



Design: Vicky Earle
Photo: iStock

Journal of the British Association of Sport and Exercise Medicine

Editor-in-Chief

Jonathan Drezner (USA)

Editors

Joanne Kemp (Australia)
Jon Patricios (South Africa)
Jane Thornton (Canada)

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: 13.8

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: © 2021 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 World Container Inc, 150-15, 183rd Street, Jamaica, NY 11413, USA. Periodicals postage paid at Brooklyn, NY 11256. US Postmaster: Send address changes to *British Journal of Sports Medicine*, World Container Inc, 150-15, 183rd Street, Jamaica, NY 11413, USA. Subscription records are maintained at BMA House, Tavistock Square, WC1H 9JR London. Air Business Ltd is acting as our mailing agent.

Contents

Warm up

1119 From scientific research to helping your patient
S van Berkel

Editorials

1121 Disability, the communication of physical activity and sedentary behaviour, and ableism: a call for inclusive messages
B Smith, K Mallick, J Monforte, C Foster

1122 Sports and exercise medicine in Europe and the advances in the last decade
D Neunhaeuserer, J Niebauer, G Degano, V Baiocco, M Borjesson, M Casasco, N Bachl, N Christodoulou, J M Steinacker, T Papadopoulou, F Pigozzi, A Ermolao

Consensus statements

1125 Dutch multidisciplinary guideline on Achilles tendinopathy
R-J de Vos, A C van der Vlist, J Zwerver, D E Meuffels, F Smithuis, R van Ingen, F van der Giesen, E Visser, A Balemans, M Pols, N Veen, M den Ouden, A Weir

1135 REPORT-PFP: a consensus from the International Patellofemoral Research Network to improve REPORTing of quantitative Patellofemoral Pain studies
C J Barton, D De Oliveira Silva, S Morton, N J Collins, M S Rathleff, B Vicenzino, M van Middelkoop, K M Crossley, M J Callaghan, J Selse, S Holden, S Lack, E M Macri, D M Bazett-Jones, J E Earl-Boehm, H Riel, C M Powers, I S Davis, D Morrissey

Original research

1144 Symptom cluster is associated with prolonged return-to-play in symptomatic athletes with acute respiratory illness (including COVID-19): a cross-sectional study—AWARE study I
M Schwellnus, N Sewry, C Snyders, K Kaulback, P S Wood, I Seocharan, W Derman, J H Hull, M Valtonen, E Jordaan

1153 i-CONTENT tool for assessing therapeutic quality of exercise programs employed in randomised clinical trials
T J Hoogeboom, M C Kousemaker, N L U van Meeteren, T Howe, K Bo, P Tugwell, M Ferreira, R A de Bie, C H M van den Ende, J E Stevens-Lapsley

Reviews

1161 Autologous stem cell therapy in knee osteoarthritis: a systematic review of randomised controlled trials
T G H Wiggers, M Winters, N A C Van den Boom, H J Haisma, M H Moen

1170 Do exercise-based prevention programmes reduce non-contact musculoskeletal injuries in football (soccer)? A systematic review and meta-analysis with 13 355 athletes and more than 1 million exposure hours
I R Lemes, R Z Pinto, V N Lage, B A B Roch, E Verhagen, C Bolling, C F Aquino, S T Fonseca, T R Souza

Patient voices

1179 Always fighting and keeping hope: my experience of a complete quadriceps rupture and multiligament knee injury
J Rodriguez

Subscription information

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

Institutional rates 2021

Print £952

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 2021

Print (includes online access at no additional cost) £334

Online only £198

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>



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



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