

Jominique Lemieux ©2006 Cirque du Soleil

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 6622 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: 2.54

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: © 2011 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 USSN 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.

Warm up

Contents

385 Tendinopathy: no longer a 'one size fits all' diagnosis I Cook

Editorial

386 Where to now with Achilles tendon treatment? H Alfredson

Original articles

387 No effects of PRP on ultrasonographic tendon structure and neovascularisation in chronic midportion Achilles tendinopathy



R J de Vos, A Weir, J L Tol, J A N Verhaar, EDITOR'S CHOICE H Weinans, HTM van Schie

393 Motor responses to experimental Achilles tendon pain

> M Henriksen, J Aaboe, T Graven-Nielsen, H Bliddal, H Langberg

- 399 Tenocyte hypercellularity and vascular proliferation in a rabbit model of tendinopathy: contralateral effects suggest the involvement of central neuronal mechanisms G Andersson, S Forseren, A Scott, I E Gaida, I E Stjernfeldt, R Lorentzon, H Alfredson, C Backman, P Danielson
- **407** Ultrasound and Doppler-guided mini-surgery to treat midportion Achilles tendinosis: results of a large material and a randomised study comparing two scraping techniques H Alfredson
- **411** Sclerosing polidocanol injections or arthroscopic shaving to treat patellar tendinopathy/jumper's knee? A randomised controlled study



L Willberg, K Sunding, M Forssblad, M Fahlström, H Alfredson

416 Five-year prospective comparison study of topical glyceryl trinitrate treatment of chronic lateral epicondylosis at the elbow S DA McCallum, J A Paoloni, G AC Murrell

- **421** Prolotherapy injections and eccentric loading exercises for painful Achilles tendinosis: a randomised trial M J Yelland, K R Sweeting, J A Lyftogt, S K Ng, P A Scuffham, K A Evans
- **429** Partial mid-portion Achilles tendon ruptures: new sonographic findings helpful for diagnosis H Alfredson, L Masci, L Öhberg
- **433** Psychological predictors of injuries in circus artists: an exploratory study I Shrier, M Hallé
- 437 Tactile acuity and lumbopelvic motor control in patients with back pain and healthy controls H Luomajoki, G L Moselev
- 441 A novel Dance Dance Revolution (DDR) system for in-home training of stepping ability: basic parameters of system use by older adults S T Smith, C Sherrington, S Studenski, D Schoene, S R Lord

Review

446 Risk factors for patellar tendinopathy: a systematic review of the literature H van der Worp, M van Ark, S Roerink, G-J Pepping, I van den Akker-Scheek, J Zwerver

Short report

453 Validation of the VISA-A questionnaire for Turkish language: the VISA-A-Tr study Y Dogramaci, A Kalaci, N Kücükkübas., T Inandı, E Esen, A N Yanat

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 series

456 A–Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance—Part 19

L M Burke, S J Stear, A Lobb, M Ellison, L M Castell

PEDro systematic review update

459 Conflicting findings on effectiveness of low level laser therapy for tendinopathy *D Steffens, C G Maher*

SportsMedUpdate

460 Evidence-based journal watch

Miscellanea

432 Graphics in sport and exercise medicine: Dr Runge: a German pioneer in sclerosing therapy in epicondylitis in 1873

Subscription Information

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

Institutional Rates 2011

Print

£520; US\$1014; €702

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 2011

Print (includes online access at no additional cost) £188; US\$367; €254

Online Only

£118; US\$231; €160

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/subssales (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