



Design: Vicky Earle. Photo: Reproduced with permission of McGraw-Hill Education, Brukner and Khan's *Clinical Sports Medicine*, Edition 5, Volume 1, Injuries.

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/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: 6.6

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.

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

1575 Inspiring excellence in musculoskeletal sports medicine
N Malliaropoulos, M Ghrairi, M Al Hashimi, Y Zerguini, N Padhiar

Editorials

1576 Is 'plantar heel pain' a more appropriate term than 'plantar fasciitis'? Time to move on
H Riel, M Cotchett, E Delahunt, M S Rathleff, B Vicenzino, A Weir, K B Landorf

1577 Football nutrition: time for a new consensus?
J Collins, A McCall, J Bilsborough, R Maughan

1578 Orthopaedic special tests and diagnostic accuracy studies: house wine served in very cheap containers
E J Hegedus, A A Wright, C Cook

1579 Can pre-race aspirin prevent sudden cardiac death during marathons?
A J Siegel, T D Noakes

1581 On the way to the Tokyo Summer Olympic Games (2020). Prevention of severe head and neck injuries in judo: it's time for action
T Kamitani, N G Malliaropoulos, M Omiya, Y Otaka, K Inoue, N Onidani

Consensus statement

1583 Return to play after hamstring injuries in football (soccer): a worldwide Delphi procedure regarding definition, medical criteria and decision-making
N van der Horst, F J G Backx, E A Goedhart, B M A Huisstede, on behalf of HIPS-Delphi Group

Subscription information

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

Institutional rates 2017

Print £755

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

Online only £166

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 <http://journals.bmj.com/content/subscribers?bjsm>

Reviews

1592 Persistent effects of playing football and associated (subconcussive) head trauma on brain structure and function: a systematic review
A A Tarnutzer, D Straumann, P Brugger, N Feddermann-Demont

1605 Surgical criteria for femoroacetabular impingement syndrome: a scoping review
S Peters, A Laing, C Emerson, K Mutchler, T Joyce, K Thorborg, P Hölmich, M Reiman

1611 Is lower hip range of motion a risk factor for groin pain in athletes? A systematic review with clinical applications
I Tak, L Engelaar, V Gouttebauge, M Barendrecht, S Van den Heuvel, G Kerckhoffs, R Langhout, J Stubbe, A Weir

Original article

1622 Delaying ACL reconstruction and treating with exercise therapy alone may alter prognostic factors for 5-year outcome: an exploratory analysis of the KANON trial
S R Filbay, E M Roos, R B Frobell, F Roemer, J Ranstam, L S Lohmander

Education reviews

1630 Deconstructing a popular myth: why knee arthroscopy is no better than placebo surgery for degenerative meniscal tears
J B Thorlund

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



The online version of this article contains multiple choice questions hosted on BMJ Learning.

Infographics

- 1632** NICE low back pain guidelines: opportunities and obstacles to change practice
K O'Sullivan, M O'Keefe, P O'Sullivan
-

PEDro systematic review update

- 1634** Physical fitness training for stroke survivors (PEDro synthesis)
T P Yamato, L Hassett
-

Inside track

- 1636** Hans Tol
#PromiseAndDeliver
#ToughBrainyStraightforward
-

Education from other journals

- 1638** Sports medicine highlights from other journals
R Kearney, A Gisselman, E Cunniffe, J Heerey
-

Research letters

- 1639** Research letter: Cardiovascular screening practices in US National Governing Bodies and National Paralympic Committees
B G Toresdahl, C Chang, J Confino, I M Asif
- 1640** Letter in response to: Sleep is an important factor when considering rugby union player load
I C Dunican, P R Eastwood