

Photo by Jiri Dvorak; Design by Conrad

Journal of the British Association of Sport and Exercise Medicine

Karim Khan (Canada)

### **Editorial Office**

BMJ Publishing Group Ltd **BMA** House Tavistock Square London WC1H 9JR, UK

T: +44 (0)20 7383 6331 F: +44 (0)20 7383 6787/6668

E: bjsm@bmjgroup.com

#### **Guidelines for Authors and Reviewers**

Full instructions are available online at http://bjsm.bmj.com/ifora. Articles must be submitted electronically http:// submit-bism.bmi.com. Authors retain copyright but are required to grant BJSM an exclusive licence to publish http://bjsm.bmj.com/ifora/licence.dtl

ISSN: 0306-3674 (print) ISSN: 1473-0480 (online) **Impact factor: 2.126** 

Disclaimer: BJSM is published by BMJ Publishing Group Ltd (a wholly owned subsidiary of the British Medical Association) and the British Association of Sport and Exercise Medicine. The owners grant editorial freedom to the Editor of BJSM. BJSM follows guidelines on editorial independence produced by the World Association of Medical Editors and the code on good publication practice of the Committee on Publication Ethics

BJSM is intended for medical professionals and is provided without warranty, express or implied. Statements in the journal are the responsibility of their authors and advertisers and not authors' institutions, the BMJ Publishing Group, the British Association of Sport and Exercise Medicine or the BMA unless otherwise specified or determined by law. Acceptance of advertising does not imply

To the fullest extent permitted by law, the BMJ Publishing Group shall not be liable for any loss, injury or damage resulting from the use of Heart or any information in it whether based on contract, tort, or otherwise. Readers are advised to verify any information they choose to rely on

To the fullest extent permitted by law, the BMJ Publishing Group Ltd shall not be liable for any loss, injury or damage resulting from the use of Emergency Medicine Journal or any information in it whether based on contract, tort or otherwise. Readers are advised to verify any information they choose to rely on

Copyright: © 2010 BMJ Publishing Group and British Association of Sport and Exercise Medicine All rights reserved; no part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise without prior permission

BJSM is published by BMJ Publishing Group Ltd, typeset by Newgen, and printed in the UK on acid-free paper from sustainable forests by Latimer Trend, Plymouth, UK

British Journal of Sports Medicine (ISSN 0306-3674) is published monthly by BMJ Publishing Group and is distributed in the USA by Mercury International Ltd. Periodicals postage paid at Rahway, NJ. POSTMASTER: send address changes to *British Journal of Sports Medicine*, Mercury International Ltd, 365 Blair Road, Avenel, NJ 07001, USA.

#### Volume 44 Issue 8 | BJSM June 2010 **Contents**

# Warm up

537 FIFA's Football for Health: applying Kotter's eight-step programme for transformational change to a mass participation activity N Langton, K M Khan, S I Lusina

### Reviews

540

Review of the management of sudden cardiac arrest on the football field E Kramer, J Dvorak, W Kloeck

# **Original articles**

546 'Football for Health'—a football-based health-promotion programme for children in Ø South Africa: a parallel cohort study



555 The effectiveness of a neuromuscular prevention strategy to reduce injuries in youth soccer: a cluster-randomised controlled trial

CA Emery, WH Meeuwisse

563 Psoas and quadratus lumborum muscle asymmetry among elite Australian Football League players

> I Hides, T Fan, W Stanton, P Stanton, K McMahon, S Wilson

568 Frontal and lateral characteristics of the osseous configuration in chronic ankle instability

> O Magerkurth, A Frigg, B Hintermann, W Dick, V Valderrabano

573 The effects of acute dynamic exercise on haemostasis in first class Scottish football referees

E E Peat, M Dawson, A McKenzie, W S Hillis

Comparison of effects of a home exercise 579 programme and a supervised exercise programme for the management of lateral elbow tendinopathy

> D Stasinopoulos, I Stasinopoulos, M Pantelis, K Stasinopoulou

584 A two-vear sonographic follow-up after intratendinous injection therapy in patients with tennis elbow E Zeisig, M Fahlström, L Öhberg, H Alfredson

588 Association of white blood cell subfraction concentration with fitness and fatness N M Johannsen, E L Priest, V D Dixit, C P Earnest, S N Blair, T S Church

594 Changes in plasma arginine vasopressin concentrations in cyclists participating in a 109-km cycle race T Hew-Butler, J P Dugas, T D Noakes, I G Verbalis

598 Incidence and risk factors of running-related injuries during preparation for a 4-mile recreational running event I Buist, S W Bredeweg, B Bessem, W van Mechelen, KAPM Lemmink, RL Diercks

# Occasional pieces

Olympic gold doctor 605 D Arnold

### **Short reports**

606 Validity of three accelerometers during treadmill walking and motor vehicle travel M Maddocks, A Petrou, L Skipper, A Wilcock

### MORE CONTENTS ▶



This article has been chosen by the Editor to be of special interest or importance and is freely available online.



Articles carrying the Unlocked Logo are freely available online under the BMJ Journals unlocked scheme. See http://bjsm.bmj.com/info/unlocked.dtl



These papers may be seen as "non-conformist" and challenging for classic peer review; for further information see http://bjsm.bmj.com/cgi/content/full/42/2/79



This journal is a member of and subscribes to the principles of the Committee on Publication Ethics

www.publicationethics.org.uk







# **Nutritional supplement**

609

A–Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 9

L M Castell, L M Burke, S J Stear, J Pearce, J R Borchers, C C Kaeding, E S Rawson, G Shaw

# **SportsMedUpdate**

**612** Evidence-based journal watch

# Miscellaneous

**578** Correction

604 Correction

608 Retraction

# **Subscription Information**

British Journal of Sports Medicine is published monthly; subscribers receive all supplements

# **Institutional Rates 2010**

### Print

£483; US\$942; €652

### **Online**

Site licences are priced on FTE basis and allow access by the whole institution. Print is available at deeply discounted rates for online subscribers; details available online at http://group.bmj.com/group/subs-sales or contact the Subscription Manager in the UK (see above right)

### **Personal Rates 2010**

**Print** (includes online access at no additional cost) £179; US\$349; €242

### **Online Only**

£115; US\$224; €155

ISSN 0306-3674 (print); 1473-0480 (online)

Personal print or online only and institutional print subscriptions may be purchased online at http://group.bmj.com/group/subs-sales (payment by Visa/ Mastercard only)

Residents of some EC countries must pay VAT; for details, call us or visit www.bmj.com/subscriptions/vatandpaymentinfo.dtl