

Design: Vicky Earle. Artwork: conceived and drawn by Malcolm Willett

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@bmj.com Twitter: @BJSM\_BMJ

### **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/

licence-forms ISSN: 0306-3674 (print) ISSN: 1473-0480 (online) Impact factor: 5.025

iournals/instructions-for-authors/

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.

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: © 2015 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 Techset, 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

**Contents** 

71 'Big Five' of sports medicine: preparation, teamwork, passion, mentorship and collaboration

I A Drezner

### **Editorials**

- 72 What's the big deal about T-wave inversion in athletes? A guide to clinical interpretation M G Wilson, F Carré
- 74 Let's keep running... exercise, basic science and the knowledge gaps

  A La Gerche. I R McMullen
- 77 Labelling people as 'High Risk': A tyranny of eminence?

OPEN ACCESS TLN Järvinen

79 Athletes with implantable cardioverter defibrillators: can they return to competitive sports?

J M Prutkin, M J Ackerman, J A Drezner

#### **Consensus statement**

81 Sudden cardiac arrest on the football field of play—highlights for sports medicine from the European Resuscitation Council 2015 Consensus Guidelines

E B Kramer, L Serratosa, I Drezner, I Dvorak



AMSSM scientific statement concerning viscosupplementation injections for knee osteoarthritis: importance for individual patient outcomes

T H Trojian, A L Concoff, S M Joy, J R Hatzenbuehler, W J Saulsberry, C I Coleman

### Republished research

93 Basic science behind the cardiovascular benefits of exercise

M G Wilson, G M Ellison, N T Cable

### **Subription information**

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

### Institutional rates 2016

**Print** £765: US\$1492: €1033

### Online

Site licences are priced on FTE basis and allow access by the whole institution. Details available online at http:// group.bmj.com/subscribe/?bjsm or contact the Subscription Manager in the UK

### **Personal rates 2016**

**Print** (includes online access at no additional cost) £267; US\$521; €361

Online only £158; US\$309; €214

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 visit www.bmj.com/subscriptions/vatandpaymentinfo.dtl

Marfan syndrome, inherited aortopathies and exercise: What is the right answer?

A Cheng, D Owens

### **Original articles**



Electrocardiographic abnormalities in elite high school athletes: comparison to adolescent hypertrophic cardiomyopathy

A J Thompson, B C Cannon, P L Wackel, J M Horner, M J Ackerman, P W O'Leary, B W Eidem, J N Johnson

- 111 Subepicardial delayed gadolinium enhancement in asymptomatic athletes: let sleeping dogs lie?

  F Schnell, G Claessen, A La Gerche, J Bogaert, P-A Lentz, P Claus, P Mabo, F Carré, H Heidbuchel
- 118 Sudden cardiac death associated with physical exertion in the US military, 2005–2010

  D P Smallman, B J Webber, E L Mazuchowski, A I Scher, S O Jones, J A Cantrell
- 124 The prevalence and significance of a short QT interval in 18 825 low-risk individuals including athletes

  H Dhutia, A Malhotra, S Parpia, V Gabus,
  G Finocchiaro, G Mellor, A Merghani, L Millar,
  R Narain, N Sheikh, E R Behr, M Papadakis,
  S Sharma

# PEDro systematic review update

130 Educational interventions are effective in treating childhood obesity: (PEDro synthesis)

N Nathan, L Wolfenden, C M Williams

### Correction

**131** Correction

### **Inside track**

**132** Jon Patricios *I Windt* 

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.



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





