



Design: Vicky Earle

Journal of the British Association of Sport and Exercise Medicine

Editor-in-Chief

Jonathan Drezner (USA)

Editors

Joanne Kemp (Australia)
Nonhlanhla Mkumbuzi (South Africa)
Jon Patricios (South Africa)
Jane Thornton (Canada)

Editorial Office

BMJ Publishing Group Ltd
BMA House
Tavistock Square
London WC1H 9JR, UK
E: bjsm@bmj.com
Twitter: @BJSM_BMJ

Guidelines for Authors and Reviewers

Full instructions are available online at <http://bjsm.bmj.com/pages/authors/>. Articles must be submitted electronically <http://bjsm.bmj.com/pages/authors/>. Authors retain copyright but are required to grant *BJSM* an exclusive licence to publish (<http://authors.bmj.com/submitting-your-paper/copyright-and-authors-rights/>).

ISSN: 0306-3674 (print)

ISSN: 1473-0480 (online)

Impact factor: 18.479

Disclaimer: The Editor of *British Journal of Sports Medicine* has been granted editorial freedom and *British Journal of Sports Medicine* is published in accordance with editorial guidelines issued by the World Association of Medical Editors and the Committee on Publication Ethics. *British Journal of Sports Medicine* is primarily intended for healthcare professionals and its content is for information only. The Journal is published without any guarantee as to its accuracy or completeness and any representations or warranties are expressly excluded to the fullest extent permitted by law. Readers are advised to independently verify any information on which they choose to rely. Acceptance of advertising by *British Journal of Sports Medicine* does not imply endorsement. Neither BASEM nor BMJ Publishing Group Limited shall have any liability for any loss, injury or damage howsoever arising from *British Journal of Sports Medicine* (except for liability which cannot be legally excluded).

Copyright: © 2023 BMJ Publishing Group Ltd and British Association of Sport and Exercise Medicine. All rights reserved; no part of this publication may be reproduced in any form without permission.

BJSM is published by BMJ Publishing Group Ltd, typeset by Exeter Premedia Services Private Ltd, Chennai, India and printed in the UK on acid-free paper.

British Journal of Sports Medicine, ISSN 0306-3674 (USPS 3957) is published bimonthly by BMJ Publishing Group Ltd, BMA House, Tavistock Square, WC1H 9JR London. Airfreight and mailing in the USA by agent named World Container Inc, 150-15, 183rd Street, Jamaica, NY 11413, USA. Periodicals postage paid at Brooklyn, NY 11256. US Postmaster: Send address changes to *British Journal of Sports Medicine*, World Container Inc, 150-15, 183rd Street, Jamaica, NY 11413, USA. Subscription records are maintained at BMA House, Tavistock Square, WC1H 9JR London. Air Business Ltd is acting as our mailing agent.

Contents

Volume 57 Issue 7 | **BJSM** April 2023

Warm up

- 385** Reflections on the past: seeking gold standards for the future – 50 years of Physios in Sport
P Glasgow, C Robertson, L Chimimba, S Mutch

Editorials

- 386** Sport and exercise medicine: leading the race towards net zero
J W Orchard
- 387** Reflecting on the past to improve the future: introducing 'action after reviews' into sport
S Mutch, A McCall, A Wolfberg

Original research

- 389** Traumatic encephalopathy syndrome: application of new criteria to a cohort exposed to repetitive head impacts
A Ritter, G Shan, A Montes, R Randall, C Bernick
- 395** Concussion increases within-player injury risk in male professional rugby union
I S Moore, C L Bitchell, D Vicary, J Rafferty, B C Robson, P Mathema
- 401** Sport and exercise medicine/physiotherapy publishing has a gender/sex equity problem: we need action now!
S M Cowan, J L Kemp, C L Arden, J S Thornton, E K Rio, A M Bruder, A B Mosler, B Patterson, M Haberfield, E A Roughead, H Hart, L To, S Neufeld, N Mazahir, K M Crossley

Reviews

- 408** Diagnosis, prevention and treatment of common shoulder injuries in sport: grading the evidence – a statement paper commissioned by the Danish Society of Sports Physical Therapy (DSSF)
B Liaghat, J R Pedersen, R S Husted, L L Pedersen, K Thorborg, C B Juhl
- 417** Is daytime napping an effective strategy to improve sport-related cognitive and physical performance and reduce fatigue? A systematic review and meta-analysis of randomised controlled trials
A E Mesas, S Núñez de Arenas-Arroyo, V Martínez-Vizcaino, M Garrido-Miguel, R Fernández-Rodríguez, B Bizzozero-Peroni, A I Torres-Costoso
- 427** Return to sport following low-risk and high-risk bone stress injuries: a systematic review and meta-analysis
T Hoenig, J Eissele, A Strahl, K L Popp, J Stürznickel, K E Ackerman, K Hollander, S J Warden, K-H Frosch, A S Tenforde, T Rohvien

Infographic

- 433** Infographic. Prehospital management of exertional heat stroke at sports competitions for Paralympic athletes
V L Goosey-Tolfrey, Y Hosokawa, N Webborn, C Blauwet, P E Adami

PhD Academy Award

- 435** Impact of swim training loads on shoulder musculoskeletal physical qualities (PhD Academy Award)
M Yoma

Subscription information

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

Institutional rates 2023

Print £1,091

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 2023

Print (includes online access at no additional cost) £375

Online only £217

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>



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



The online version of this article contains multiple choice questions hosted on BMJ Learning.