested in expanding their knowledge of fascia and fascia treatment techniques.

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Faster, Higher, Stronger - How Sports Science is Creating a New Generation of Superathletes - and What We Can Learn from Them

Mark McClusky

Hudson Street Press, New York, 2014, 274 pp.,

Hardcover Price: \$18.14

ISBN: 978-1-59463-153-5

Competitive and elite sport is a multi-billion dollar industry, which has seen numerous advancements in sport technology, training principles and nutrition over the last few decades. These improvements have created a new generation of athletes that are stronger, faster and more skilled than ever before. Mark McClusky is a veteran journalist, editor and author of the book *Faster, Higher, Stronger - How Sport Science is Creating a New Generation of Superathletes - and What We Can Learn from Them*. In his book, McClusky dives into the world of elite sports to find out what it really takes to become a top athlete in the 21st century.

Faster, Higher, Stronger - How Sport Science is Creating a New Generation of Superathletes - and What We Can Learn from Them details how athletes and coaches are using science and technology to achieve new levels of human performance. McClusky explains that raw talent; hard work and good coaching are no longer enough to achieve elite level status because these advancements

are changing the way that athletes eat, train and recover. Improvements that have been made in the fields of sport supplements, sport analysis, recovery, and exercise physiology are detailed in the book and McClusky emphasizes that it is the synergistic interplay between them that provides top athletes with a competitive edge.

Through a combination of scientific literature, interviews, and occasional reflection of personal experience, McClusky has put together a strong and convincing basis for how teams of coaches, trainers, nutritionist, and scientists, influence an athlete's performance in their sport. The scientific literature that is referenced appears to come from credible sources and the conversations that he narrates come from top product engineers, athletes, coaches, and sport analysts from a wide variety of sports.

I would recommend *Faster, Higher, Stronger - How Sport Science is Creating a New Generation of Superathletes - and What We Can Learn from Them* to any sport and performance enthusiast. It is both an entertaining and educational read and compliments books such as *The Sport Gene* and *The Talent Code*, which also provide insight into the evolution of elite sport and athletics.

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Fatigue in Sport and Exercise

Shaun Phillips

Routledge, New York, 2015, 288 pp.,

Hardcover Price: \$179.55

ISBN: 978-0-415-74222-1

Fatigue in sport has become a topic of interest among athletes, coaches and sport scientists because it affects athletic performance across a wide range of sports. Shaun Phillips is a sport physiology professor at the University of Edinburgh and has studied how peripheral and central mechanisms may impact fatigue. His text; *Fatigue in Sport and Exercise*, is the first book of its kind. Shaun synthesized a great deal of fatigue research into a go-to resource for those in the sport and exercise physiology field. Though his book does not provide “all the answers”, he presents the information and research in a way that’s easy to read and understand.

Fatigue in Sport and Exercise is broken into four parts. Part 1 sheds light on the difficulty in defining fatigue and some of the ways in which fatigue is measured. Part 2 discusses many potential mechanisms of fatigue including metabolic acidosis, dehydration and hyperthermia, etc. Part 3 complements Part 2 by pulling together the information across all previously discussed fatigue mechanisms based on different types of exercise (i.e. short distance vs. middle distance sports). The book concludes in Part 4 with some thoughts on the direction of fatigue research, the interpretation of this research, and some recommendations with respect to keeping abreast the fatigue literature.

Shaded “Key Point” boxes are littered throughout the text, which summarize the most important concepts of each chapter. This provides the reader with a great review and easy reference in the future. Although this book is the first of its kind, the current list price may be a barrier for some interested in the material. Irrespective of the price, I would recommend *Fatigue in Sport and Exercise* to all those working with an athletic population.

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