Contents

Volume 57 Issue 20 | BJSM October 2023

Warm up
1281 Exercise as medicine… in more ways than one!
O B A Owoeye

Editorials
1282 Return to play after myocarditis: time to abandon the one-size-fits-all approach?
G Claessen, A La Gerche, R De Boscher

1284 We should oppose policies based on false science or distorted evidence with the potential to cause harm
L Olewinski

1285 Pregnancy and physical activity: facilitating change
K R Marino, G Donnelly, I S Moore, M De Vivo, D Vishnubala

Original research
1287 Quadriceps or hip exercises for patellofemoral pain? A randomised controlled equivalence trial
R Hansen, C Basnayake, M S Rathleff, S P Maggusson, M Hendriksen

1295 Effects of a 16-week home-based exercise training programme on health-related quality of life, functional capacity, and persistent symptoms in survivors of severe/critical COVID-19: a randomised controlled trial

Subscription information

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

Institutional rates 2023

Print £1,091

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 2023

Print (includes online access at no additional cost) £375

Online only £217

1304 Performance and symmetry measures during vertical jump testing at return to sport after ACL reconstruction
R Kotsifaki, V Sideris, E King, R Bahr, R Whiteley

1311 The VISA-A (sedentary) should be used for sedentary patients with Achilles tendinopathy: a modified version of the VISA-A developed and evaluated in accordance with the COSMIN checklist
R Norris, J L. Cooke, J E Gaida, T Maddox, J Raju, S O’Neill

Reviews
1317 Exercise training and resting blood pressure: a large-scale pairwise and network meta-analysis of randomised controlled trials
J J Edwards, A H P Deenamadde, M Griffths, O Arnold, N J Cooper, J D Wiles, J M O’Driscoll

1327 Effect of resistance exercise dose components for tendinopathy management: a systematic review with meta-analysis
A V Pavlova, J S C Shin, R Moss, C Maclean, D Brandon, L Mitchell, L Greig, E Parkinson, L Alexander, V Tzortziou Brown, D Morrissey, K Cooper, P A Swinton

Infographic
1335 Infographic. Exercise training and resting blood pressure: a large-scale pairwise and network meta-analysis of randomised controlled trials
J J Edwards, A H P Deenamadde, M Griffths, O Arnold, N J Cooper, J D Wiles, J M O’Driscoll

PhD Academy Award
1337 Effects of low-load and high-load resistance training combined with aerobic training in patients with coronary artery disease: a dose-dependent randomised, controlled trial (PhD Academy Award)
T Kambit

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: © 2023 BMJ Publishing Group Ltd and British Association of Sport and Exercise Medicine. This journal is a member of and subscribes to the principles of the Committee on Publication Ethics

Journal of the British Association of Sport and Exercise Medicine

Editor-in-Chief
Jonathan Drezn (USA)

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

Executive 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 to http://bjsm.bmj.com/pages/submitting-your-paper/copyright-and-authors-rights/.

ISSN: 0306-3674 (print)
ISSN: 1473-0480 (online)

Impact factor: 18.4

Subscription information

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

Institutional rates 2023

Print £1,091

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 2023

Print (includes online access at no additional cost) £375

Online only £217

© 2023 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.

Exercise training and resting blood pressure: a large-scale pairwise and network meta-analysis of randomised controlled trials
J J Edwards, A H P Deenamadde, M Griffths, O Arnold, N J Cooper, J D Wiles, J M O’Driscoll

Effect of resistance exercise dose components for tendinopathy management: a systematic review with meta-analysis
A V Pavlova, J S C Shin, R Moss, C Maclean, D Brandon, L Mitchell, L Greig, E Parkinson, L Alexander, V Tzortziou Brown, D Morrissey, K Cooper, P A Swinton

Infographic. Exercise training and resting blood pressure: a large-scale pairwise and network meta-analysis of randomised controlled trials
J J Edwards, A H P Deenamadde, M Griffths, O Arnold, N J Cooper, J D Wiles, J M O’Driscoll

PhD Academy Award
Effects of low-load and high-load resistance training combined with aerobic training in patients with coronary artery disease: a dose-dependent randomised, controlled trial (PhD Academy Award)
T Kambit

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.