



Design: Vicky Earle

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/pages/authors/>. Articles must be submitted electronically <http://bjsm.bmj.com/pages/authors/>. Authors retain copyright but are required to grant *BJSM* an exclusive licence to publish (<http://authors.bmj.com/submitting-your-paper/copyright-and-authors-rights/>).

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

Impact factor: 6.557

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 *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: © 2018 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 Exeter Premedia Services Private Ltd, Chennai, India 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.

Contents

Volume 52 Issue 16 | **BJSM** August 2018

Warm up

- 1013** #Sportsuisse2018 – 15–16 November 2018 – Come and get a taste for the Swiss way, and have a Muesli with us
G Cléinin, B Gojanovic

Editorials

- 1014** Integrated performance support: facilitating effective and collaborative performance teams
B C Sporer, J Windt
- 1016** Training load and structure-specific load: applications for sport injury causality and data analyses
R O Nielsen, M L Bertelsen, M Møller, A Hulme, J Windt, E Verhagen, M A Mansournia, M Casals, E T Parner
- 1018** Why we should focus on the burden of injuries and illnesses, not just their incidence
R Bahr, B Clarsen, J Ekstrand

Infographics

- 1022** Infographic. Is lower hip range of motion a risk factor for groin pain in athletes? A systematic review with clinical applications
I Tak, D Pope, L Engelaar, V Gouttebauge, M Barendrecht, S Van den Heuvel, G Kerckhoffs, R Langhout, J Stubbe, A Weir
- 1024** Hip and groin pain in athletes: morphology, function and injury from a clinical perspective
I J R Tak

Subscription information

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

Institutional rates 2018

Print £845

Online Site licences are priced on FTE basis and allow access by the whole institution. Details available online at <http://journals.bmj.com/content/subscribers?bjsm>

Personal rates 2018

Print (includes online access at no additional cost) £296

Online only £175

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 <http://journals.bmj.com/content/subscribers?bjsm>

Bright spots

- 1026** Bright spots, physical activity investments that work: Workplace Challenge
E J Adams, H Musson, A Watson, L Mason

Commentary

- 1029** ACL rupture is a single leg injury but a double leg problem: too much focus on 'symmetry' alone and that's not enough!
A Benjaminse, S Holden, G D Myer

Reviews

- 1031** What interventions can improve quality of life or psychosocial factors of individuals with knee osteoarthritis? A systematic review with meta-analysis of primary outcomes from randomised controlled trials
R V Briani, A S Ferreira, M F Pazzinato, E Pappas, D De Oliveira Silva, F M de Azevedo
- 1039** How does academic achievement relate to cardiorespiratory fitness, self-reported physical activity and objectively reported physical activity: a systematic review in children and adolescents aged 6–18 years
A Marques, D A Santos, C H Hillman, L B Sardinha
- 1040** Efficacy of foot orthoses for the treatment of plantar heel pain: a systematic review and meta-analysis
N Rasenberg, H Riel, M S Rathleff, S M A Bierma-Zeinstra, M van Middelkoop

Original research

- 1047** The functional movement test 9+ is a poor screening test for lower extremity injuries in professional male football players: a 2-year prospective cohort study
A Bakken, S Targett, T Bere, C Eirale, A Farooq, J L Tol, R Whiteley, K M Khan, R Bahr

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>




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



The online version of this article contains multiple choice questions hosted on BMJ Learning.

- 1054** Clinical and biomechanical outcomes of rehabilitation targeting intersegmental control in athletic groin pain: prospective cohort of 205 patients
 OPEN ACCESS
E King, A Franklyn-Miller, C Richter, E O'Reilly, M Doolan, K Moran, S Strike, É Falvey

- 1063** Ten-year change in sedentary behaviour, moderate-to-vigorous physical activity, cardiorespiratory fitness and cardiometabolic risk: independent associations and mediation analysis
 OPEN ACCESS
S Knaeps, J G Bourgois, R Charlier, E Mertens, J Lefevre, K Wijndaele

Inside track

- 1069** Alan McCall #FootballScience
#aBitWeird
J Windt

Discussion

- 1071** Proposal to disregard athletics world records prior to 2005: a radical and misjudged initiative
A M Edwards, A M Jones, D B Pyne

Education reviews

- 1073** Popliteal artery entrapment syndrome: an approach to diagnosis and management
M Hameed, A Coupland, A H Davies

PhD Academy Award

- 1075** Lower-extremity symmetry influences knee abduction moments during sidestepping in rugby
S R Brown