



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
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: 6.557

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.

Warm up

- 881** Quality International Education and Academic Prizes: SMA's Annual Conference in Perth has it all!
L R West, J Pham

Editorials

- 882** Ten treatments to avoid in patients with lower limb tendon pain
J L Cook
- 883** How should clinicians integrate the findings of *The Lancet's* 2018 placebo-controlled subacromial decompression trial into clinical practice?
C Littlewood, J Bury, A O'Shea, K McCreesh, K O'Sullivan
- 884** Do sports medicine clinicians have credible alternatives to knee arthroscopy for the degenerative knee?
K M Crossley, J L Kemp, A G Culvenor, C J Barton

- 885** 10,000 Steps Australia: a community-wide eHealth physical activity promotion programme
M J Duncan, W J Brown, W K Mummery, C Vandelanotte

- 887** State of primary care sports and exercise medicine in Brazil
F Hardt

- 888** Can we proceed with physical activity recommendations if (almost) no clinical trial data exist on mortality?
E J Shiroma, I-M Lee

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>

- 890** Physical activity and longevity: how to move closer to causal inference
K H Wade, R C Richmond, G Davey Smith

Infographic

- 892** Infographic. Can standardised clinical examination of athletes with acute groin injuries predict the presence and location of MRI findings?
A Serner, D Pope, A Weir, J L Tol, K Thorborg, F W Roemer, A Guermazi, P Hölmich

Consensus statement

- 894** National Football League Head, Neck and Spine Committee's Concussion Diagnosis and Management Protocol: 2017-18 season
R G Ellenbogen, H Baijjer, J Cardenas, M Berger, J Bailes, E Pieroth, R Heyer, N Theodore, W Hsu, E Nabel, J Maroon, R Cantu, R Barnes, J Collins, M Putukian, R Lonser, G Solomon, A Sills

Commentary

- 903** Concussion in sport: best from Berlin, direction from Dublin and gems from gridiron
M Makedissi, J Patricios

Reviews

- 905** Statin wars: have we been misled about the evidence? A narrative review
M Demasi
- 910** Sugar addiction: is it real? A narrative review
J J DiNicolantonio, J H O'Keefe, W L Wilson
- 914** Is physical activity a cause of longevity? It is not as straightforward as some would believe. A critical analysis
U M Kujala

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

- 919** Running exposure is associated with the risk of hamstring strain injury in elite Australian footballers
J D Ruddy, C W Pollard, R G Timmins, M D Williams, A J Shield, D A Opar
- 929** Connective tissue injury in calf muscle tears and return to play: MRI correlation
A Prakash, T Entwisle, M Schneider, P Brukner, D Connell
- 934** Association between MRI-defined osteoarthritis, pain, function and strength 3–10 years following knee joint injury in youth sport
J L Whitaker, C M Toomey, L J Woodhouse, J L Jaremko, A Nettel-Aguirre, C A Emery

Inside track

- 940** Karen Litzy
#StrongSmart #DavidButlerSavedMyLife
J Windt

Discussion

- 942** Thirty years of investigation on the ergogenic effects of sodium citrate: is it time for a fresh start?
V de Salles Painelli, A H Lancha Junior

Education from other journals

- 944** Sports medicine highlights from other journals
R Kearney, C Le, E Cunniffe, J Heerey

PEDro systematic review update

- 945** Do physical conditioning programmes reduce work absenteeism related to back pain? (PEDro synthesis)
V C Oliveira, G C Jardim, S J Kamper

Electronic pages

- e3** StrongLifts 5×5 Workout: mobile app user guide
N Anderson, S Stevenson, J Brozyna