



Photograph: Ian McCurdie;  
Design: Nadia Pico

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](mailto:bjsm@bmjgroup.com)

**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:** 4.14

**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 Emergency Medicine Journal 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: © 2012 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**

**957** Onwards and upwards from London 2012  
*E J Tillet*

**Editorials**

**958** Congratulations to team GB, but why should we be so surprised? Olympic medal count can be predicted using logit regression models that include 'home advantage'  
*A M Nevill, N J Balmer, E M Winter*

**959** Concussion tests: clarifying potential confusion regarding sideline assessment and cognitive testing  
*G A Davis, M Makedissi*

**960** Injury rates in team sport events: tackling challenges in assessing exposure time  
*S D Stovitz, I Shrier*

**Reviews**

**964** Which physical examination tests provide clinicians with the most value when examining the shoulder? Update of a systematic review with meta-analysis of individual tests  
*E J Hegedus*

**979** Evaluation of the effectiveness of neuromuscular training to reduce anterior cruciate ligament injury in female athletes: a critical review of relative risk reduction and numbers-needed-to-treat analyses  
*D Sugimoto, G D Myer, J M McKeon, T E Hewett*

**989** Perceived barriers and facilitators to physical activity for children with disability: a systematic review  
*N Shields, A Jane Synnot, M Barr*

**Subscription information**

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

**Institutional rates 2012**

**Print**  
£559; US\$1091; €755

**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/subscribe/?bjsm> or contact the Subscription Manager in the UK

**Personal rates 2012**

**Print** (includes online access at no additional cost)  
£194; US\$379; €262

**Online only**  
£122; US\$238; €165

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](http://www.bmj.com/subscriptions/vatandpaymentinfo.dtl)

**PEDro systematic review update**

**998** Increasing physical activity in healthy adults: a meta-analysis  
*T M Haanstra, S J Kamper*

**Original articles**

**1000** Current practices in determining return to play following head injury in professional football in the UK  
*J Price, P Malliaras, Z Hudso*

**1004** Influence of frequency and duration of strength training for effective management of neck and shoulder pain: a randomised controlled trial  
*C H Andersen, L L Andersen, B Gram, M T Pedersen, O S Mortensen, M K Zebis, G Sjøgaard*

**1011** Unrecognised ringside concussive injury in amateur boxers  
*J M Moriarty, R H Pietrzak, J S Kutcher, M H Clausen, K McAward, D G Darby*

**1016** Is hip arthroscopy for femoroacetabular impingement only for athletes?  
*A Malviya, G H Stafford, R N Villar*

**1019** Monitoring performance, pituitary–adrenal hormones and mood profiles: how to diagnose non-functional over-reaching in male elite junior soccer players  
*S L Schmickli, W R de Vries, M S Brink, F J G Backx*

**1024** Physical activity education in the undergraduate curricula of all UK medical schools. Are tomorrow's doctors equipped to follow clinical guidelines?  
*R Weiler, S Chew, N Coombs, M Hamer, E Stamatakis*

**Miscellaneous**

**1023** Corrections

**Nutritional supplement series**

**1027** A–Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: Part 38  
*N Cermak, T Yamamoto, R Meeusen, L M Burke, S J Stear, L M Castell*

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 BMJ Journals unlocked scheme. See <http://bjsm.bmj.com/site/about/guidelines.xhtml#open>

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>

**C O P E** COMMITTEE ON PUBLICATION ETHICS

This journal is a member of and subscribes to the principles of the Committee on Publication Ethics  
[www.publicationethics.org.uk](http://www.publicationethics.org.uk)

equator network

E.C.O.S.E.P.

**recycle**  
When you have finished with this please recycle it