



Front cover design: Vicky Earle

Journal of the British Association of Sport and Exercise Medicine

Editor

Karim Khan (Canada)

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@bmjgroup.com

Guidelines for Authors and Reviewers

Full instructions are available online at <http://bjsm.bmj.com/site/about/guidelines.xhtml>. Articles must

be submitted electronically <http://mc.manuscriptcentral.com/bjsm>. Authors retain copyright but are required

to grant BJSM an exclusive licence to publish <http://group.bmj.com/products/journals/instructions-for-authors/licence-forms>

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

Impact factor: 3.54

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 Hearst 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 Emergency Medicine Journal 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: © 2012 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 Newgen, and printed in the UK on acid-free paper from sustainable forests by Latimer Trend, Plymouth, UK.

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.

Editorials

- 457** Fasting and sports: a summary statement of the IOC workshop

R J Maughan, W Al-Kharusi, M S Binnett, R Budgett, L M Burke, E F Coyle, R Elwani, C-Y Guezennec, J Limna, I Mujika, J Ramadan, P Schamasch, S M Shirreffs, P Venning

- 458** Paralympic athlete's health
P Van de Vliet

- 459** Returning to the golden age of boxing
P McCrory, É Falvey, M Turner

- 461** '23 and ½ h' goes viral: top 10 learnings about making a health message that people give to one another
M F Evans

- 463** Why hamstring eccentrics are hamstring essentials
K Thorborg



Highlight papers

- 466** Health protection of the Olympic athlete
K Steffen, T Soligard, L Engebretsen



- 471** Respiratory health of elite athletes – preventing airway injury: a critical review
P Kippelen, K D Fitch, S D Anderson, V Bougault, L-P Boulet, K W Rundell, M Sue-Chu, D C McKenzie



Reviews

- 477** Physical performance and training response during Ramadan observance, with particular reference to protein metabolism
R J Shephard

- 485** Competition injuries in taekwondo: a literature review and suggestions for prevention and surveillance
W Pieter, G P Fife, D M O'Sullivan

- 492** Epidemiology of musculoskeletal injury in the tennis player
G D Abrams, P A Renstrom, M R Safran

Original articles

- 499** Illness during the 2010 Super 14 Rugby Union tournament – a prospective study involving 22 676 player days
M Schwellnus, W Derman, T Page, M Lambert, C Readhead, C Roberts, R Kohler, E Jordaan, R Collins, S Kara, I Morris, O Strauss, S Webb

- 505** Determination of future prevention strategies in elite track and field: analysis of Daegu 2011 IAAF Championships injuries and illnesses surveillance
J-M Alonso, P Edouard, G Fischetto, B Adams, F Depiesse, M Mountjoy

- 515** Intrinsic functional deficits associated with increased risk of ankle injuries: a systematic review with meta-analysis
J Witchalls, P Blanch, G Waddington, R Adams

- 524** Medical results of preparticipation examination in adolescent athletes
F Mayer, K Bonaventura, M Cassel, S Mueller, J Weber, F Scharhag-Rosenberger, A Carlsohn, H Baur, J Scharhag

MORE CONTENTS ►

Receive regular table of contents by email.
Register using this QR code.



This article has been chosen by the Editor to be of special interest or importance and is freely available online.



Articles carrying the Unlocked Logo are freely available online under the BMJ Journals unlocked scheme. See <http://bjsm.bmj.com/info/unlocked.dtl>



These papers may be seen as "non-conformist" and challenging for classic peer review; for further information see <http://bjsm.bmj.com/cgi/content/full/42/2/79>



COMMITTEE ON PUBLICATION ETHICS

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

www.publicationethics.org.uk



- 531** Injury risk in Danish youth and senior elite handball using a new SMS text messages approach
M Moller, J Attermann, G Myklebust, N Wedderkopp

- 538** Mechanisms of traumatic shoulder injury in elite rugby players
J Crichton, D R Jones, L Funk



Subscription Information

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

Institutional Rates 2012

Print

£559; US\$1091; €755

Online

Site licences are priced on FTE basis and allow access by the whole institution. Print is available at deeply discounted rates for online subscribers; details available online at <http://group.bmj.com/subscribe/?bjsm> or contact the Subscription Manager in the UK (see above right)

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 www.bmj.com/subscriptions/vatandpaymentinfo.dtl

Personal Rates 2012

Print (includes online access at no additional cost)

£194; US\$379; €262

Online Only

£122; US\$238; €165

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