



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: 6.6

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.

Warm up

- 71 Finland invites you: to this issue of *BJSM* and to Helsinki on 8–9 June 2018
P Halén, K M Khan

Editorial

- 72 Scapular dyskinesis and shoulder pain: the devil is in the detail
C Littlewood, A M J Cools

Original articles

- 74 Landing-related ankle injuries do not occur in plantarflexion as once thought: a systematic video analysis of ankle injuries in world-class volleyball
C Skazalski, J Kruczynski, M A Bahr, T Bere, R Whiteley, R Bahr
- 83 Intramuscular tendon involvement on MRI has limited value for predicting time to return to play following acute hamstring injury
A D van der Made, E Almusa, R Whiteley, B Hamilton, C Eirale, F van Hellemond, J L Tol
- 89 Mortality and health-related habits in 900 Finnish former elite athletes and their brothers
T K Kontro, S Sarna, J Kaprio, U M Kujala

PEDro systematic review update

- 96 Early comprehensive physiotherapy after lumbar spine surgery (PEDro synthesis)
G C Machado, M B Pinheiro

PhD Academy Award

- 98 Head accelerations across collegiate, high school and youth female and male soccer players
J B Caccese

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>

Research letter

- 100 Cervicovestibular rehabilitation following sport-related concussion
K J Schneider, W H Meeuwisse, K M Barlow, C A Emery

Reviews

- 102 Scapular dyskinesis increases the risk of future shoulder pain by 43% in asymptomatic athletes: a systematic review and meta-analysis
D Hickey, V Solvig, V Cavalheri, M Harrold, L Mckenna
- 111 Effectiveness of early compared with conservative rehabilitation for patients having rotator cuff repair surgery: an overview of systematic reviews
B F Mazuquin, A C Wright, S Russell, P Monga, J Selfe, J Richards
- 122 Physical activity promotion in physiotherapy practice: a systematic scoping review of a decade of literature
A Lowe, M Gee, S McLean, C Littlewood, C Lindsay, S Everett

Systematic review

- 128 Eighty-three per cent of elite athletes return to preinjury sport after anterior cruciate ligament reconstruction: a systematic review with meta-analysis of return to sport rates, graft rupture rates and performance outcomes
C C H Lai, C L Ardern, J A Feller, K E Webster

Mobile app user guides

- 139 Runmatic for running mechanics assessment (mobile app user guide)
S M Rodríguez



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.