

British Journal of Sports Medicine

Editor

Paul McCrory (Australia)

North American editor

Karim Khan (Canada)

Book review editor

Susan White (Australia)

SportsMedUpdate editor

Martin Schwellnus (South Africa)

Editorial board

H Alfredson (Sweden)	J Kerr (Japan)
F Arroyo (Mexico)	W B Kibler (USA)
R Bahr (Norway)	N Maffulli (UK)
M E Batt (UK)	J McConnell (Australia)
K Bennell (Australia)	A McIntosh (Australia)
T M Best (USA)	H McKay (Canada)
C Bladin (Australia)	C Milne (New Zealand)
S N Blair (USA)	J Moriarty (USA)
P Brukner (Australia)	T Noakes (South Africa)
D Caine (USA)	M O'Brien (Ireland)
L Castell (UK)	J Orchard (Australia)
D Chalmers (New Zealand)	P Renstrom (Sweden)
P Conaghan (UK)	W Roberts (USA)
M Cullen (UK)	M Schwellnus (South Africa)
G Davis (Australia)	R J Shephard (Canada)
W Derman (South Africa)	I Shrier (Canada)
J Dvorak (Switzerland)	J Taunton (Canada)
K B Fields (USA)	M Turner (UK)
C Finch (Australia)	W van Mechelen (The Netherlands)
P Fricker (Australia)	S P von Duvillard (USA)
P Holmich (Denmark)	A D J Webb (UK)
K Johnston (Canada)	B Whipp (UK)
A M Jones (UK)	Editor, <i>BMJ</i>
B Jordan (USA)	
P Kannus (Finland)	
J Karlsson (Sweden)	

Guidelines for authors and reviewers

Full instructions are available online at <http://bjsm.bmj.com/fora>

All papers must be submitted via Bench>Press at

<http://submit-bjsm.bmj.com>

Subscription information

See inside back cover

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

Disclaimer

The *British Journal of Sports Medicine* 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 BMA grants editorial freedom to the Editor of the *British Journal of Sports Medicine*. The *British Journal of Sports Medicine* 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. The *British Journal of Sports Medicine* 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 the *British Journal of Sports Medicine* 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

© 2007 BMJ Publishing Group and the 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 the prior permission of *British Journal of Sports Medicine*.

- Authors are required to grant *British Journal of Sports Medicine* an exclusive licence to publish; further details available online at <http://bjsm.bmj.com/fora/licence.dtl>
- *British Journal of Sports Medicine* is published by BMJ Publishing Group, copyedited by Macmillan India Ltd, typeset by The Charlesworth Group and printed in UK on acid-free paper by Cambrian Printers Limited, Aberystwyth
- Periodicals postage paid, Rahway, NJ. Postmaster: send address changes to: *British Journal of Sports Medicine*, c/o Mercury Airfreight International Ltd Inc, 365 Blair Road, Avenel, NJ 07001, USA



www.publicationethics.org.uk

This journal is a member of and subscribes to the principles of the Committee on Publication Ethics

contents BJSM

Volume 41 Number 4 April 2007



Editorial

- 187 A clinical perspective to tendinopathy *J L Cook, J Karlsson, K M Khan*

Reviews

- 188 Chronic tendinopathy: effectiveness of eccentric exercise *B L Woodley, R J Newsham-West, G D Baxter*
 Commentary 1—*M Kjær*
 Commentary 2—*M S Koehle*
- 200 Exercise therapy for the conservative management of full thickness tears of the rotator cuff: a systematic review *R Ainsworth, J S Lewis*
- 211 A treatment algorithm for managing Achilles tendinopathy: new treatment options *H Alfredson, J Cook*
- 217 The evolution of eccentric training as treatment for patellar tendinopathy (jumper's knee): a critical review of exercise programmes *H Visnes, R Bahr*
- 224 The role of stretching in tendon injuries *E Witvrouw, N Mahieu, P Roosen, P McNair*
- 227 Using nitric oxide to treat tendinopathy *G A C Murrell*
- 232 Animal models for the study of tendinopathy *S J Warden*
- 241 Tendon and ligament injuries: the genetic component *A V September, M P Schwellnus, M Collins*
 Commentary—*W Gibson*

Original articles

- 247 Long-standing groin pain in sportspeople falls into three primary patterns, a "clinical entity" approach: a prospective study of 207 patients *P Hölmich*
 Commentary—*P A Renström*
- 253 Normal clinical and ultrasound findings indicate a low risk to sustain jumper's knee patellar tendinopathy: a longitudinal study on Swedish elite junior volleyball players *K Gisslén, C Gyulai, P Nordström, H Alfredson*
- 259 Anthropometric risk factors for patellar tendon injury among volleyball players *P Malliaras, J L Cook, P M Kent*
 Commentary—*H Alfredson*

contents BJSM

Volume 41 Number 4 April 2007

- 264 Biomechanical analysis of the single-leg decline squat *J Zwerver, S W Bredeweg, A L Hof*
Commentary—*C Purdam*

- 269 An isokinetic eccentric programme for the management of chronic lateral epicondylar tendinopathy *J-L Croisier, M Foidart-Dessalle, F Tinant, J-M Crielaard, B Forthomme*

- 276 Full symptomatic recovery does not ensure full recovery of muscle-tendon function in patients with Achilles tendinopathy *K G Silbernagel, R Thomeé, B I Eriksson, J Karlsson*
Commentary—*K Khan*

.....
Miscellanea

- 258 Echo: Diagnosis of exercise induced asthma in elite athletes