



Design: Vicky Earle.

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@bmj.com](mailto: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/bjasm>.

Authors retain copyright but are required to grant BJSJM 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: 5.025

**Disclaimer:** BJSJM 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 BJSJM. BJSJM 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.

BJSJM 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 BJSJM 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

BJSJM 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**

**195** Back pain, tendons, Tiger Woods: all grist for the mill for sports medicine clinicians  
*G White*

**Editorials**

**196** What is femoroacetabular impingement?  
*R Agricola, H Weinans*

**197** The ineffectiveness of paracetamol for spinal pain provides opportunities to better manage low back pain  
*K O'Sullivan, P O'Sullivan*

**198** Stabbed in the back: catalysts for a paradigm shift in back pain care  
*J Jevne*

**200** Turning people into couch potatoes is not the cure for sports concussion  
*C Calderwood, A D Murray, W Stewart*

**201** The role of inflammatory cells in tendinopathy: is the picture getting any clearer?  
*J D Rees*

**202** Watch and learn: educational videos at your finger tips  
*B M Plum*

**203** The search for size: a doping risk factor in adolescent rugby?  
*K Till, B Jones, J McKenna, L Whitaker, S H Backhouse*

**Reviews**

**205** 'Serious thigh muscle strains': beware the intramuscular tendon which plays an important role in difficult hamstring and quadriceps muscle strains  
*P Brukner, D Connell*

**209** Tendon neuroplastic training: changing the way we think about tendon rehabilitation: a narrative review  
*E Rio, D Kidgell, G L Moseley, J Gaida, S Docking, C Purdam, J Cook*

**216** Are inflammatory cells increased in painful human tendinopathy? A systematic review  
*B J F Dean, P Gettings, S G Dakin, A J Carr*

**221** Return to sport after open and microdiscectomy surgery versus conservative treatment for lumbar disc herniation: a systematic review with meta-analysis  
*M P Reiman, J Sylvain, J K Loudon, A Goode*

**Original articles**

**231** The acute:chronic workload ratio predicts injury: high chronic workload may decrease injury risk in elite rugby league players  
*B T Hulin, T J Gabbett, D W Lawson, P Caputi, J A Sampson*

**237** Individualised physiotherapy as an adjunct to guideline-based advice for low back disorders in primary care: a randomised controlled trial  
*J J Ford, A J Hahne, L D Surkitt, A Y P Chan, M C Richards, S L Slater, R S Hinman, T Pizzari, M Davidson, N F Taylor*

**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>



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)



Br J Sports Med: first published as on 1 February 2016. Downloaded from <http://bjsm.bmj.com/> on November 12, 2024 by guest. Protected by copyright.

**Republished research**

- 246** Bariatric surgery versus non-surgical treatment for obesity

*V L Gloy, M Briel, D L Bhatt, S R Kashyap, P R Schauer, G Mingrone, H C Bucher, A J Nordmann*

- 247** Patellofemoral pain

*K M Crossley, M J Callaghan, R van Linschoten*

**PEDro systematic review update**

- 251** Multidisciplinary biopsychosocial rehabilitation for chronic low back pain (PEDro synthesis)

*A N García, B T Saragiotto*

- 253** Management strategies for sciatica (PEDro synthesis)

*N Poquet, C-W C Lin*

**Mobile App User Guides**

- 255** Übersense Coach app for sport medicine? Slow motion video analysis (Mobile App User Guide)

*R Weiler*

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

**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/?bjism> or contact the Subscription Manager in the UK

**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/?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)