



Front cover design: Nadia Picco

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: bjism@bmjgroup.com

Guidelines for Authors and Reviewers

Full instructions are available online at <http://bjism.bmj.com/site/about/guidelines.xhtml>. Articles must be submitted electronically <http://mc.manuscriptcentral.com/bjism>. Authors retain copyright but are required to grant BJSM an exclusive licence to publish <http://group.bmj.com/products/journals/instructions-for-authors/licence-forms>

ISSN: 0306-3674 (print)

ISSN: 1473-0480 (online)

Impact factor: 4.14

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: © 2012 BMJ Publishing Group Ltd 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 Air Business Ltd. Periodicals postage paid at Jamaica NY 11431 POSTMASTER: send address changes to British Journal of Sports Medicine, Air Business Ltd, c/o Worldnet Shipping Inc., 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA.

Contents

Volume 46 Issue 12 | BJSM September 2012

Warm up

- 833** What's App? Sports medicine physicians should not talk double Dutch
J Zwerver, A Weir, J L Tol

Editorials

- 835** A twist on the athlete's ankle twist: some ankles are more equal than others
G MMJ Kerkhoffs, J L Tol
- 836** Prevention of running-related injuries in novice runners: are we running on empty?
E Verhagen

Reviews

- 838** The effects of eccentric training on lower limb flexibility: a systematic review
K O'Sullivan, S McAuliffe, N DeBurca
- 846** Hamstring exercises for track and field athletes: injury and exercise biomechanics, and possible implications for exercise selection and primary prevention
N Malliaropoulos, J Mendiguchia, H Pehlivanidis, S Papadopoulou, X Valle, P Malliaras, N Maffulli

PEDro systematic review update

- 852** Treatment of acute ankle sprains: evidence on the use of an ankle brace is unclear
I L C Heijnders, C-W C Lin

Consensus statement

- 854** Diagnosis, treatment and prevention of ankle sprains: an evidence-based clinical guideline
G M Kerkhoffs, M van den Bekerom, L A M Elders, P A van Beek, W A M Hullegie,



Subscription information

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

Institutional rates 2012

Print

£559; US\$1091; €755

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/subscribe/?bjism> or contact the Subscription Manager in the UK

Personal rates 2012

Print (includes online access at no additional cost)

£194; US\$379; €262

Online only

£122; US\$238; €165

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/?bjism> (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

G M F M Bloemers, E M de Heus, M C M Loogman, K C J G M Rosenbrand, T Kuipers, J W A P Hoogstraten, R Dekker, H-J ten Duis, C N van Dijk, M W van Tulder, P J van der Wees, R A de Bie

Original articles

- 861** Two simple clinical tests for predicting onset of medial tibial stress syndrome: shin palpation test and shin oedema test
P Newman, R Adams, G Waddington
- 865** The effectiveness of a preconditioning programme on preventing running-related injuries in novice runners: a randomised controlled trial
S W Bredeweg, S Zijlstra, B Bessem, I Buist
- 871** New insights into the proximal tendons of adductor longus, adductor brevis and gracilis
J A Davis, M D Stringer, S J Woodley
- 877** Functional management of ankle sprains: what volume and intensity of walking is undertaken in the first week postinjury
M A Tully, C M Bleakley, S R O'Connor, S M McDonough
- 883** Reliability and validity of three pain provocation tests used for the diagnosis of chronic proximal hamstring tendinopathy
A Cacchio, F Borra, G Severini, A Foglia, F Musarra, N Taddio, F De Paulis
- 888** The relationship of femoral neck shaft angle and adiposity to greater trochanteric pain syndrome in women. A case control morphology and anthropometric study
A M Fearon, S Stephens, J L Cook, P N Smith, T Neeman, W Cormick, J M Scarsell

Nutritional supplement series

- 893** A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: Part 36
A J Zemske, R M Quinlivan, M Gibala, L M Burke, S J Stear, L M Castell



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://bjism.bmj.com/info/unlocked.dtl>



These papers may be seen as "non-conformist" and challenging for classic peer review; for further information see <http://bjism.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

