

Recommended follow up reads:

- Barton CJ, Bonanno DR, Carr J, et al Running retraining to treat lower limb injuries: a mixed-methods study of current evidence synthesised with expert opinion Br J Sports Med 2016;50:513-526.
- