



Front cover credit: Design: Vicky Earle

Journal of the British Association of Sport and Exercise Medicine

Editor

Karim Khan (Canada)

Editorial Office

BMJ Publishing Group Ltd
BMA House
Tavistock Square
London WC1H 9JR, UK

T: +44 (0)20 7383 6622

F: +44 (0)20 7383 6787/6668

E: bjsm@bmjgroup.com

Guidelines for Authors and Reviewers

Full instructions are available online at <http://bjsm.bmj.com/fora>. Articles must be submitted electronically <http://submit-bjsm.bmj.com>. Authors retain copyright but are required to grant BJSM an exclusive licence to publish <http://bjsm.bmj.com/fora/licence.dtl>

ISSN: 0306-3674 (print)

ISSN: 1473-0480 (online)

Impact factor: 3.54

Disclaimer: BJSM is published by BMJ Publishing Group Ltd (a wholly owned subsidiary of the British Medical Association) and the British Association of Sport and Exercise Medicine. The owners grant editorial freedom to the Editor of BJSM. BJSM follows guidelines on editorial independence produced by the World Association of Medical Editors and the code on good publication practice of the Committee on Publication Ethics.

BJSM is intended for medical professionals and is provided without warranty, express or implied. Statements in the journal are the responsibility of their authors and advertisers and not authors' institutions, the BMJ Publishing Group, the British Association of Sport and Exercise Medicine or the BMA unless otherwise specified or determined by law. Acceptance of advertising does not imply endorsement.

To the fullest extent permitted by law, the BMJ Publishing Group shall not be liable for any loss, injury or damage resulting from the use of Heart or any information in it whether based on contract, tort, or otherwise. Readers are advised to verify any information they choose to rely on.

To the fullest extent permitted by law, the BMJ Publishing Group Ltd shall not be liable for any loss, injury or damage resulting from the use of Emergency Medicine Journal or any information in it whether based on contract, tort or otherwise. Readers are advised to verify any information they choose to rely on.

Copyright: © 2011 BMJ Publishing Group and British Association of Sport and Exercise Medicine. All rights reserved; no part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise without prior permission

BJSM is published by BMJ Publishing Group Ltd, typeset by Newgen, and printed in the UK on acid-free paper from sustainable forests by Latimer Trend, Plymouth, UK.

British Journal of Sports Medicine (ISSN: 0306-3674) is published monthly by BMJ Publishing Group and is distributed in the USA by Mercury International Ltd. Periodicals postage paid at Rahway, NJ. POSTMASTER: send address changes to *British Journal of Sports Medicine*, Mercury International Ltd, 365 Blair Road, Avenel, NJ 07001, USA.

Contents

Volume 45 Issue 13 | BJSM October 2011

Warm up

- 1013** New substrates for Achilles tendinopathy: substantial plantaris tendon or Substance P?
J L Tol

Editorials

- 1014** Sports medicine in Wonderland? Keep on running
RJA Visser, J L Tol

- 1015** Setting our minds to implementation
E Verhagen, C F Finch

Original articles

- 1017** Substance P accelerates hypercellularity and angiogenesis in tendon tissue and enhances paratendinitis in response to Achilles tendon overuse in a tendinopathy model
G Andersson, L J Backman, A Scott, R Lorentzon, S Forsgren, P Danielson



- 1023** Midportion Achilles tendinosis and the plantaris tendon
H Alfredson



- 1026** Incidence of midportion Achilles tendinopathy in the general population
S de Jonge, C van den Berg, RJ de Vos, H J L van der Heide, A Weir, J A N Verhaar, S M A Bierma-Zeinstra, J L Tol

- 1029** Spatial orientation of the subtalar joint axis is different in subjects with and without Achilles tendon disorders
C A Reule, W W Alt, H Lohrer, H Hochwald

- 1035** Tenocyte apoptosis in the torn rotator cuff: a primary or secondary pathological event?
K Lundgreen, Ø B Lian, L Engebretsen, A Scott

- 1040** A pathway-based approach investigating the genes encoding interleukin-1 β , interleukin-6 and the interleukin-1 receptor antagonist provides new insight into the genetic susceptibility of Achilles tendinopathy
A V September, E-M Nell, K O'Connell, J Cook, C J Handley, L van der Merwe, M Schweltnus, M Collins

- 1048** Changes in anteroposterior patellar tendon diameter support a continuum of pathological changes
P Malliaras, J Cook

- 1052** Effectiveness of JUMP-in, a Dutch primary school-based community intervention aimed at the promotion of physical activity
J S B de Meij, M J M Chinapaw, M M van Stralen, M F van der Wal, L van Dieren, W van Mechelen

- 1058** Economic burden of physical activity-related injuries in Dutch children aged 10–12
D C M Collard, E A L M Verhagen, W van Mechelen, M W Heymans, M J M Chinapaw

- 1064** Referrals from a primary care-based sports medicine department to an orthopaedic department: a retrospective cohort study
R D Menzies, R A Young

MORE CONTENTS ►



This article has been chosen by the Editor to be of special interest or importance and is freely available online.



Articles carrying the Unlocked Logo are freely available online under the BMJ Journals unlocked scheme. See <http://bjsm.bmj.com/info/unlocked.dtl>



These papers may be seen as "non-conformist" and challenging for classic peer review; for further information see <http://bjsm.bmj.com/cgi/content/full/42/2/79>



COMMITTEE ON PUBLICATION ETHICS

This journal is a member of and subscribes to the principles of the Committee on Publication Ethics
www.publicationethics.org.uk



Review

- 1068** Injection treatments for patellar tendinopathy
M van Ark, J Zwerver, I van den Akker-Scheek

PEDro systematic review update

- 1079** Is exercise effective in promoting mental well-being in older age?
 A systematic review
S Rosenbaum, C Sherrington

Nutritional supplement series

- 1077** A–Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance – Part 25
B Lundy, J C Miller, K Jackson, D S Senchina, L M Burke, S J Stear, L M Castell

SportsMedUpdate

- 1081** Evidence-based journal watch

Miscellanea

- 1063** Corrections

Subscription Information

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

Institutional Rates 2011

Print
 £520; US\$1014; €702

Online

Site licences are priced on FTE basis and allow access by the whole institution. Print is available at deeply discounted rates for online subscribers; details available online at <http://group.bmj.com/group/subs-sales> or contact the Subscription Manager in the UK (see above right)

Personal print or online only and institutional print subscriptions may be purchased online at <http://group.bmj.com/group/subs-sales> (payment by Visa/ Mastercard only)

Residents of some EC countries must pay VAT; for details, call us or visit www.bmj.com/subscriptions/vatandpaymentinfo.dtl

Personal Rates 2011

Print (includes online access at no additional cost)
 £188; US\$367; €254

Online Only

£118; US\$231; €160

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