

Editorials	263	Warm up	
	263	Return to Athens, the odyssey	<i>Domhnall MacAuley</i>
Leaders	264	A physically active lifestyle—public health's best buy?	<i>Willem van Mechelen</i>
	265	The United Kingdom Diploma in Sport and Exercise Medicine	<i>Mark Harries</i>
	266	Exercising medical judgement	<i>A T Day</i>
	267	Growth hormone and sport: abuse, potential benefits, and difficulties in detection	<i>Marie-Louise Healey, D Russell-Jones</i>
Reviews	269	Sudden death from cardiovascular disease in young athletes: fact or fiction?	<i>S Sharma, G Whyte, W J McKenna</i>
	277	What is the optimal type of physical activity to enhance health?	<i>Roy J Shephard</i>
	285	Subcutaneous rupture of the Achilles tendon: basic science and some aspects of clinical practice	<i>Stuart William Waterston, Nicola Maffulli, Stanley W B Ewen</i>
Original articles	299	Hazard of deceptive advertising of athletic footwear	<i>Steven Robbins, Edward Waked</i>
	304	Homoeopathy for delayed onset muscle soreness: a randomised double blind placebo controlled trial	<i>Andrew J Vickers, Peter Fisher, Claire Smith, Sheena E Wyllie, George T Lewith</i>
	308	Factors that influence practice nurses to promote physical activity	<i>N McDowell, J McKenna, P-J Naylor</i>
	314	Assessing agreement between measurements recorded on a ratio scale in sports medicine and sports science	<i>Alan M Nevill, Greg Atkinson</i>
	319	Playing with metal: fracture implants and contact sport	<i>Nick A Evans, Richard O N Evans</i>
	<i>Cardiovascular risk</i>	322	Effects of tennis training on lipid metabolism and lipoproteins in recreational players
328		Exercise and heart disease: cardiac findings in fatal cycle accidents	<i>Alexander Kennedy</i>
<i>Sports injury</i>	332	A cross sectional study of 100 athletes with jumper's knee managed conservatively and surgically	<i>J L Cook, K M Khan, P R Harcourt, M Grant, D A Young, S F Bonar for the Victorian Institute of Sport Tendon Study Group</i>
<i>Physiology</i>	337	Comparison of lung volume in Greek swimmers, land based athletes, and sedentary controls using allometric scaling	<i>Michael Doherty, Lygeri Dimitriou</i>
	342	Physiological analysis to quantify training load in badminton	<i>P Majumdar, G L Khanna, V Malik, S Sachdeva, Md Arif, M Mandal</i>
Short report	346	Stroke without dissection from a neck holding manoeuvre in martial arts	<i>M O McCarron, J Patterson, R Duncan</i>
Case reports	348	Quadratus femoris tendinitis as a cause of groin pain	<i>Pieter Klinkert Jr, Robert J Porte, Theo P W de Rooij, Alexander C de Vries</i>
	349	Local complications of self administered anabolic steroid injections	<i>Nick A Evans</i>
Occasional piece	351	Sports Medicine "Webliographies"	<i>Jayne Makepeace</i>
Sporting miscellany	268	A hundred years ago	<i>P J Toghill</i>
	298	Thirty years ago: a personal account	<i>Peter Bak</i>
	321	Diabetes: going downhill fast!	<i>Neil McQuoid</i>
	331	Olympic freak show?	<i>Andrew P Read</i>

Letters to the editor	352	Sports drinks and teeth <i>Robert Murray; reply Alex Milosevic</i>
	352	Growth hormone use by body builders <i>J S Davies, C Ll Morgan, C J Currie, J T Green; reply Nick Evans</i>
	353	Health surveillance strategy for professional footballers <i>Gordon Mackay, Archibald A McConnell</i>
	353	Exercise induced leg pain: chronic compartment syndrome. Is the increase in intra-compartment pressure exercise specific? <i>N Padhiar, John B King</i>
Book reviews	353	Human body composition • Science and skiing • Antioxidants and exercise • ACSM's exercise management for persons with chronic diseases and disabilities • The physiology and pathophysiology of exercise tolerance
