Contents

Volume 45 Issue 12 | BJSM September 2011

Warm up
943 Bitter contemplation before the road to specialist sport and exercise medicine recognition... and the challenges ahead? D C Hughes

Editorials
945 Practising sports and exercise medicine in an environment of rising medical costs C Milne

947 Incidence of sudden cardiac death in athletes: where did the science go? J A Drezner, K G Harmon, M Borjeson

948 Bloodgate: were the punishments fair? L Anderson

949 Innovation in high-performance sports medicine C A Speed, W O Roberts

Head to head
952 Chronic exertional compartment syndrome M Hutchinson

954 Chronic exertional compartment syndrome testing: a minimalist approach M Hislop, M E Batt

Original articles
956 Intracompartmental pressure testing: results of an international survey of current clinical practice, highlighting the need for standardised protocols M Hislop, P Tierney

959 Clinical effectiveness of customised sport shoe orthoses for overuse injuries in runners: a randomised controlled study A Hirschmüller, H Baur, S Müller, P Helwig, H-H Dickhuth, F Mayer

966 Growth factor-based therapies provide additional benefit beyond physical therapy in resistant elbow tendinopathy: a pilot study M Ryan, A Wong, D Rabago, K Lee, J Taunton

972 Ultrasound-guided injections of hyaluronan dextrose for overuse patellar tendinopathy: a pilot study M Ryan, A Wong, D Rabago, K Lee, J Taunton

Subscription Information

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

Institutional Rates 2011

Print
£520; US$1014; €702

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/group/subs-sales or contact the Subscription Manager in the UK (see below)

Personal Rates 2011

Print (includes online access at no additional cost) £188; US$367; €254

Online Only £118; US$231; €160

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/group/subs-sales (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

Telephone: +44 (0)20 7383 6622
Fax: +44 (0)20 7383 6787/6668
Email: bjsm@bmjgroup.com

www.bmj.com

Copyright: © 2011 BMJ Publishing Group and the British Association of Sport and Exercise Medicine

Disclaimer: BMJ 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 BMJ. BMJ 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. BMJ 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. More information on Copyright can be found at http://bjsm.bmj.com/info/unlocked.dtl

For further information on November 19, 2023 by guest. Protected by copyright.

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 BMJJournals 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

This journal is a member of and subscribes to the principles of the Committee on Publication Ethics. www.publicationethics.org.uk

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/ifora. Articles must be submitted electronically http://submit-bjsm.bmj.com. Authors retain copyright but are required to grant BJSM an exclusive licence to publish http://bjsm.bmj.com/ifora/licence.dtl

ISSN: 0306-3674 (print)
ISSN: 1473-0480 (online)
Impact factor: 3.54

Impact factor: 3.54

Disclaimer: BMJ 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 BMJ. BMJ 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. BMJ 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. More information on Copyright can be found at http://bjsm.bmj.com/info/unlocked.dtl

For further information see http://bjsm.bmj.com/cgi/content/full/42/2/79

This journal is a member of and subscribes to the principles of the Committee on Publication Ethics. www.publicationethics.org.uk
978 Effectiveness of once-weekly gym-based exercise programmes for older adults post discharge from day rehabilitation: a randomised controlled trial
A Foley, S Hillier, R Barnard

987 Upper respiratory tract infection is reduced in physically fit and active adults
D C Nieman, D A Henson, M D Austin, W Sha

993 Does the way concussion is portrayed affect public awareness of appropriate concussion management: the case of rugby league
T L McLellan, A McKinlay

997 Mild traumatic brain injury among a cohort of rugby union players: predictors of time to injury
S J Hollis, M R Stevenson, A S McIntosh, L Li, S Heritier, E A Shores, M W Collins, C F Finch

1000 Early life mammalian biology and later life physical performance: maximising physiological adaptation
A E Carrillo, Y Koutedakis, A D Flouris

1002 I-test: a 34-year-old female with hip pain and remote trauma
S B S Wong, C Yong-Hing, T L C Lee, J E Taunton, G T Andrews, B B Forster

1005 A–Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: part 24
J A Calbet, F C Mooren, L M Burke, S J Stear, L M Castell

1008 Aerobic exercise is beneficial for people with rheumatoid arthritis
J Scarvell, M R Elkins

1010 Evidence-based journal watch