



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: 7.867

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 20 | **BJSM** October 2018

Editorials

1283 Navigating the new landscape of apps: Overcoming the challenge of poor quality apps in sport and exercise medicine
O H Ahmed, H Lee, H Marchant, R Jones, E E Hall

1284 Understanding and removing barriers to physical activity: one key in addressing child obesity
L Murphy, A R Demaio

1285 Learning, activity... and injury? Caring for young athletes through appropriately designed modified (developmental) sport
M Reid, T Buszard, D Farrow

1287 We need to talk about manels: the problem of implicit gender bias in sport and exercise medicine
S Bekker, O H Ahmed, U Bakare, T A Blake, A M Brooks, T E Davenport, L De M Mendonça, L V Fortington, M Himawan, J L Kemp, K Litzy, R F Loh, J MacDonald, C D McKay, A B Mosler, M Mountjoy, A Pederson, M I Stefan, E Stokes, A J Vassallo, J L Whittaker

1289 Applying ethical standards to guide shared decision-making with youth athletes
C L Ardern, H Grindem, G R Ekås, R Seil, M McNamee

1291 Physical literacy: why should we embrace this construct?
E P Roetert, T S Ellenbecker, D Kriellaars

1292 An ounce of prevention is better than a pound of cure: shouldn't we be doing EVERYTHING to reduce sports injury incidence and burden?
A Gledhill, D Forsdyke

1294 Structured clinical assessment: a brake to stop the ankle joint 'rolling'
E Delahunt, P A Gribble

Infographics

1295 Infographic: Genetic testing and research
N Vlahovich, D Hughes

1297 Prevention, diagnosis and management of paediatric ACL injuries
C L Ardern, G R Ekås, H Grindem, H Mokesnes, A Anderson, F Chotel, M Cohen, M Forssblad, T J Ganley, J A Feller, J Karlsson, M S Kocher, R F LaPrade, M McNamee, B Mandelbaum, L Micheli, N G H Mohladi, B Reider, J P Roe, R Seil, R Siebold, H J Silvers-Granelli, T Soligard, E Wütrouwe, L Engebretsen

Bright spots

1299 Bright spots, physical activity investments that work: JUMP-in: promoting physical activity and healthy nutrition at primary schools in Amsterdam
V Busch, P A J van Opdorp, J Broek, I A Harmsen

1302 Bright spots, physical activity investments that work: Indigenous Marathon Foundation
R Macniven, R de Castella, E B Seriat, N Hunt, A E Bauman

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>

MORE CONTENTS ►



EDITOR'S CHOICE



OPEN ACCESS

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>



Member since 2008
J960006

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.

Consensus statement

- 1304** Clinical assessment of acute lateral ankle sprain injuries (ROAST): 2019 consensus statement and recommendations of the International Ankle Consortium
 *E Delahunt, C M Bleakley, D S Bossard, B M Caulfield, C L Docherty, C Doherty, F Fourchet, D T Fong, J Herel, C E Hiller, T W Kaminski, P O McKeon, K M Refshauge, A Remus, E Verhagen, B T Vicenzino, E A Wikstrom, P A Gribble*

Reviews

- 1311** Therapeutic effects of aerobic and resistance exercises for cancer survivors: a systematic review of meta-analyses of clinical trials
J T Fuller, M C Hartland, L T Maloney, K Davison
- 1312** Risk factors for, and prevention of, shoulder injuries in overhead sports: a systematic review with best-evidence synthesis
 *M Asker, H L Brooke, M Waldén, U Tranaeus, F Johansson, E Skillgate, L W Holm*
- 1320** Do highly physically active workers die early? A systematic review with meta-analysis of data from 193 696 participants
P Coenen, M A Huysmans, A Holtermann, N Krause, W van Mechelen, L M Straker, A J van der Beek

Original research

- 1327** Dupuytren disease is highly prevalent in male field hockey players aged over 60 years
D C Broekstra, E R van den Heuvel, R Lanting, T Harder, I Smits, P M N Werker

Inside track

- 1332** Ewa Roos
 #MorningRun
 #InspirationalLeadership
J Windt

Education reviews

- 1334** Development and implementation of the ACC SportSmart Warm-up programme: a nationwide sports injury prevention initiative in New Zealand
M L Fulcher, I Carlson, C Mitchell, M Bizzini, J Dvorak

Electronic pages

- e6** Medical schools should be prioritising nutrition and lifestyle education
K Womersley, K Ripullone
- e7** Letter in response to: concurrent aerobic plus resistance exercise versus aerobic exercise alone to improve health outcomes in paediatric obesity—a systematic review and meta-analysis
F de Souza, M M M de Souza, F Schuelter Trevisol, D J Trevisol
- e8** Correction: *Persistent effects of playing football and associated (subconcussive) head trauma on brain structure and function: a systematic review of the literature*