



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: © 2018 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.

Design: Vicky Earle

Warm up

- 621** South Africa 2018: Mandela's memory and presidential prototypes for exercise interventions and implementation
J Patricios

Editorials

- 622** Adaptation of the pathological tendon: you cannot trade in for a new one, but perhaps you don't need to?
E Rio, S I Docking
- 623** Patient education in patellofemoral pain: potentially potent and essential, but under-researched
M S Rathleff, J L Thomsen, C J Barton
- 624** Optimising the efficacy of gait retraining
I Davis
- 625** Exercise is effective for patellofemoral pain, but what type, who benefits most and by how much remain unknown
M J Callaghan
- 626** Seven tips for developing and maintaining a high performance sports medicine team
T J Gabbett, S Kearney, L J Bisson, J Collins, R Sikka, N Winder, C Sedgwick, E Hollis, J M Bettle
- 628** Hamstring muscle injuries in elite football: translating research into practice
M Buckthorpe, M Gimpel, S Wright, T Sturdy, M Stride

- 629** The Big Five: consensus considerations before a muscle injury registry revolution - stating the (not so) obvious
F C Büttner, E Delahunt, M Roe

Infographics

- 631** Infographic. Physical activity for early years
H Reid, S Davies, C Calderwood, F Atherton, M McBride, C Foster
- 633** Infographics: Winning road cycle races: a Team Sky perspective
N Heron, R Usher, D MacLeod, I Sarrieguil, J Mercadel, M A Tully

Consensus statement

- 635** Implementation of the 2017 Berlin Concussion in Sport Group Consensus Statement in contact and collision sports: a joint position statement from 11 national and international sports organisations
J S Patricios, C L Arden, M D Hislop, M Aubry, P Bloomfield, C Broderick, P Clifton, R J Echemendia, R G Ellenbogen, É C Falvey, G W Fuller, J Grand, D Hack, P R Harcourt, D Hughes, N McGuirk, W Meeuwisse, J Miller, J T Parsons, S Richiger, A Sills, K B Moran, J Shute, M Raftery

Reviews

- 642** Relative efficacy and safety of topical non-steroidal anti-inflammatory drugs for osteoarthritis: a systematic review and network meta-analysis of randomised controlled trials and observational studies
C Zeng, J Wei, M S M Persson, A Sarmanova, M Doherty, D Xie, YL Wang, X Li, J Li, H Long, G Lei, W Zhang

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.

- 651** Exercise and other non-pharmaceutical interventions for cancer-related fatigue in patients during or after cancer treatment: a systematic review incorporating an indirect-comparisons meta-analysis
R Hilfiker, A Meichtry, M Eicher, L Nilsson Balfe, R H Knols, M L Verra, J Taeymans



Original articles

- 659** Is combining gait retraining or an exercise programme with education better than education alone in treating runners with patellofemoral pain? A randomised clinical trial
J-F Esculier, L J Bouyer, B Dubois, P Fremont, L Moore, B McFadyen, J-S Roy
- 667** Accuracy of the ECG for differential diagnosis between hypertrophic cardiomyopathy and athlete's heart: comparison between the European Society of Cardiology (2010) and International (2017) criteria
A Zorzi, C Calore, R Vio, A Pelliccia, D Corrado

- 674** Impact of the national prevention policy and scrum law changes on the incidence of rugby-related catastrophic cervical spine injuries in French Rugby Union
E Rebourriere, Y Bohu, D Retière, B Sesboüé, V Pineau, J P Colonna, J P Hager, J C Peyrin, J Piscione

- 678** Prevalence of knee pain, radiographic osteoarthritis and arthroplasty in retired professional footballers compared with men in the general population: a cross-sectional study
G S Fernandes, S M Parekh, J Moses, C Fuller, B Scammell, M E Batt, W Zhang, M Doherty

PhD Academy Award

- 684** Preventing hamstring injuries in football through enhanced exercise and RTP strategies
N van der Horst