

Journal of the British Association of Sport and Exercise Medicine

Editor-in-Chief Karim Khan (Canada)

Editors

Babette Pluim (Netherlands) Kay Crossley (Australia)

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@bmj.com Twitter: @BJSM_BMJ

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: 6.724

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 BJSM 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: © 2017 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 Nova Techset Private Limited, Bengaluru & Chennai, India and printed in the UK on acid-free paper.

British Journal of Sports Medicine (ISSN: 0306-3674) is published monthly by BIVJ 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.

Contents

Warm up

141 Caring for the young athlete: past, present and future

N Jayanthi, J Brenner

Editorials

142 Debunking early single sport pecialisation and reshaping the youth sport experience: an NBA perspective I P DiFiori, I S Brenner, D Comstock, I Côté,

J P DiFiori, J S Brenner, D Comstoce, J Cote A Güllich, B Hainline, R Malina

- **143** Promoting the athlete in every child: physical activity assessment and promotion in healthcare *E A Joy, F Lobelo*
- **145** Youth sports injury prevention: keep calm and play on *C R LaBella, G D Myer*
- 147 Cognitive rest following concussions: rethinking 'cognitive rest' *M E Halstead, B E Brown, K McAvoy*
- **148** Optimising bone health in the young male athlete

A S Tenforde, A Nattiv, K Ackerman, M T Barrack, M Fredericson

- **150** Preparticipation cardiovascular screening: clinical partnership is the only certainty *A L Baggish, R J Kovacs*
- **151** Preparticipation physical examination: Is it time to stop doing the sports physical? *M LaBotz, D T Bernhardt*

Consensus statement

153 AMSSM Position Statement on Cardiovascular Preparticipation Screening in Athletes: Current evidence, knowledge gaps, recommendations and future directions

J A Drezner, F G O'Connor, K G Harmon, K B Fields, C A Asplund, I M Asif, D E Price, R J Dimeff, D T Bernhardt, W O Roberts

Infographics

168 Infographic: AMSSM position statement on cardiovascular preparticipation screening in athletes: Current evidence, knowledge gaps, recommendations and future directions *J A Drezner, F G O'Connor, K G Harmon, K B Fields, C A Asplund, I M Asif, D E Price, R J Dimeff, D T Bernhardt, W O Roberts*

Reviews

- **169** Are all sport activities equal? A systematic review of how youth psychosocial experiences vary across differing sport activities *M B Evans, V Allan, K Erickson, L J Martin, R Budziszewski, J Côté*
- 177 Recurrence and return to play after shoulder instability events in young and adolescent athletes: a systematic review and meta-analysis

J L Zaremski, J Galloza, F Sepulveda, T Vasilopoulos, W Micheo, D C Herman

MORE CONTENTS

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

This article has been made freely available online under the BMJ Journals Open Access scheme.

See http://bjsm.bmj.com/site/about/guidelines.xhtml#open



equator

network

V

EDITOR'S CHOICE

6

OPEN ACCESS

This journal is a member of and subscribes to the principles of the Committee on Publication Ethics **www.publicationethics.org.uk**





Contents

Volume 51 Issue 3 | BJSM February 2017

Original articles

185 T

Nine-year study of US high school soccer injuries: data from a national sports injury surveillance programme M Khodaee, D W Currie, I M Asif,

R D Comstock

Subjective well-being and training load predict 194 in-season injury and illness risk in female youth soccer players

A Watson, S Brickson, A Brooks, W Dunn

Evidence of a cumulative effect for risk factors 200 predicting low bone mass among male adolescent athletes M T Barrack, M Fredericson, A S Tenforde, A Nattiv

PEDro systematic review update

Home-based rehabilitation improves exercise 206 capacity and reduces respiratory symptoms in people with COPD (PEDro synthesis) R J McNamara, M R Elkins

PostScript

208 Letters

Subscription Information

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

Institutional rates 2017

Print

£755; US\$1473; €1020

Online

Site licences are priced on FTE basis and allow access by the whole institution. Details available online at http://group.bmj.com/subscribe/?bjsm

£166; US\$324; €225 ISSN 0306-3674 (print); 1473-0480 (online)

Print (includes online access at no additional cost)

Personal rates 2017

£281; US\$548; €380

Online only

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