



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](mailto: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:** 6.724

**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.

To the fullest extent permitted by law, the BMJ Publishing Group Ltd 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: © 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.

## Warm up

- 553** Join the Swiss Sports Physiotherapy Association in celebrating 15 years of quality education: Bern, 24 November 2017  
*M Bizzini*

## Editorials

- 554** Anatomical and morphological characteristics may explain why groin pain is more common in male than female athletes  
*A G Schache, S J Woodley, E Schilders, J W Orchard, K M Crossley*
- 555** Psychological readiness to return to sport: three key elements to help the practitioner decide whether the athlete is REALLY ready?  
*D Forsdyke, A Gledhill, C Ardern*
- 557** Serving the clinician and the patient: three ways that quality clinical guidelines can build on expert consensus statements and systematic reviews  
*C L Ardern*
- 558** What is in a name? Quite possibly public safety  
*E K Stokes*
- 559** Call for coordinated and systematic training load measurement (and progression) in athlete development: a conceptual model with practical steps  
*M Booth, R Orr, S Coblely*

## Infographics

- 561** Infographic: Psychosocial factors associated with outcomes of sports injury rehabilitation in competitive athletes  
*D Forsdyke, A Smith, M Jones, A Gledhill*

## Reviews

- 562** Effect of specific exercise-based football injury prevention programmes on the overall injury rate in football: a systematic review and meta-analysis of the FIFA 11 and 11+ programmes  
*K Thorborg, K K Krommes, E Esteve, M B Clausen, E M Bartels, M S Rathleff*
- 572** Pain, activities of daily living and sport function at different time points after hip arthroscopy in patients with femoroacetabular impingement: a systematic review with meta-analysis  
*S Kierkegaard, M Langeskov-Christensen, B Lund, F D Naal, I Mechlenburg, U Dalgas, N C Casartelli*
- 580** Predicting sport and occupational lower extremity injury risk through movement quality screening: a systematic review  
*J L Whitaker, N Booyesen, S de la Motte, L Dennett, C L Lewis, D Wilson, C McKay, M Warner, D Padua, C A Emery, M Stokes*
- 586** Step training improves reaction time, gait and balance and reduces falls in older people: a systematic review and meta-analysis  
*Y Okubo, D Schoene, S R Lord*

## Subscription information

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

### Institutional rates 2017

**Print** £755; US\$1473; €1020

**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 2017

**Print** (includes online access at no additional cost)  
£281; US\$548; €380

**Online only** £166; 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>

**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](http://www.publicationethics.org.uk)



---

## Original articles

**594** Copenhagen five-second squeeze: a valid indicator of sports-related hip and groin function  
*K Thorborg, S Branci, M P Nielsen, M T Langelund, P Hölmich*

**600** RISUS study: Rugby Injury Surveillance in Ulster Schools  
*H A P Archbold, A T Rankin, M Webb, R Nicholas, N W A Eames, R K Wilson, L A Henderson, G J Heyes, C M Bleakley*

**607** Tennis injury data from The Championships, Wimbledon, from 2003 to 2012  
OPEN ACCESS *I McCurdie, S Smith, P H Bell, M E Batt*

---

## Education

**612** International Olympic Committee Diploma in Sports Physical Therapies: a new online programme for therapists working with athletes and sporting teams (continuing professional development series)  
*A G Culvenor*

---

## PhD Academy Award

**614** Managing acute hamstring injuries in athletes  
*G Reurink*

---

## Inside track

**616** Chad Cook  
*J Windt*

---

## PostScript

**618** Correspondences



51 (7)

*Br J Sports Med* 2017 51: 553-622

---

Updated information and services can be found at:  
<http://bjsm.bmj.com/content/51/7>

---

*These include:*

**Email alerting  
service**

Receive free email alerts when new articles cite this article. Sign up in the box at the top right corner of the online article.

---

**Notes**

---

To request permissions go to:  
<http://group.bmj.com/group/rights-licensing/permissions>

To order reprints go to:  
<http://journals.bmj.com/cgi/reprintform>

To subscribe to BMJ go to:  
<http://group.bmj.com/subscribe/>