



Photo credit: KNVB
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)
Emmanuel Stamatakis (Australia)

Editorial Office
BMJ Publishing Group Ltd
BMA House
Tavistock Square
London WC1H 9JR, UK
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: 11.645

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: © 2019 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 WN Shipping USA, 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA.

Contents

Volume 53 Issue 21 | **BJSM** November 2019

Warm up

- 1325** Challenges of developing sports medicine in the Netherlands . . . work in progress!
F Hartgens, F J G Backx

Editorials

- 1327** Injury rate and prevention in elite football: let us first search within our own hearts
M Buchheit, C Eirale, B M Simpson, M Lacombe
- 1328** Injury prevention training in football: let's bring it to the real world
G P Nassis, J Brito, P Figueiredo, T J Gabbett
- 1330** Isometric exercise for acute pain relief: is it relevant in tendinopathy management?
K Gravare Silbernagel, B T Vicenzino, M S Rathleff, K Thorborg

Consensus statement

- 1332** Head Injury in Soccer: From Science to the Field; summary of the head injury summit held in April 2017 in New York City, New York
M Putukian, R J Echemendia, G Chiampas, J Dvorak, B Mandelbaum, L J Lemak, D Kirkendall

Reviews

- 1333** 'What's my risk of sustaining an ACL injury while playing football (soccer)?' A systematic review with meta-analysis
A M Montalvo, D K Schneider, P L Silva, L Yut, K E Webster, M A Riley, A W Kiefer, J L Doherty-Restrepo, G D Myer

- 1341** What is the effect of aerobic exercise intensity on cardiorespiratory fitness in those undergoing cardiac rehabilitation? A systematic review with meta-analysis
B L Mitchell, M J Lock, K Davison, G Parfitt, J P Buckley, R G Eston
- 1352** Clinical risk factors for Achilles tendinopathy: a systematic review
A C van der Vlist, S J Breda, E H G Oei, J A N Verhaar, R-J de Vos
- 1362** Including the Nordic hamstring exercise in injury prevention programmes halves the rate of hamstring injuries: a systematic review and meta-analysis of 8459 athletes
N van Dyk, F P Behan, R Whiteley

Original article

- 1371** Dose-response associations of cardiorespiratory fitness with all-cause mortality and incidence and mortality of cancer and cardiovascular and respiratory diseases: the UK Biobank cohort study
L Steell, F K Ho, A Sillars, F Petermann-Rocha, H Li, D M Lyall, S Iliodromiti, P Welsh, J Anderson, D F MacKay, J P Pell, N Sattar, J MR Gill, S R Gray, C A Celis-Morales

Subscription information

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

Institutional rates 2019

Print £888

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 2019

Print (includes online access at no additional cost)
£311

Online only £184

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>



Member since 2008

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.

Infographics

- 1379** Infographic. The effects of frequency, intensity, duration and volume of walking interventions on CVD risk factors: a systematic review and meta-regression analysis of randomised controlled trials among inactive healthy adults
P Oja, C Williamson, P Kelly, E M Murtagh, M H Murphy, C Foster, S Titze
- 1381** Infographic. Self-rated walking pace and all-cause, cardiovascular disease and cancer mortality: individual participant pooled analysis of 50 225 walkers from 11 population British cohorts
E Stamatakis, C Williamson, P Kelly, T Strain, E M Murtagh, D Ding, M H Murphy