



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

Twitter: @BJSM_BMJ

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: 4.171

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: © 2015 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

277 Exercise prescription: bridging the gap to clinical practice
P Glasgow

Editorials

278 Optimal loading: key variables and mechanisms
P Glasgow, N Phillips, C Bleakley

280 Bloodletting for pneumonia, prolonged bed rest for low back pain, is subacromial decompression another clinical illusion?
J Lewis

Reviews

282 Specific exercise effects of preventive neuromuscular training intervention on anterior cruciate ligament injury risk reduction in young females: meta-analysis and subgroup analysis
D Sugimoto, G D Myer, K D B Foss, T E Hewett

290 The foot core system: a new paradigm for understanding intrinsic foot muscle function
P O McKeon, J Hertel, D Bramble, I Davis

291 A review of the specificity of exercises designed for conditioning the lumbar extensors
J Steele, S Bruce-Low, D Smith

298 Acromioclavicular distance measurement in rotator cuff tendinopathy: is there a reliable, clinically applicable method? A systematic review
K M McCreech, J M Crotty, J S Lewis

306 Classification and grading of muscle injuries: a narrative review
B Hamilton, X Valle, G Rodas, L Til, R P Grive, J A G Rimcon, J L Tol

307 Evidence in managing traumatic anterior shoulder instability: a scoping review
A P Monk, P G Roberts, K Logishetty, A J Price, R Kulkarni, A Rangan, J L Rees

Original articles

312 Using criteria-based interview models for assessing clinical expertise to select physiotherapists at major multisport games
N Phillips, M-E Grant, L Booth, P Glasgow

318 The Elbow-EpiTrainer: a method of delivering graded resistance to the extensor carpi radialis brevis. Effectiveness of a prototype device in a healthy population
R Navsania, D M Ryder, J S Lewis, C M Alexander

323 Diagnostic accuracy of clinical tests for ankle syndesmosis injury
A D Sman, C E Hiller, K Rae, J Linklater, D A Black, L L Nicholson, J Burns, K M Refshauge

330 Sports participation of individuals with major upper limb deficiency
M Bragaru, R Dekker, P U Dijkstra, J H B Geertzen, C K van der Sluis

335 Consensus criteria for defining 'successful outcome' after ACL injury and reconstruction: a Delaware-Oslo ACL cohort investigation
A D Lynch, D S Logerstedt, H Grindem, I Eitzen, G E Hicks, M J Axe, L Engebretsen, M A Risberg, L Snyder-Mackler

Short report

343 Effect of dynamic humeral centring (DHC) treatment on painful active elevation of the arm in subacromial impingement syndrome. Secondary analysis of data from an RCT
J Beaudreuil, S Lasbleiz, M Aout, E Vicaut, A Yelnik, T Bardin, P Orcel

Subscription information

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

Institutional rates 2015

Print

£728; US\$1420; €983

Online

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

Personal rates 2015

Print (includes online access at no additional cost)
£254; US\$496; €343

Online Only

£150; US\$293; €203

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



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