News and views	355	Centre for Exercise Science and Medicine • Chair in cardiology and exercise medicine • Scottish Sports Medicine Institute • BASM annual congress • National Sports Medicine Institute • American College of Sports Medicine • European Federation of Sports Medicine • BASM courses known internationally • Postgraduate qualifications • President of the RSM sports medicine section • AIDS in sport • Growth hormone
Calendar of events	356	
Correction	356	
BASM education programme	357	
<hr/>		
Author index	358	
Subject index	361	

VOLUME 31 · CONTENTS

No 1 March 1997

- Editorials**
- 1 Warm up
- 1 Will money corrupt sports medicine? *Domhnall MacAuley*
- Leaders**
- 2 Overuse injuries: where to now? *Peter Brukner, Kim Bennell*
- 3 Sport and diabetes *Michael Hall*
- 3 Distance learning in sport and exercise medicine *Malcolm B Bottomley*
- 4 Sports medicine distance learning course
- Reviews**
- 5 Exercise for the older woman: choosing the right prescription *J E Taunton, A D Martin, E C Rhodes, L A Wolski, M Donnelly, J Elliot*
- 11 Ankle ligament injuries *Per A F H Renström, Lars Konradson*
- 21 Diagnosis and management of chronic compartment syndromes: a review of the literature *Michael Barnes*
- Original articles**
- Dental health*
- 28 Sports drinks hazard to teeth *A Milosevic*
- 31 Towards the development of a standard test procedure for mouthguard assessment *A Greasley, B Karet*
Commentary *R W Kendrick*
- Disability*
- 36 Physiological responses of wheelchair athletes at percentages of top speed *Ian G Campbell, Clyde Williams, Henryk K A Lakomy*
- 41 Power output for wheelchair driving on a treadmill compared with arm crank ergometry *H Tropp, K Samuelsson, L Jorfeldt*
- Metabolism and physiology*
- 45 Energy and macronutrient intakes of professional football (soccer) players *R J Maughan*
- Health promotion*
- 48 Effects of an 18 week walking programme on cardiac function in previously sedentary or relatively inactive adults *Kathryn Woolf-May, Steve Bird, Andrew Owen*
- Drug abuse*
- 54 Gym and tonic: a profile of 100 male steroid users *Nick A Evans*
- Radiology*
- 59 Measurement of the quadriceps femoris muscle using magnetic resonance and ultrasound imaging *J M Walton, N Roberts, G H Whitehouse*
- Short reports**
- 65 Is balance impaired by recurrent sprained ankle? *Eli Isakov, J Mizrahi*
- 68 Repetitive strain injury to the foot in elite women kendoka *N R Nunn, J W Dyas, I Parker Dodd*
- Case reports**
- 70 Displaced stress fracture of the femoral neck in an active amenorrhoeic adolescent *F S Haddad, S Bann, R A Hill, D H A Jones*
- 72 Ring avulsion injuries and the basketball player *B R Pynn, T P Bartkiw, H M Clarke*
- 74 Bilateral locked posterior shoulder dislocation in a footballer *J Ryan, M Whitten*
- Olympic reports**
- 76 Lessons learnt at the 1996 Atlanta Olympic Games *Richard Budgett, Mark Harries, John Aldridge, Rod Jaques, D E Jennings*
- 77 Heat acclimatisation and rehydration strategy *Ron Maughan*
- 78 Diet and nutrition *Jane Griffin*
- 79 Psychological support *Peter Terry, Lew Hardy, Graham Jones, Shelagh Rodgers*
- 80 Physiotherapy report *Lynn Booth*
- Sporting miscellany**
- 35 Cor, what a team! *W W Gibbon*
- 82 The new sexual dimorphism *N C Craig Sharp*
- 83 High altitude research on Kangchenjunga, 1998
- Letters to the editor**
- 84 Ultrasonographic assessment of adipose tissue volume *Vicki J Moscrip, Julie M Walton, Roger G Eston, Rhodri Evans*
- 85 Injury in rugby league football: the new super league *Conor Gissane, Lisa H Phillips, Deanna Jennings, John White, Angela Cumine*
- 85 **Book reviews**
