



Design: Vicky Earle
Photo: Andrew Comaga

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: 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.

Warm up

- 241** SEPNZ warm UP BJSM tendinopathy, back pain and OA: sorting the evidence
B Jarratt

Editorials

- 243** Symbiotic bacteria enhance exercise performance
J O Lundberg, C Moretti, N Benjamin, E Weitzberg

- 244** Why do tendon researchers overlook the patient's psychological state? The review with no papers
S Mc Auliffe, K O'Sullivan, R Whiteley, V Korakakis

- 245** Plantar heel pain: should you consult a general practitioner or a podiatrist?
H B Menz, M P Cochetti, G A Whittaker, S E Munteanu, K B Landorf

- 246** Editorial comment on discussion: 'Which specific modes of exercise training are most effective for treating low back pain? Network meta-analysis'
K M Khan

- 247** Diagnosing Achilles tendinopathy is like delicious spaghetti carbonara: it is all about key ingredients, but not all chefs use the same recipe
R-J de Vos, A C van der Vlist, M Winters, F van der Giesen, A Weir

Reviews

- 249** Which treatment is most effective for patients with Achilles tendinopathy? A living systematic review with network meta-analysis of 29 randomised controlled trials
A C van der Vlist, M Winters, A Weir, C L Ardern, N J Welton, D M Caldwell, J A N Verhaar, R-J de Vos

- 256** Intra-articular saline injection is as effective as corticosteroids, platelet-rich plasma and hyaluronic acid for hip osteoarthritis pain: a systematic review and network meta-analysis of randomised controlled trials
A Gazendam, S Ekhuri, A Bozzo, M Phillips, M Bhandari

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>

MORE CONTENTS ►



Member since 2008



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.

Original research

- 262** Optimising outcomes of exercise and corticosteroid injection in patients with subacromial pain (impingement) syndrome: a factorial randomised trial



OPEN ACCESS

E Roddy, R O Ogollah, R Oppong, I Zwierska, P Datta, A Hall, E Hay, S Jackson, S Jowett, M Lewis, J Shufflebotham, K Stevenson, D A van der Windt, J Young, N E Foster

- 272** Custom insoles versus sham and GP-led usual care in patients with plantar heel pain: results of the STAP-study - a randomised controlled trial



OPEN ACCESS

N Rasenberg, S M A Bierma-Zeinstra, L Fuit, M S Rathleff, A Dieker, P van Veldhoven, P J E Bindels, M van Middelkoop

Infographics

- 279** Infographic. Effects of exercise in patients with fibromyalgia: an umbrella review

A Andrade, F H Dominski

- 281** Infographic. Does foot mobility affect the outcome in the management of patellofemoral pain with foot orthoses versus hip exercises? A randomised clinical trial

M Matthews, M S Rathleff, A P Claus, T McPoil, R Nee, K M Crossley, J Kasza, B T Vicenzino

PhD Academy Award

- 283** Meniscal ramp lesions: anatomy, biomechanics and clinical outcomes (PhD Academy Award)

N N DePhillipo

Discussion

- 285** Letter in response to: 'Which specific modes of exercise training are most effective for treating low back pain? Network meta-analysis' by Owen *et al*

C G Maher, J A Hayden, B T Saragiotto, T P Yamato, M K Bagg

- 287** Response to Discussion: 'Which specific modes of exercise training are most effective for treating low back pain? Network meta-analysis'

D L Belavy, P J Owen, C T Miller, N L Mundell, S D Tagliaferri, H Brisby, S J Bove

Republished

- 290** An approach to hip pain in a young adult
- A G Dick, J M Houghton, M J K Bankes*