

Design: Vicky Earle. Photograph: iStock

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 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/journals/instructions-for-authors/licence-forms

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 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: © 2016 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 Nova Techset Private Limited, Bengaluru & 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

Contents

71 Champions' league of professional educational opportunities: Helsinki June 2017 K M Khan

Editorial

72 Conservative management of lateral hip pain: the future holds promise *A Grimaldi*

Consensus statement

Interassociation consensus statement on cardiovascular care of college student-athletes



Reviews

86 Effectiveness of foot orthoses and shock-absorbing insoles for the prevention of injury: a systematic review and meta-analysis D R Bonanno, K B Landorf, S E Munteanu, G S Murley, H B Menz

97 Conservative treatments for greater trochanteric pain syndrome: a systematic review

P A Barratt, N Brookes, A Newson

- 105 Therapeutic interventions for improving self-reported function in patients with chronic ankle instability: a systematic review K B Kosik, R S McCann, M Terada, P A Gribble
- 113 Treatment and prevention of acute and recurrent ankle sprain: an overview of systematic reviews with meta-analysis C Doherty, C Bleakley, E Delahunt, S Holden
- Are group-based and individual physiotherapy exercise programmes equally effective for musculoskeletal conditions? A systematic review and meta-analysis

 M O'Keeffe, A Hayes, K McCreesh, H Purtill, K O'Sullivan
- Evidence that supports the prescription of low-carbohydrate high-fat diets: a narrative review

TD Noakes, J Windt

PostScript

140 Correspondence

Subription 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://group.bmj.com/subscribe/?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 visit www.bmj.com/ subscriptions/vatandpaymentinfo.dtl



(3)

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**