- 88 **Notes and news**
- 88 **Calendar**
- Abstracts**
- 89 British Association of Sport and Medicine: Annual Congress 1996
- 90 **BASM education programme**

	Editorials
91	Warm up
91	Family doctors: players or spectators in the future? <i>Domhnall MacAuley</i>
92	Editor's audit report for 1996
	Leaders
93	β Adrenergic blocking drugs and the Borg rating scale of perceived exertion <i>Dan Tunstall Pedoe</i>
94	Gymnastics: changing for the better? <i>Karen Forbes</i>
95	Rugby, injury, and the Lions <i>J P R Williams</i>
95	Sports injury clinics <i>Robin Knill-Jones</i>
	Reviews
97	Management of groin pain in athletes <i>Peter A Fricker</i>
102	Role of ankle taping and bracing in the athlete <i>Michael J Callaghan</i>
	Original articles
109	An investigation into the relation between step height and ground reaction forces in step exercise: a pilot study <i>Mark C Maybury, Jackie Waterfield</i> <i>Therapeutics</i>
114	Use of ratings of perceived exertion for predicting maximal work rate and prescribing exercise intensity in patients taking atenolol <i>Roger G Eston, Marilyn Thompson</i>
120	Exercise metabolism in healthy volunteers taking celioprolol, atenolol, and placebo <i>A Head, S Maxwell, M J Kendall</i> <i>Drugs</i>
126	Drug doping in senior Australian Rules football: a survey for frequency <i>Kenneth J Hardy, John J McNeil, Anthony G Capes</i>
129	General practitioner knowledge of prohibited substances in sport <i>Peter Greenway, Mary Greenway</i> <i>Rugby</i>
132	Injury consequences from participation in professional rugby league: a preliminary investigation <i>Rudi A Meir, Kevin N McDonald, Ray Russell</i>
135	Influence of players' physique on rugby football injuries <i>Amanda J Lee, Joanne L Myers, W Michael Garraway</i> <i>Women in sport</i>
139	Responses of young girls to two modes of aerobic training <i>Joanne R Welsman, Neil Armstrong, Sandra Withers</i>
143	Bone mineral density in professional female dancers <i>N Keay, I Fogelman, G Blake</i>
	Short reports
148	Developing a health surveillance strategy for professional footballers in compliance with UK health and safety legislation <i>Colin W Fuller, Richard D Hawkins</i> <i>Commentaries</i> <i>Andrew R Dent, C C Harling</i>
151	Moderate altitude has no effect on choice reaction time in international rugby players <i>Ronan E O'Carroll, Donald MacLeod</i>
	Case reports
153	Recovery from infectious mononucleosis after altitude training in an elite middle distance runner <i>Damian M Bailey, Bruce Davies, Richard Budgett, George Gandy</i>
155	Traumatic occlusion of the external iliac artery in a racing cyclist: a cause of ill defined leg pain <i>Alan J Taylor, William G Tennant, Mark E Batt, W Angus Wallace</i>
156	Dynamic obstruction of the external iliac artery in endurance athletes and its relationship to endothelial function: the case of a long distance runner <i>Isabel A Wright, Neil D Pugh, Jonathan Goodfellow, Andrew M Wood, Ian F Lane, Alan G Fraser</i> <i>Commentary</i> <i>Grahame J Brown</i>
	Discussion paper
159	Assessing physiological responses to training in young children <i>Roy J Shephard</i>
	Obituary
161	George Nightingale <i>A L Walby</i>
	Sporting miscellany
152	The shirt sign <i>Bruce Thompson</i>
162	Mountain running <i>Richard Westcott</i>
163	Extract from "The effects of strenuous exertion on women"— <i>Practitioner</i> , 1956 <i>David Ryde</i>
	Letters to the editor
164	Sternal fracture in a female army officer cadet <i>Ian McCurdie, John Etherington, Neil Buchanan</i>
164	Exercise induced leg pain <i>Simon Kemp, Mark Batt</i>
164	Turf-toe: super league toe <i>Deanna Jennings, Conor Gissane</i>
	Book reviews
