



Design: Vicky Earle

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](mailto:bjsm@bmj.com)  
Twitter: @BJSM\_BMJ

**Guidelines for Authors and Reviewers**

Full instructions are available online at <http://bjsm.bmj.com/pages/authors/>. Articles must be submitted electronically <http://bjsm.bmj.com/pages/authors/>. Authors retain copyright but are required to grant BJSM an exclusive licence to publish (<http://authors.bmj.com/submitting-your-paper/copyright-and-authors-rights/>).

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 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.

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: © 2017 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 Exeter Premedia Services Private Ltd, 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

- 759** Movement for Health: stopping the decline by building on bright spots and new evidence  
*S Aspinall*

## Editorials

- 760** Unlocking the potential of physical activity for back health  
*M O'Keefe, C G Maher, K O'Sullivan*

- 762** Should exercise therapy for chronic musculoskeletal conditions focus on the anti-inflammatory effects of exercise?  
*J Runhaar, S M A Bierma-Zeinstra*

- 764** Making physical activity evidence accessible: are these infographics the answer?  
*H Reid, K Milton, G Bownes, C Foster*

- 767** Movement for movement: exercise as everybody's business?  
*A B Gates, R Kerry, F Moffatt, I K Ritchie, A Meakins, J S Thornton, S Rosenbaum, A Taylor*

## Reviews

- 769** Dietary fat guidelines have no evidence base: where next for public health nutritional advice?  
*Z Harcombe*

- 775** Musculoskeletal dysfunctions associated with swimmers' shoulder  
*F Struyf, A Tate, K Kuppens, S Feijen, L A Michener*

- 781** Is body mass index associated with patellofemoral pain and patellofemoral osteoarthritis? A systematic review and meta-regression and analysis  
*H F Hart, C J Barton, K M Khan, H Riel, K M Crossley*

- 791** Interventions to increase adherence to therapeutic exercise in older adults with low back pain and/or hip/knee osteoarthritis: a systematic review and meta-analysis  
*P J A Nicolson, K L Bennell, F L Dobson, A Van Ginckel, M A Holden, R S Hinman*

- 800** What is the association between sedentary behaviour and cognitive function? A systematic review  
*R S Falck, J C Davis, T Liu-Ambrose*

## Original articles

- 812** Associations of specific types of sports and exercise with all-cause and cardiovascular-disease mortality: a cohort study of 80 306 British adults  
*P Oja, P Kelly, Z Pedisic, S Titze, A Bauman, C Foster, M Hamer, M Hillsdon, E Stamatakis*

- 818** Sitting behaviour is not associated with incident diabetes over 13 years: the Whitehall II cohort study  
*E Stamatakis, R M Pulsford, E J Brunner, A R Britton, A E Bauman, S J H Biddle, M Hillsdon*

## Subscription information

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

### Institutional rates 2017

**Print** £755; US\$1473; €1020

**Online** Site licences are priced on FTE basis and allow access by the whole institution. Details available online at <http://journals.bmj.com/content/subscribers?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/2bjsm> (payment by Visa/ Mastercard only) Residents of some EC countries must pay VAT; for details, call us or <http://journals.bmj.com/content/subscribers?bjsm>

**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)



---

**Infographics**

**824** Infographic: Health benefits of specific types of sports

*P Oja, P Kelly, Z Pedisic, S Tütze, A E Bauman, C Foster, M Hamer, M Hillsdon, E Stamatakis*

**825** Infographic: Make physical activity a part of daily life at all stages in life

*A Gates, A D Murray*

---

**Short report**

**827** Team Rwanda: will Africans dominate professional road cycling in the future?

*J Nyakayiru, L B Verdijk, N M Cermak, L J C van Loon*

---

**Discussion**

**829** Rugby union needs a contact skill-training programme

*S Hendricks, K Till, J C Brown, B Jones*

---

**Education**

**831** What is running economy? A clinician's guide to key concepts, applications and myths

*J M Smoliga*

---

**Education reviews**

**833** Persistent pain in the Achilles midportion?

Consider the plantaris tendon as a possible culprit!

*H Alfredson*

---

**Inside track**

**835** Irene Davis

*J Windt*

---

**Miscellaneous**

**836** Correction