



Editorial

Benefit of exercise in concussion rehabilitation



Dech, Bishop and Neary, lead off the feature articles this week with a review examining the effects of exercise in the rehabilitation of sports related concussions, providing support to the concept of earlier introduction of activity in the rehabilitation process. In the second featured article Pavey and Brown, in a cohort study with over 9000 participants, report a protective effect of high levels of exercise on depressive symptoms in females with high levels of sitting, except in those reporting very high levels of sitting. In the third feature article, Cust and colleagues describe the relationship between individual and team performances on match quarter outcomes in elite women's Australian Rules football.

Nie's group leads off the sports medicine section this month report with a research linking two genetic polymorphisms associated with risk of chronic Achilles tendinopathy in athletes. Oliver and co-workers suggest that differences in lower limb function need to be considered in the management of shoulder pain in softball pitchers. Pryor's team report a cumulative effect of moderate to high exercise on subsequent heat strain when exercising in the following 24 h.

Holliday, Fisher and Swart provide support to ensuring that cyclist saddle pressure assessments are undertaken at realistic training/competition intensities in the first of the sports injury articles this month. Utilising helmetless tackling drills in American Football, Swartz and colleagues describe an early season reduction in game related head impacts that disappeared by the end of the season. Toohey's group report a three-year epidemiology study of injuries in elite sprint kayak athletes. Ruddick, Lovell, Drew and Fallon describe the epidemiology of bone stress injuries in an elite Australian sports institute.

Koorts and co-workers lead of the physical activity section asking whether sport contributes enough to moderate to vigorous physical activity in adolescents. Rowlands and team outline the utility of the acceleration above which a person's most active minutes are accumulated for comparing activity levels across data sets.

In this month's sports science section, Lovell's group provide evidence that the greater match intensity of later maturing football (soccer) players may inform talent identification and athletic development processes within a national federation. Sanders, McCraig, Felton and King suggest that both technique and performance of elite finger spin bowlers may be limited by the passive range of motion of their hips and shoulders. Willis and colleagues report that high intensity repeated sprint exercise combined with blood flow restriction or systemic hypoxia increases the blood flow perfusion response in athletes. In the final article this month, Roberts and co-workers in a review of coach knowledge in talent identification, suggest that coaches make decisions based on tacit knowledge or "instinct", arguing that understanding how this instinct is developed and utilised in a daily training environment will enhance performance outcomes.

The October 2019 issue provides a high quality mix of articles across the full spectrum of science and medicine in sport.

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