



Design: Vicky Earle

Journal of the British Association of Sport and Exercise Medicine

Editor-in-Chief

Jonathan A 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: 12.68

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

Volume 55 Issue 3 | **BJSM** February 2021

Warm Up

127 Come Together: Sports Medicine for Everybody—the 2021 American Medical Society for Sports Medicine issue
K Rizzone, C R LaBella

Editorials

128 Fit for life? Low cardiorespiratory fitness in adolescence is associated with a higher burden of future disability
P Henriksson, E J Shiroma, H Henriksson, P Tynelius, D Berglund, M Löf, I-M Lee, F B Ortega

130 Team sport in a COVID-19 world. A catastrophe in waiting, or an opportunity for community sport to evolve and further enhance population health?
S A Griffin, A Mendham, P Krstrup, A Murray, N Peirce, J Larkin, R Jaques, C M Cowie, K A Stokes, S P Kemp

Consensus statements

132 Sexual violence in sport: American Medical Society for Sports Medicine Position Statement
J S Koontz, M Mountjoy, K E Abbott, C M Aron, K C Basile, C T Carlson, C J Chang, A B Diamond, S A Dugan, B Hainline, S A Herring, B E Hopkins, E A Joy, J P Judge, M LaBotz, J Matuszak, C J McDavis, R A Myers, A Nattiv, J L Tanji, J Wagner, W O Roberts

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>



Defining a research agenda for youth sport specialisation in the USA: the AMSSM Youth Early Sport Specialization Summit
S A Kliethermes, S W Marshall, C R LaBella, A M Watson, J S Brenner, K B Nagle, N Jayanthi, M A Brooks, A S Tenforde, D C Herman, J P DiFiori, A I Beutler

Reviews

144 Effects of sedentary behaviour interventions on biomarkers of cardiometabolic risk in adults: systematic review with meta-analyses
N T Hadgraft, E Winkler, R E Climie, M S Grace, L Romero, N Owen, D Dunstan, G Healy, P C Dempsey



Effectiveness of exercises by telerehabilitation on pain, physical function and quality of life in people with physical disabilities: a systematic review of randomised controlled trials with GRADE recommendations
J F Dias, V C Oliveira, P R T Borges, F C M S Dutra, M C Mancini, R N Kirkwood, R A Resende, R F Sampaio

Original research

163 Injury incidence and characteristics for elite, male, artistic USA gymnastics competitions from 2008 to 2018
D W Kruse, A S Nobe, J Billimek

169 Prospective study of the association between sport-related concussion and brain morphometry (3T-MRI) in collegiate athletes: study from the NCAA-DoD CARE Consortium
S A Bobholz, B L Brett, L Y España, D L Huber, A R Mayer, J Harezlak, S P Broglio, T McAllister, M A McCreary, T B Meier, CARE Consortium 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



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

Br J Sports Med: first published as on 1 February 2021. Downloaded from <http://bjsm.bmj.com/> on December 9, 2022 by guest. Protected by copyright.

Infographic

- 175** Infographic. Running myth: switching to a non-rearfoot strike reduces injury risk and improves running economy

*J L N Alexander, R W Willy, C Napier,
D R Bonanno, C J Barton*

Patient voices

- 177** Helping athletes affected by sexual violence: my challenge to the sports and exercise medicine community
-

Discussion

- 179** Is it too early to condemn early sport specialisation?

J Baker, A Mosher, J Fraser-Thomas

- 181** Infectious Diseases Outbreak Management Tool for endurance mass participation sporting events: an international effort to counteract the COVID-19 spread in the endurance sport setting

*P E Adami, J Cianca, B McCloskey, W Derman,
J M Steinacker, F O'Connor, S Migliorini,
R Budgett, F Yamasawa, I Lereim, X Bigard,
C Troianos, F Garrandes, S Bermon*

Electronic pages

- e3** Correction: *Infographic. International Olympic Committee consensus statement on pain management in athletes: non-pharmacological strategies*
- e4** Correction: *Do multi-ingredient protein supplements augment resistance training-induced gains in skeletal muscle mass and strength? A systematic review and meta-analysis of 35 trails*