

Riding towards better athlete health

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We are delighted to present the annual Norwegian Sports and Exercise Medicine Society issue of the *BJSM*. This edition emphasises the importance of prevention in sports and exercise medicine, featuring papers that delve into various aspects of primary, secondary and tertiary prevention.

INJURY PREVENTION

The first paper we feature is an editorial discussing the reporting standards in injury prevention studies. Most injury prevention studies have focused on the injury incidence, but to ‘paint the whole picture’, the injury burden and injury severity should be considered when assessing the effectiveness of sports injury prevention interventions (*see page 1166*).

Collaboration between sports medicine researchers and practitioners is essential for implementing prevention strategies. An original study involving swimming experts identified 36 risk factors for injury, but only six were supported by the existing literature, highlighting the need for evidence-based approaches (*see page 1187*).

How to implement injury prevention exercise programmes in the best way is important for improving the effectiveness of injury preventive measures. In a Danish study, the authors found no difference in the adherence to the programme of the injury risk between a combined online and onsite

implementation strategy and an online-only strategy (*see page 1205*).

The acute treatment of sports injuries has had several acronyms over the years (ie, ICE, RICE, PRICE, POLICE, MICE), with ice/cryotherapy being a common element. A review in the current issue recommends cryotherapy for the first 6 hours, but advises caution after 12 hours, as it may hinder tissue healing (*see page 1215*).

EXERCISE MEDICINE

Our second theme is exercise medicine. Over recent decades, research on cardiometabolic risk factors has predominantly focused on sedentary time. In the current issue, an editorial suggests that future research should focus on time spent standing (*see page 1173*). A systematic review found that combining aerobic and strength training had a greater effect on cardiorespiratory fitness compared with aerobic training alone in patients with coronary artery disease (*see page 1225*).

JOIN US!

This year’s annual Norwegian Sports and Exercise Medicine conference is scheduled in Bergen from 8 November to 10 November. The programme, primarily in Norwegian, features English keynotes by Evert Verhagen and Alan McCall. Parallel sessions will cover topics such as respiratory health, exercise as medicine, groin pain, knee ligament injuries and Relative Energy Deficiency in Sport (REDs).

In this issue of *BJSM*, we tackle two of the most pressing topics in sports medicine: preventing injuries and promoting physical activity across the population—both of which are complex challenges. To move forward in this field, we must unite different professions and backgrounds and ride together. As depicted in the cover illustration, we are not merely racing towards a finish line; we are continually evolving, learning from one another and driving collective growth lap after lap as in the velodrome.

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