



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 *Heart* 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

283 Unapologetically patriotic – SMA shines the BJSM spotlight on Australian Research
L R West, J Pham

Original articles

284 Patellar and Achilles tendinopathies are predominantly peripheral pain states: a blinded case control study of somatosensory and psychological profiles
M L Plinsinga, C P van Wilgen, M S Brink, V Vuvan, A Stephenson, L J Heales, R Mellor, B K Coombes, B T Vicenzino

292 Epidemiology of time loss groin injuries in a men's professional football league: a 2-year prospective study of 17 clubs and 606 players
A B Mosler, A Weir, C Eirale, A Farooq, K Thorborg, R J Whiteley, P Hölmich, K M Crossley

298 Effectiveness of foot orthoses for the prevention of lower limb overuse injuries in naval recruits: a randomised controlled trial
D R Bonanno, G S Murley, S E Munteanu, K B Landorf, H B Menz

303 Clinical implications from daily physiotherapy examination of 131 acute hamstring injuries and their association with running speed and rehabilitation progression
R Whiteley, N van Dyk, A Wangenstein, C Hansen

PhD Academy Award

311 β-alanine: performance effects, usage and side effects
V Kelly

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>

Republished clinical guideline

313 Arthroscopic surgery for degenerative knee arthritis and meniscal tears: a clinical practice guideline
R A C Siemieniuk, I A Harris, T Agoritsas, R W Poolman, R Brignardello-Petersen, S Van de Velde, R Buchbinder, M Englund, L Lytvyn, C Quinlan, L Helsingen, G Knutsen, N R Olsen, H Macdonald, L Hailey, H M Wilson, A Lydiatt, A Kristiansen

Reviews

314 Interventions to reduce sedentary behaviour in 0–5-year-olds: a systematic review and meta-analysis of randomised controlled trials
K L Downing, J A Hnatiuk, T Hinkley, J Salmon, K D Hesketh

322 Foot orthoses for plantar heel pain: a systematic review and meta-analysis
G A Whittaker, S E Munteanu, H B Menz, J M Tan, C L Rabusin, K B Landorf

329 Isokinetic strength assessment offers limited predictive validity for detecting risk of future hamstring strain in sport: a systematic review and meta-analysis
B Green, M N Bourne, T Pizzari

337 Poor overall quality of clinical practice guidelines for musculoskeletal pain: a systematic review
I Lin, L K Wiles, R Waller, R Goucke, Y Nagree, M Gibberd, L Straker, C G Maher, P P B O'Sullivan

344 Preoperative exercise halves the postoperative complication rate in patients with lung cancer: a systematic review of the effect of exercise on complications, length of stay and quality of life in patients with cancer
D Steffens, P R Beckenkamp, M Hancock, M Solomon, J Young

Abstracts

345 Prize Winning Abstracts from BASEM Congress 2016



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.