



Design: Vicky Earle  
Art: Malcolm Willett

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](mailto: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:** 12.022

**Disclaimer:** The Editor of *British Journal of Sports Medicine* has been granted editorial freedom and *British Journal of Sports Medicine* is published in accordance with editorial guidelines issued by the World Association of Medical Editors and the Committee on Publication Ethics. *British Journal of Sports Medicine* is primarily intended for healthcare professionals and its content is for information only. The Journal is published without any guarantee as to its accuracy or completeness and any representations or warranties are expressly excluded to the fullest extent permitted by law. Readers are advised to independently verify any information on which they choose to rely. Acceptance of advertising by *British Journal of Sports Medicine* does not imply endorsement. Neither BASEM nor BMJ Publishing Group Limited shall have any liability for any loss, injury or damage howsoever arising from *British Journal of Sports Medicine* (except for liability which cannot be legally excluded).

Copyright: © 2020 BMJ Publishing Group Ltd and British Association of Sport and Exercise Medicine. All rights reserved; no part of this publication may be reproduced in any form without 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 (USPS 3957) is published bimonthly by BMJ Publishing Group Ltd, BMA House, Tavistock Square, WC1H 9JR London. Airfreight and mailing in the USA by agent named WN Shipping USA, 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA. Periodicals postage paid at Brooklyn, NY 11256. US Postmaster: Send address changes to *British Journal of Sports Medicine*, WN Shipping USA, 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA. Subscription records are maintained at BMA House, Tavistock Square, WC1H 9JR London. Air Business Ltd is acting as our mailing agent.

**Warm up**

**1305** Deimplementing arthroscopy, improving concussion reporting and celebrating research quality  
*K M Khan*

**Editorials**

**1307** Methods matter and the ‘too much, too soon’ theory (part 2): what is the goal of your sports injury research? Are you describing, predicting or drawing a causal inference?  
*R O Nielsen, N S Simonsen, M Casals, E Stamatakis, M A Mansournia*

**1309** Methods matter: pilot and feasibility studies in sports medicine  
*M J Campbell, M A Mansournia, G Lancaster*

**1311** Arthroscopic partial meniscectomy for degenerative meniscus tears in middle age patients: why surgeons should change their approach  
*L Engebretsen, G Moatshe*

**1312** When taking a step back is a veritable leap forward. Reversing decades of arthroscopy for managing joint pain: five reasons that could explain declining rates of common arthroscopic surgeries  
*C L Ardern, T Paatela, V Matilla, S Taimela, T L N Järvinen*

**Subscription information**

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

**Institutional rates 2020**

**Print** £933

**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 2020**

**Print** (includes online access at no additional cost) £327

**Online only** £194

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>

**Consensus statement**

**1314** Improving concussion education: consensus from the NCAA-Department of Defense Mind Matters Research & Education Grand Challenge  
*E Kroshus, K L Cameron, J D Coatsworth, C D'Lauro, E Kim, K Lee, J K Register-Mihalik, J J Milroy, E P Roeter, J D Schmidt, R D Silverman, D Warmath, H A Wayment, B Hainline*

**1321** Physical activity and health in Chinese children and adolescents: expert consensus statement (2020)  
*P Chen, D Wang, H Shen, L Yu, Q Gao, L Mao, F Jiang, Y Luo, M Xie, Y Zhang, L Feng, F Gao, Y Wang, Y Liu, C Luo, G P Nassis, P Krstrup, B E Ainsworth, P A Harmer, F Li*

**Original research**

**1332** Arthroscopic partial meniscectomy for a degenerative meniscus tear: a 5 year follow-up of the placebo-surgery controlled FIDELITY (Finnish Degenerative Meniscus Lesion Study) trial  
*R Sihvonen, M Paavola, A Malmivaara, A Itälä, A Joukainen, J Kalske, H Nurmi, J Kumm, N Sillanpää, T Kiekara, A Turkiewicz, P Toivonen, M Englund, S Taimela, T L N Järvinen, for the FIDELITY (Finnish Degenerative Meniscus Lesion Study) Investigators*

**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](http://www.publicationethics.org.uk)



The online version of this article contains multiple choice questions hosted on BMJ Learning.

---

**Reviews**

- 1340** Multifactorial interventions for preventing falls in older people living in the community: a systematic review and meta-analysis of 41 trials and almost 20 000 participants  
 *S Hopewell, B Copsey, P Nicolson, B Adedire, G Boniface, S Lamb*

- 1351** Can  $\beta$ 2-agonists have an ergogenic effect on strength, sprint or power performance? Systematic review and meta-analysis of RCTs  
*A Riiser, T Stensrud, J Stang, L B Andersen*

---

**Infographics**

- 1360** Infographic. COFIT-19: let's get moving through the COVID-19 pandemic!  
*J Fitzpatrick, A Castriam, H Seward, L Tulloh, E Dawson*

- 1362** Infographic. Football-specific strategies to reduce COVID-19 transmission  
*S Carmody, I Ahmad, V Goutteborge, A Malhotra, D Glover, A Massey*

---

**Education review**

- 1365** Are questionable research practices facilitating new discoveries in sport and exercise medicine? The proportion of supported hypotheses is implausibly high  
*F Büttner, E Toomey, S McClean, M Roe, E Delahunt*

---

**Patient voices**

- 1373** I heard it as much as I felt it: my experience of a complete proximal hamstring rupture  
*M Dyer*