Contents

Volume 52 Issue 3 | BJSM February 2018

Warm up
141 Everyone is an “Athlete”
M Novak, J Taani

Editorials
142 Running causes knee osteoarthritis: myth or misunderstanding
W O Roberts

143 Preventing fractures in the masters athlete: we can do better
A P Powell, I Borowski, A Kussman, A Nativ

145 Physical activity for the ageing athlete: the importance of maintaining musculoskeletal health
M E Batt

147 Evidence-based exercise prescription is facilitated by the Consensus on Exercise Reporting Template (CERT)
P Kent, P B O’Sullivan, J Keating, S C Skade

149 The physical activity paradox: six reasons why occupational physical activity (OPA) does not confer the cardiovascular health benefits that leisure time physical activity does
A Holterman, N Krause, A J van der Beek, L Stecker

151 The Fat but Fit paradox: what we know and don’t know about it
F B Ortega, J R Ruiz, I Labayen, C J Lavie, L Straker, S C Slade

Reviews
154 Exercise interventions for cognitive function in adults older than 50: a systematic review with meta-analysis
J M Northey, N Cherbuin, K L Pumpa, D J Sme, B Rattray

161 Concurrent aerobic plus resistance exercise versus aerobic exercise alone to improve health outcomes in paediatric obesity: a systematic review and meta-analysis
A García-Hermoso, R Ramírez-Vélez, R Ramírez-Campillo, M D Peterson, V Martínez-Vizcaíno

167 Dietary supplements for treating osteoarthritis: a systematic review and meta-analysis
X Liu, G C Machado, J P Eyles, V Ravi, D J Hunter

176 Associations of occupational standing with musculoskeletal symptoms: a systematic review with meta-analysis

Original articles
184 Aerobic exercise promotes executive functions and impacts functional neural activity among older adults with vascular cognitive impairment

192 Genetic polymorphisms associated with the risk of concussion in 1056 college athletes: a multicentre prospective cohort study
T R Terrell, R Abramson, J T Barth, E Bennett, R C Cantu, R Slone, D T Laskowitz, D M Erlanger, D McKaig, G Nichols, V Valentine, I Calloway

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 ➤
<table>
<thead>
<tr>
<th>Contents</th>
<th>Volume 52 Issue 3</th>
<th>BJSM February 2018</th>
</tr>
</thead>
</table>
| PEDro systematic review update | 199  Effect of pilates exercise for improving balance in older adults (PEDro synthesis)  
G H D Grande, S A T Padulla, M R Franco |
| Infographics | 201  Health benefits of tennis  
B M Pluim, J L Groppel, D Miley, M Crespo, M S Turner |
|  | 203  Infographic: The training–injury prevention paradox: should athletes be training smarter and harder?  
T Gabbett |
| Mobile app user guides | 204  Mobile app user guide: Hipbone to sync personal health data  
R D Furberg, A M Ortiz |
| Education reviews | 206  Queen Mary University London: one of the longest established masters of sport and exercise medicine globally (continuing professional development series)  
S Lack, A Birn-Jeffery, I Beasley, D Morrissey |
| PhD Academy Award | 208  Longer-term quality of life following ACL injury and reconstruction  
S R Filbay |
| Miscellaneous | 209  Correction: International Olympic Committee consensus statement on pain management in elite athletes |