

# Safe sport for all!

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Welcome to the 14th edition of the *BJSM* for 2024! In this edition, we focus on ensuring safe sport for all. The *BJSM* has promoted safe sport for many years, with the publication of many studies and reviews that provide insights into the primary prevention of injuries such as concussion and anterior cruciate ligament injuries—both of which can have catastrophic consequences for those affected. In recent years, secondary (identifying and preventing the consequences of injury) and tertiary (treating the consequences of injury) prevention have become a priority, driven by the growing recognition of long-term sport injury burden. All three levels of injury prevention are important for people to maintain good health and be able to participate in physical activity across the lifespan.

In this issue, Larissa Rodrigues Souto and colleagues explore whether adjunct treatments improve treatment outcomes of exercise therapy in people with patellofemoral pain in their systematic review (see page 792). Three original research papers and a PhD academy award highlight the importance of injury prevention and management in various athletes. Adam Mattiussi reports on his PhD findings, discussing injury and jumping in

ballet dancers (see page 808). Muhammad Ikhwan Zein and colleagues report on the value of performing baseline MRI and delaying return to play following acute hamstring injury for hamstring reinjury (see page 766). Health problems seen in Dutch youth speed skaters are described by Hendricks and colleagues (see page 785), and Dutia and colleagues report on the effects of performance-focused swimming on an athlete with high-needs cerebral palsy over 30 months (see page 777). Dr Carolina Avila de Almeida also discusses the use of imaging in shoulder instability in our Images in Sports Medicine series (see page 805).

Five key editorials are contained in this issue which discuss the challenges of

terminology in concussion (see page 754), medical time outs (see page 763), fairness in competition (see page 760) and strength across the lifespan (see page 758). We discuss the burden of knee and hip osteoarthritis in women, why it is higher in women than men and provide a call to action for the sport and exercise medicine community to rectify this imbalance, enabling women to maintain an active life at all ages (see page 756).

Together, the sport and exercise medicine community can foster safe sport for all by prioritising research and practice at all levels of prevention. Thanks for reading and enjoy!

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