166	Acknowledgments
167	Calendar of events
168	Notes and news
169	BASM education programme
170	Instructions to authors

- Editorials**
- 171 Warm up
- 171 Setting standards, chasing goals, and measuring performance *Domhnall MacAuley*
- Leaders**
- 172 Evidence based medicine: the Cochrane Collaboration *W J Gillespie*
- 173 Not everything that jerks is epilepsy *David Chadwick*
- 174 Cloning for gold *Andrew P Read*
- Reviews**
- 175 Factors influencing the restoration of fluid and electrolyte balance after exercise in the heat
R J Maughan, J B Leiper, S M Shirreffs
- 183 Physiological implications of altitude training for endurance performance at sea level: a review
Damian M Bailey, Bruce Davies
- 191 Sports injuries of the hand and wrist *Nicholas Barton*
- Original articles**
- Injury*
- 197 Somatotype in high performance female netball players may influence player position and the incidence of lower limb and back injuries *Diana M Hopper*
Commentary *Patsy Rochester*
- 200 Study of aeroball injuries *A Sinha, R G McGlone, K Montgomery*
- 205 Orienteering competition injuries: injuries incurred in the Finnish Jukola and Venla relay competitions
P E Linko, H K Blomberg, H M Frilander
Rehabilitation
- 209 Joint position sense and rehabilitation in the anterior cruciate ligament deficient knee *N D Carter, T R Jenkinson, D Wilson, D W Jones, A S Torode*
- 213 Time course of changes in bilateral arm power of swimmers during recovery from injury using a swim bench *Ian L Swaine*
Risk factors
- 217 Exercise and smoking habits among Swedish postmenopausal women *Jessica Frisk, Jan Brynhildsen, Ted Ivarsson, Pär Persson, Mats Hammar*
Physiology
- 224 Energy expenditure and physiological responses during indoor rock climbing *Christine M Mermier, Robert A Robergs, Susie M McMinn, Vivian H Heyward*
- 229 Effects of rest interval on isokinetic strength and functional performance after short term high intensity training *Danny M Pincivero, Scott M Lephart, Raj G Karunakara*
- 235 Energy expenditure estimates of the Caltrac accelerometer for running, race walking, and stepping
Pamela D Swan, William C Byrnes, Emily M Haymes
Commentary *C Boreham*
Psychology
- 240 Exercise enhances creativity independently of mood *Hannah Steinberg, Elizabeth A Sykes, Tim Moss, Susan Lowery, Nick LeBoutillier, Alison Dewey*
Commentary *John Kremer*
- Short reports**
- 246 Provision of physiotherapy services at the sixth All Africa Games *Jennifer Jelsma, Heather Dawson, Graham Smith, Cletus Satumba, Dorcas Madzivire*
- 249 Major pelvic injuries in equestrian sports *D A O'Farrell, F Irshad, B S Thorns, J P McEkwain*
Commentary *John Lloyd Parry*
- Case reports**
- 252 Stress fracture of the proximal humeral epiphysis in an elite junior badminton player *Kevin T Boyd, Mark E Batt*
- 254 Acute compartment syndrome following non-contact football injury *P-N Mohanna, F S Haddad*
Commentary *M Barnes*
- 256 Stress fracture of the scaphoid combined with the distal radial epiphysiolysis *Hironobu Inagaki, Gore Inoue*
- Sporting miscellany**
- 204 *British Journal of Sports Medicine* home page
- 208 Sports medicine in primary care *Domhnall MacAuley*
- 223 Bugs and boats: an athlete's view *Shaun Pearce*
- Letters to the editor**
- 258 Sports drinks and teeth *Fred Brouns, Lex Muntjewerf; reply Alex Milosevic*
- 258 Doping in sport: doctors are providing drugs *Patrick Laure*
- 259 Use of insulin as an anabolic agent *R T Dawson, M W Harrison*
- 259 General practitioner knowledge of prohibited substances in sport *Peter Thomas, A D J Webborn*
- 260 **Book reviews**
- 260 **Notes and news**
- 261 **Calendar of events**
