Contents

Volume 50 Issue 1 | BJSM January 2016

Editorial

1 Equipment designed to reduce risk of severe traumatic injuries in alpine ski racing: constructive collaboration between the International Ski Federation, industry and science
E. Müller, J. Speirn, J. Kröll, H. Föntner

Review

3 Citius, Altius, Fortius: beneficial effects of resistance training for young athletes: Narrative review
A. D. Fuglseth, R. S. Lloyd, J. MacDonald, G. D. Myer

Original articles

8 Effect of ski geometry and standing height on kinetic energy: equipment designed to reduce risk of severe traumatic injuries in alpine downhill ski racing
M. Gilgen, J. Speirn, J. Kröll, E. Müller

14 Sidetrap and the mechanics of turning—equipment designed to reduce risk of severe traumatic knee injuries in alpine giant slalom ski racing
J. Speirn, J. Kröll, M. Gilgen, E. Müller

20 Effect of ski geometry on aggressive ski behaviour and visual aesthetics: equipment designed to reduce risk of severe traumatic knee injuries in alpine giant slalom ski racing
J. Kröll, J. Speirn, M. Gilgen, H. Schwameder, E. Müller

26 Sidetrap radius and kinetic energy: equipment designed to reduce risk of severe traumatic knee injuries in alpine giant slalom ski racing
J. Kröll, J. Speirn, M. Gilgen, H. Schwameder, E. Müller

Subscription information

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

Institutional rates 2016

Print £765; US$1492; €1033

Online

Site licences are priced on FTE basis and allow access by the whole institution. Details available online at http://group.bmj.com/subscriptions/bjsm or contact the Subscription Manager in the UK

Institutional rates 2016

Print (includes online access at no additional cost) £287; US$5521; €361

Online only £158; US$309; €214

Personal rates 2016

Print (includes online access at no additional cost) £287; US$5521; €361

Online only £158; US$309; €214

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 our website at bmj.com/subscriptions/vatandpaymentinfo.dtt

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 but follow 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 Medical Association or any information in it whether based on contract, tort or otherwise. Readers are advised to verify any information in it whether based on contract, tort, or otherwise. 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 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 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 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 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 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 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 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 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 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 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.

Copyright

© 2015 BMJ Publishing Group Ltd and British Association of Sport and Exercise Medicine. All rights reserved; no part of this publication may be translated in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise without prior permission.

Subcription information

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

Institutional rates 2016

Print £765; US$1492; €1033

Online

Site licences are priced on FTE basis and allow access by the whole institution. Details available online at http://group.bmj.com/subscriptions/bjsm or contact the Subscription Manager in the UK

Institutional rates 2016

Print (includes online access at no additional cost) £287; US$5521; €361

Online only £158; US$309; €214

Personal rates 2016

Print (includes online access at no additional cost) £287; US$5521; €361

Online only £158; US$309; €214

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 our website at bmj.com/subscriptions/vatandpaymentinfo.dtt

Injuries at the Whistler Sliding Center: a 4-year retrospective study
C. A. Stuart, D. Richards, P. A. Copson

Injury rate and injury patterns in FIS World Cup Alpine skiing (2006–2015): have the new ski regulations made an impact?
B. Haaland, S. E. Steenstrup, T. Bere, R. Bahr, L. Nordstrøm

Factors associated with self-reported failure of binding release among ACL injured male and female recreational skiers: a catalyst to change ISO binding standards?
C. Ruedl, K. Helle, K. Tecklenburg, A. Schranz, C. Fink, M. Burscher

Poor oral health including active caries in 187 UK professional male football players: clinical dental examination performed by dentists I. Needlemann, P. Ashley, L. Meechan, A. Pettie, R. Weiler, S. McNally, C. Ayer, R. Hanna, J. Hunt, S. Kell, P. Ridgewell, R. Taylor

Subcutaneous fat patterning in athletes: selection of appropriate sites and standardisation of a novel ultrasound measurement technique: ad hoc working group on body composition, health and performance, under the auspices of the IOC Medical Commission

Policy change eliminating body checking in non-elite ice hockey leads to a threefold reduction in injury and concussion risk in 11- and 12-year-old players

Injury for interest and importance and is freely available online.

This article has been made freely available online under the BMJ Group Open Access scheme. See http://bjsm.bmj.com/site/about/guidelines.xhtml#openaccess

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

Disclaimer: BJSM is published by BMJ Publishing Group Ltd 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 Medical Association 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 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.

Copyright: © 2015 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.