



Cover: Vicky Earle

Journal of the British Association of Sport and Exercise Medicine

**Editor**  
Karim Khan (Qatar)

**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](mailto:bjsm@bmj.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:** 3.668

**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: © 2014 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**

**1071** SASMA: happy to be 'hip', wary of being too 'hip happy'  
*J Patricios, P Zondi*

**Editorials**

**1073** Femoroacetabular impingement: prevention or intervention? The sports physician's quandary  
*J Cakic, J Patricios*

**1074** What is the relationship between groin pain in athletes and femoroacetabular impingement?  
*M Ferguson, J Patricios*

**1075** From disruption to consensus: the thousand mile journey  
*A Weir*

**1077** Low-carbohydrate diets for athletes: what evidence?  
*T Noakes, J S Volek, S D Phinney*

**Consensus statement**

**1079** "Treatment of the Sportsman's groin": British Hernia Society's 2014 position statement based on the Manchester Consensus Conference  
*A J Sheen, B M Stephenson, D M Lloyd, P Robinson, D Fevre, H Paajanen, A de Beaux, A Kingsnorth, O J Gilmore, D Bennett, I MacLennan, P O'Dwyer, D Sanders, M Kurzer*



**Reviews**

**1088** Is hip strength a risk factor for patellofemoral pain? A systematic review and meta-analysis  
*M S Rathleff, C R Rathleff, K M Crossley, C J Barton*

**1089** Risk factors for groin/hip injuries in field-based sports: a systematic review  
*J Ryan, N DeBurca, K Mc Creesh*

**1097** Thoracic injuries in professional rugby players: mechanisms of injury and imaging characteristics  
*D Hayashi, F W Roemer, R Kohler, A Guermazi, C Gebers, R De Villiers*

**Original articles**

**1102** Hip chondropathy at arthroscopy: prevalence and relationship to labral pathology, femoroacetabular impingement and patient-reported outcomes  
*J L Kemp, M Makedissi, A G Schache, M G Pritchard, T C B Pollard, K M Crossley*

**1108** EMG evaluation of hip adduction exercises for soccer players: implications for exercise selection in prevention and treatment of groin injuries  
*A Serner, M D Jakobsen, L L Andersen, P Hölmich, E Sundstrup, K Thorborg*

**MORE CONTENTS ►**



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>



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](http://www.publicationethics.org.uk)



- 1115** An evidence-driven approach to scrum law modifications in amateur rugby played in South Africa  
*S Hendricks, M I Lambert, J C Brown, C Readhead, W Viljoen*



- 1120** Developing a strategic research framework for Sport and Exercise Medicine  
*L J Holtzhausen, G J van Zyl, M M Nel*

### PEDro systematic review update

- 1130** Supervised walking training improves maximum and pain-free walking distances in people with intermittent claudication  
*S Gupta, M R Elkins*

Receive regular table of contents by email. Register using this QR code.



### Occasional piece

- 1127** Are we currently underestimating the risk of scrum-related neck injuries in rugby union front-row players?  
*J C Brown, M I Lambert, S Hendricks, C Readhead, E Verhagen, N Burger, W Viljoen*

### Subscription Information

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

#### Institutional rates 2014

**Print**  
 £680; US\$1254; €918

#### Online

Site licences are priced on FTE basis and allow access by the whole institution. Details available online at <http://group.bmj.com/subscribe/?bjism> or contact the Subscription Manager in the UK

#### Personal rates 2014

**Print** (includes online access at no additional cost)  
 £237; US\$463; €320

#### Online Only

£140; US\$273; €189

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/?bjism> (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)