- 262 **BASM education programme**

	Editorials
263	Warm up
263	Return to Athens, the odyssey <i>Domhnall MacAuley</i>
	Leaders
264	A physically active lifestyle—public health's best buy? <i>Willem van Mechelen</i>
265	The United Kingdom Diploma in Sport and Exercise Medicine <i>Mark Harries</i>
266	Exercising medical judgement <i>A T Day</i>
267	Growth hormone and sport: abuse, potential benefits, and difficulties in detection <i>Marie-Louise Healey, D Russell-Jones</i>
	Reviews
269	Sudden death from cardiovascular disease in young athletes: fact or fiction? <i>S Sharma, G Whyte, W J McKenna</i>
277	What is the optimal type of physical activity to enhance health? <i>Roy J Shephard</i>
285	Subcutaneous rupture of the Achilles tendon: basic science and some aspects of clinical practice <i>Stuart William Waterston, Nicola Maffulli, Stanley W B Ewen</i>
	Original articles
299	Hazard of deceptive advertising of athletic footwear <i>Steven Robbins, Edward Waked</i>
304	Homoepathy for delayed onset muscle soreness: a randomised double blind placebo controlled trial <i>Andrew J Vickers, Peter Fisher, Claire Smith, Sheena E Wylie, George T Lewith</i>
308	Factors that influence practice nurses to promote physical activity <i>N McDowell, J McKenna, P-J Naylor</i>
314	Assessing agreement between measurements recorded on a ratio scale in sports medicine and sports science <i>Alan M Nevill, Greg Atkinson</i>
319	Playing with metal: fracture implants and contact sport <i>Nick A Evans, Richard O N Evans</i> <i>Cardiovascular risk</i>
322	Effects of tennis training on lipid metabolism and lipoproteins in recreational players <i>Alexander Ferrauti, Karl Weber, Heiko K Strüder</i>
328	Exercise and heart disease: cardiac findings in fatal cycle accidents <i>Alexander Kennedy</i> <i>Sports injury</i>
332	A cross sectional study of 100 athletes with jumper's knee managed conservatively and surgically <i>J L Cook, K M Khan, P R Harcourt, M Grant, D A Young, S F Bonar for the Victorian Institute of Sport Tendon Study Group</i> <i>Physiology</i>
337	Comparison of lung volume in Greek swimmers, land based athletes, and sedentary controls using allometric scaling <i>Michael Doherty, Lygeri Dimitriou</i>
342	Physiological analysis to quantify training load in badminton <i>P Majumdar, G L Khanna, V Malik, S Sachdeva, Md Arif, M Mandal</i>
	Short report
346	Stroke without dissection from a neck holding manoeuvre in martial arts <i>M O McCarron, J Patterson, R Duncan</i>
	Case reports
348	Quadratus femoris tendinitis as a cause of groin pain <i>Pieter Klinkert Jr, Robert J Porte, Theo P W de Rooij, Alexander C de Vries</i>
349	Local complications of self administered anabolic steroid injections <i>Nick A Evans</i>
	Occasional piece
351	Sports Medicine "Webliographies" <i>Jayne Makepeace</i>
	Sporting miscellany
268	A hundred years ago <i>P J Toghill</i>
298	Thirty years ago: a personal account <i>Peter Bak</i>
321	Diabetes: going downhill fast! <i>Neil McQuoid</i>
331	Olympic freak show? <i>Andrew P Read</i>
	Letters to the editor
352	Sports drinks and teeth <i>Robert Murray; reply Alex Milosevic</i>
352	Growth hormone use by body builders <i>J S Davies, C LI Morgan, C J Currie, J T Green; reply Nick Evans</i>
353	Health surveillance strategy for professional footballers <i>Gordon Mackay, Archibald A McConnell</i>
353	Exercise induced leg pain: chronic compartment syndrome. Is the increase in intra-compartment pressure exercise specific? <i>N Padhiar, John B King</i>
353	Book reviews
355	News and views
356	Calendar of events
356	Correction
357	BASM education programme
358	Author index
361	Subject index