

Journal of the British Association of Sport and Exercise Medicine

Editor

Karim Khan (Canada)

#### **Editorial Office**

BMJ Publishing Group Ltd **RMA** 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/site/about/ guidelines.xhtml. Articles must be submitted electronically http:// mc.manuscriptcentral.com/bjsm. Authors retain copyright but are required to grant BJSM an exclusive licence to publish http://group.bmj.com/products/ journals/instructions-for-authors/ licence-forms

ISSN: 0306-3674 (print) ISSN: 1473-0480 (online) Impact factor: 4.14

**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 endorsement.

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: © 2013 BMJ Publishing Group Ltd 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 Techset, and printed in the UK on acid-free paper.

British Journal of Sports Medicine (ISSN 0306-3674) is published monthly by BMJ Publishing Group and is distributed in the USA by Air Business Ltd. Periodicals postage paid at Jamaica NY 11431 POSTMASTER: send address changes to British Journal of Sports Medicine, Air Business Ltd, c/o Worldnet Shipping Inc, 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA

### Warm up

1

4

6

9

Contents

What's hot today? Current topics in sports and exercise medicine D I Berkoff

#### **Editorials**

- Ode to Joy: call to action for doctors to play their role in curing the global pandemic of physical inactivity: drilling into one of the '7 investments' --- simple solutions for the pandemic K M Khan
- Detect, manage, inform: a paradigm shift in the care of athletes with cardiac disorders? I A Drezner
- 5 Team physician challenges in 2013: dealing with media and travelling across state borders D E Olson
  - The placebo effect: powerful, powerless or redundant?

S J Kamper, C M Williams

Zurich 2012: our cohort of 'concussionologists' conveying consensus J S Patricios, R Collins, C Roberts

#### Commentary

Concussion guidelines need to move from only 12 expert content to also include implementation and dissemination strategies

C F Finch, P McCrory, M T Ewing, S J Sullivan

## **Review**

15 American Medical Society for Sports Medicine position statement: concussion in sport Ø

Volume 47 Issue 1 | BJSM January 2013

K G Harmon, I A Drezner, M Gammons, K M Guskiewicz, M Halstead, S A Herring, J S Kutcher, A Pana, M Putukian, W O Roberts

# Exercise medicine highlights from the **BMJ**

27 Republished research: Effectiveness of physical activity promotion based in primary care: systematic review and meta-analysis of randomised controlled trials G Orrow, A-L Kinmonth, S Sanderson, S Sutton

### **Original articles**

Return to play? Athletes with congenital long QT syndrome Ø

patellar tendinopathy: a randomised,

Topical glyceryl trinitrate treatment of chronic

- JN Johnson, MJ Ackerman EDITOR'S CHOICE
- 34 6
- OPEN ACCESS

44

28

- double-blind, placebo-controlled clinical trial M Steunebrink, J Zwerver, R Brandsema, P Groenenboom, I van den Akker-Scheek, A Weir
- 40 Sports medicine, confidentiality and the press B Ribbans, H Ribbans, C Nightingale,
  - M McNamee
  - Can a single question provide an accurate measure of physical activity? K Milton, S Clemes, F Bull



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

## Institutional rates 2013

Print £604; US\$1178; €816

#### 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/subscribe/?bjsm or contact the Subscription Manager in the UK

## Personal rates 2013

Print (includes online access at no additional cost) £210; US\$410; €284

#### **Online only** £132; US\$258; €179

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/subscribe/ ?bjsm (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



E.C.O.S.E.P.

www.publicationethics.org.uk





49 Physical activity counselling in sports medicine: a call to action

OPEN ACCESS E Joy, S N Blair, P McBride, R Sallis

Sport concussion knowledge base, clinical 54 practises and needs for continuing medical education: a survey of family physicians and cross-border comparison

C M Lebrun, M Mrazik, A S Prasad, B J Tjarks, J C Dorman, M F Bergeron, T A Munce, V D Valentine

## Short report

60 A survey of state medical licensing boards: can the travelling team physician practice in your state? T Viola, C Carlson, T H Trojian, J Anderson

Volume 47 Issue 1 | BJSM January 2013

### **Miscellaneous**

62 Correction