Contents

Volume 51 Issue 16 | BJSM August 2017

Warm up
1175 The warm water in Langkawi awaits, but first…
E K Rio, D Opar

Editorials
1176 Misinterpretations of the ‘p value’: a brief primer for academic sports medicine
S D Sovárov, E Verhagen, I Shiert

1178 Towards the reduction of injury and illness in athletes: defining our research priorities
C F Finch, R Baker, J A Drezer, J Dvorak, L Engebretson, T E Hewett, A Junge, K M Khan, D MacAuley, G O Matheson, P McCorry, E Verhagen

1183 How to make an engaging infographic?
H Scott, S Fawkner, C W Oliver, A Murray

1185 MRI investigation for groin pain in athletes: is radiological terminology clarifying or confusing?
A Weir, P Robinson, B Hogan, A Franklyn-Miller

1187 Biopsychosocial model of disease: 40 years on. Which way is the pendulum swinging?
G Jull

Reviews
1189 Calf muscle strain injuries in sport: a systematic review of risk factors for injury
B Green, T Pizzari

1195 The prevalence of radiographic and MRI-defined patellofemoral osteoarthritis and structural pathology: a systematic review and meta-analysis
H F Hart, J J Stefanick, N Wyndow, Z Machotka, K M Crossley

1209 Injuries impair the chance of successful performance by sportpeople: a systematic review
M K Drew, B P Raysmith, P C Charlton

Infographics
1227 Infographic. Best investments for physical activity
C Schippera, A Murray, P Kelly, C Oliver, F Bull

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

Institutional rates 2017
Print £755; US$1473; €1227
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?

Personal rates 2017
Print (includes online access at no additional cost)
£281; US$548; €225
Online only £168; US$324; €225

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

This article 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.

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.

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.

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 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.
<table>
<thead>
<tr>
<th>Section</th>
<th>Pages</th>
<th>Authors</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inside track</td>
<td>1229</td>
<td>Evert Verhagen</td>
<td>#PreventingInjuries #MakingSportLifeLongFun</td>
</tr>
<tr>
<td></td>
<td></td>
<td>J Windt</td>
<td></td>
</tr>
<tr>
<td>Mobile App User Guides</td>
<td>1231</td>
<td>E M Caplan</td>
<td>MapMyFitness: tracking your training and routes</td>
</tr>
<tr>
<td>PEDro systematic review update</td>
<td>1233</td>
<td>J Dannaway, C C New, C H New, C G Maher</td>
<td>Aquatic exercise for osteoarthritis of the knee or hip (PEDro synthesis)</td>
</tr>
<tr>
<td>PhD Academy Awards</td>
<td>1235</td>
<td>A Fältström</td>
<td>One ACL injury is enough! Focus on female football players</td>
</tr>
<tr>
<td>Republished research from the BMJ</td>
<td>1237</td>
<td>S Armstrong</td>
<td>Which app should I use? Patients and doctors are making increasing use of health apps, but there is little guidance about how well they work</td>
</tr>
<tr>
<td>PostScript</td>
<td>1240</td>
<td>B Sperlich, H-C Holmberg</td>
<td>Letter: Wearable, yes, but able…?: it is time for evidence-based marketing claims!</td>
</tr>
</tbody>
</table>