



Design: Vicky Eadie

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

- 1711** 24 issues per year, 25 member societies, 1.5 million podcast listens and 6.5 million YouTube views
K M Khan, B M Pluim, K M Crossley

Consensus statements

- 1713** Evidence-based framework for a pathomechanical model of patellofemoral pain: 2017 patellofemoral pain consensus statement from the 4th International Patellofemoral Pain Research Retreat, Manchester, UK: part 3
C M Powers, E Witvrouw, I S Davis, K M Crossley

- 1724** Exercise and pregnancy in recreational and elite athletes: 2016/17 evidence summary from the IOC expert group meeting, Lausanne. Part 4—Recommendations for future research
K Bø, R Artal, R Barakat, W J Brown, G A L Davies, M Dooley, K R Evenson, L A H Haaekstad, B Kayser, T I Kinnunen, K Larsén, M F Mottola, I Nygaard, M van Poppel, B Stuge, K M Khan

Editorials

- 1727** Rocking the shoulder surgeon's world
R G McCormack, M R Hutchinson
- 1728** Lessons to be learnt from the study 'Sham surgery versus labral repair or biceps tenodesis for type II SLAP lesions of the shoulder: a three-armed randomised clinical trial'
A M Cools, D Borms

- 1730** Designed by the food industry for wealth, not health: the 'Eatwell Guide'
Z Harcombe

- 1732** Sports concussion research, chronic traumatic encephalopathy and the media: repairing the disconnect
A W Kuhn, A M Yengo-Kahn, Z Y Kerr, S L Zuckerman

- 1734** The new concussion in sport guidelines are here. But how do we get them out there?
C F Finch, P White

Reviews

- 1737** Evidence from prospective cohort studies did not support the introduction of dietary fat guidelines in 1977 and 1983: a systematic review
Z Harcombe, J S Baker, B Davies

- 1743** Evidence from prospective cohort studies does not support current dietary fat guidelines: a systematic review and meta-analysis
Z Harcombe, J S Baker, B Davies

- 1750** Exercise to prevent falls in older adults: an updated systematic review and meta-analysis
C Sherrington, Z A Michaleff, N Fairhall, S S Paul, A Tiedemann, J Whitney, R G Cumming, R D Herbert, J C T Close, S R Lord

Subscription information

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

Institutional rates 2018

Print £845

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 2018

Print (includes online access at no additional cost)
£296

Online only £175

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>

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.

Original articles

1759 Sham surgery versus labral repair or biceps tenodesis for type II SLAP lesions of the shoulder: a three-armed randomised clinical trial
C P Schröder, Ø Skare, O Reikerås, P Mowinckel, J I Brox

1767 The risk of injury associated with body checking among Pee Wee ice hockey players: an evaluation of Hockey Canada's national body checking policy change
A M Black, B E Hagel, L Palacios-Derflingher, K J Schneider, C A Emery

Education reviews

1773 University of Bath: Internationally renowned Master of Science (MSc) programmes in Sport and Exercise Medicine and Sports Physiotherapy for the busy clinician (Continuing Professional Development Series)
A G Culvenor

PostScript

1776 What is a symptomatic SLAP II tear? It is all about inclusion and exclusion criteria
D F P van Deurzen, M P J van den Bekerom

1777 Treating SLAP II lesions with sham surgery
D S Edwards, L Funk

1778 Author response—sham surgery versus labral repair or biceps tenodesis for type II SLAP lesions of the shoulder: a three-armed randomised clinical trial
J I Brox, C P Schröder, Ø Skare, P Mowinckel, O Reikerås

1780 Sham surgery versus labral repair or biceps tenodesis for type II SLAP lesions of the shoulder: a three-armed randomised clinical trial
C-K Hong, W-R Su