WARM UP

277 Exercise prescription: bridging the gap to practical practice
P Glasgow

EDITORIALS

278 Optimal loading: key variables and mechanisms
P Glasgow, N Phillips, C Blakeley

280 Bloodletting for pneumonia, prolonged bed rest for low back pain, is subacromial decompression another clinical illusion? J Lewis

REVIEWS


290 The foot core system: a new paradigm for understanding intrinsic foot muscle function P O McKeon, J Hertel, D Bramble, I Davis

291 A review of the specificity of exercises designed for conditioning the lumbar extensors J Steele, S Bruce-Low, D Smith

298 Acromiøhumeralar distance measurement in rotator cuff tendinopathy: is there a reliable, clinically applicable method? A systematic review K M McCroes, J M Cotty, J S Lewis


SHORT REPORT

343 Effect of dynamic humeral centring (DHC) treatment on painful active elevation of the arm in subacromial impingement syndrome. Secondary analysis of data from an RCT J Beaudreuil, S Lasbleiz, M Aout, E Vicaut, A Yelnik, T Barzin, P Orcel

ORIGINAL ARTICLES

312 Using criteria-based interview models for assessing clinical expertise to select physiotherapists at major multisport games N Phillips, M-E Grant, L Booth, P Glasgow

318 The Elbow-EpiTrainer: a method of delivering graded resistance to the extensor carpi radialis brevis, Effectiveness of a prototype device in a healthy population R Navaria, D M Ryder, J S Lewis, C M Alexander

323 Diagnostic accuracy of clinical tests for ankle syndesmosis injury A D Sman, C E Hille, K Rae, J Linklater, D A Black, L L Nicholson, J Burns, K M Refshauge

330 Sports participation of individuals with major upper limb deficiency M Bragaia, R Dekker, P U Dijkstra, J H B Geertzen, C K van der Sluis

335 Consensus criteria for defining ‘successful outcome’ after ACL injury and reconstruction: a Delaware-Oslo ACL cohort investigation A D Lynch, D S Lagerstad, H Grindem, J Efzen, C E Hicks, M J Asset, E Engelbreten, M A Ruberg, I Snyder-Mackler

Subscription information

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

Institutional rates 2015

Print: £728; US$1420; €983

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

Personal rates 2015

Print [includes online access at no additional cost] £254; US$496; €343

Online Only £150; US$293; €203

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

Receive regular table of contents by email. Register using this QR code.

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

This paper has been chosen 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