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Editorial

Hand and wrist OA in elite former cricket and rugby union players



This month we are led off with an article by Jones and colleagues outlining the prevalence of hand and wrist osteoarthritis, by sport and by playing position, in former elite cricket and rugby union players. In the second feature article, Fagher, Ahmed, Pernheim and Varkey describe an exploratory study looking at the prevalence of sport related injuries in Paralympic judo and in the final feature article, Chan, Ha, Ng and Lubans report the effectiveness of an assessment based intervention emphasizing fun and mastery on primary school children's fundamental movement skills.

The first of the sports medicine articles for this month comes from Mailuhu and co-workers who describe subgroup characteristics of patients with chronic ankle instability in primary care. In the second article of the section, Pumpa, McKune and Harnett, using a double blind RCT, describe a novel role for probiotics in improving host defence in elite rugby union athletes. The final article in the section, from Cassel's group, outlines structural changes in Achilles tendons of elite adolescent athletes compared to controls using image based spatial frequency analysis.

Smyth and colleagues lead out the sports injury section with a systematic review describing injury prevention strategies specific to pre-elite athletes competing in Olympic and professional sports. In the second article, Stephens, Chapman, Tate and Warmenhoven describe an ACL injury case study using a drop landing screening approach to monitoring using functional data analysis. In the final article in this section, Chalmer's group outline a strategy using brief in-play cooling breaks to reduce thermal strain in football in hot conditions.

Kariippanon, Cliff, Okely and Parrish commence the physical activity section with an article describing the impact of flexible learning spaces on sedentary time in adolescents. In the second article, Olds, Gomersall, Olds and Ridley propose the cutpoint bias hypothesis as a source of systematic bias in self-reported physical activity. Castro-Piñero and colleagues describe field-based muscle strength tests to identify European adolescents at risk of metabolic syndrome from the HELENA study.

In the sports science section, Wen's group, using a meta-analysis of randomised controlled trials, outline the effects of different protocols of high intensity interval training for VO₂max improvements in adults. Noor and co-workers outline training and match load profiles of international footballers transitioning from club to national teams. Davis, Hinshaw, Critchley and Dai report a study describing mid-flight trunk flexion and extension altered segment and lower extremity joint movements and subsequent landing mechanics. In the final article of the month, Lopes-Silva, Choo, Franchini and Abbiss report a systematic review and meta-analysis of the impact of isolated ingestion of caffeine and sodium bicarbonate on repeated sprint performance.

The August 2019 issue provides a wealth of information for researchers and clinicians and researchers across the sport sciences, physical activity and exercise medicine fields.

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