



Design: Vicky Earle. Photo: Inelaken Tourismus.

Journal of the British Association of Sport and Exercise Medicine

Editor-in-Chief Karim Khan (Canada)

Editors Babette Pluim (Netherlands) Kay Crossley (Australia)

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...

ISSN: 0306-3674 (print) ISSN: 1473-0480 (online) Impact factor: 6.724

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...

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.

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.

Copyright: © 2016 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 Nova Techset Private Limited, Bengaluru & Chennai, India 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

1099 Together, we reach new heights: Swiss Sports Medicine Society (SGSM/SSMS) joins BJSM S Kriemler, A Leumann, B Gojanovic

Editorials

1100 Trusting systematic reviews and meta-analyses: all that glitters is not gold! A Weir, S Rabia, C Ardern

1101 University of McGill massive open online course: pioneering sport and exercise medicine education S Griffin, I Shrier

1102 Can project management principles help the sports clinician manage return to play? B Gojanovic, F Fourchet, P B Mahler, F Mahler

1104 Why healthcare professionals should know a little about infographics H Scott, S Fawcener, C Oliver, A Murray

1105 Multidirectional instability of the glenohumeral joint: an unstable classification resulting in uncertain evidence-based practice K Johansson

Republished editorial from The BMJ

1107 Exercise: not a miracle cure, just good medicine D MacAuley, A Bauman, P Frémont

Subscription information

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

Institutional rates 2016

Print £765; US\$1492; €1033

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

Personal rates 2016

Print (includes online access at no additional cost) £267; US\$521; €361

Online only £158; US\$309; €214

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

Consensus statement

1109 Physical activity prescription: a critical opportunity to address a modifiable risk factor for the prevention and management of chronic disease: a position statement by the Canadian Academy of Sport and Exercise Medicine J S Thornton, P Frémont, K Khan, P Poirier, J Fowles, G D Wells, R J Frankovich

Reviews

1115 Exercise-based management versus surgery for multidirectional instability of the glenohumeral joint: a systematic review S A Warby, T Pizzari, J J Ford, A J Hahne, L Watson

1124 Effectiveness of physical therapy treatment of clearly defined subacromial pain: a systematic review of randomised controlled trials M N Haik, F Alburquerque-Sendín, R F C Moreira, E D Pires, P R Camargo

1135 In children 18 years and under, what promotes recurrent shoulder instability after traumatic anterior shoulder dislocation? A systematic review and meta-analysis of risk factors M Olds, K Donaldson, R Ellis, P Kersten

Original articles

1142 Health conditions detected in a comprehensive periodic health evaluation of 558 professional football players A Bakken, S Targett, T Bere, M-C Adamuz, J L Tol, R Whiteley, M G Wilson, E Witvrouw, K M Khan, R Bahr

1151 Does physiotherapy diagnosis of shoulder pathology compare to arthroscopic findings? M E Magarey, M A Jones, C E Cook, M G Hayes

PEDro systematic review update

1158 Resistance training for people with Parkinson's disease (PEDro synthesis) A L Peek, M L Stevens

PostScript

1159 Letter



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



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

