



Design: Vicky Earle. Photograph: iStock.

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 <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: 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. 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: © 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

- 1487** Soft tissue injuries are still a challenge in musculoskeletal sports and exercise medicine
N Malliaropoulos, M Ghrairi, Y Zerguini, N Padhiar

Editorials

- 1488** What does 'preventive training' prevent in competitive sport?
P B Mahler, B Gojanovic, F Fourchet, F Mahler
- 1489** Bringing complexity to sports injury prevention research: from simplification to explanation
S Bekker, A M Clark
- 1491** Fat pads adjacent to tendinopathy: more than a coincidence?
E R Ward, G Andersson, L J Backman, J E Gaida

Consensus statement

- 1493** 2016 consensus statement of the International Ankle Consortium: prevalence, impact and long-term consequences of lateral ankle sprains
P A Gribble, C M Bleakley, B M Caulfield, C L Docherty, F Fourchet, Daniel Tik-Pui Fong, J Hertel, C E Hiller, T W Kaminski, P O McKeon, K M Refshauge, E A Verhagen, B T Vicenzino, E A Wikstrom, E Delahunt

Reviews

- 1496** Evidence review for the 2016 International Ankle Consortium consensus statement on the prevalence, impact and long-term consequences of lateral ankle sprains
P A Gribble, C M Bleakley, B M Caulfield, C L Docherty, F Fourchet, Daniel Tik-Pui Fong, J Hertel, C E Hiller, T W Kaminski, P O McKeon, K M Refshauge, E A Verhagen, B T Vicenzino, E A Wikstrom, E Delahunt

- 1506** Evidence-based clinical practice update: practice guidelines for anterior cruciate ligament rehabilitation based on a systematic review and multidisciplinary consensus
N van Melick, R E H van Cingel, F Brooijmans, C Neeter, T van Tienen, W Hullegie, M W G Nijhuis-van der Sanden



EDITOR'S CHOICE

- 1516** Can ultrasound imaging predict the development of Achilles and patellar tendinopathy? A systematic review and meta-analysis
S McAuliffe, K McCreesh, F Culloty, H Purtil, K O'Sullivan

Original articles

- 1524** Short biceps femoris fascicles and eccentric knee flexor weakness increase the risk of hamstring injury in elite football (soccer): a prospective cohort study
R G Timmins, M N Bourne, A J Shield, M D Williams, C Lorenzen, D A Opar
- 1536** Effect of high-speed running on hamstring strain injury risk
S Duhig, A J Shield, D Opar, T J Gabbett, C Ferguson, M Williams
- 1541** Can standardised clinical examination of athletes with acute groin injuries predict the presence and location of MRI findings?
A Semer, A Weir, J L Tol, K Thorborg, F Roemer, A Guermazi, P Hölmich

MORE CONTENTS ►



EDITOR'S CHOICE

This article has been chosen by the Editor to be of special interest or importance and is freely available online.



OPEN ACCESS

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>



Member since 2008

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



When you have finished with this please recycle it

PEDro systematic review update**1548** Conservative interventions for acute hamstring injuries (PEDro synthesis)*A J Vassallo, C E Hiller, E Pappas***1550** Early weight-bearing and rehabilitation versus immobilisation following surgical Achilles tendon repair (PEDro synthesis)*K Phan, R J Campbell, S J Kamper***Mobile App User Guides****1554** Life-saving first aid tips in the palm of your hands...courtesy of the Red Cross*J J Wilson, W D J Johnston, M A Tully***PostScript****1556** Letter**Inside track****1552** Jill Cook: #TrueGold*J Windt***Subscription Information***British Journal of Sports Medicine* is published monthly; subscribers receive all supplements**Institutional rates 2017****Print**

£755; US\$1473; €1020

OnlineSite 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 2017****Print** (includes online access at no additional cost)

£281; US\$548; €380

Online only

£166; US\$324; €225

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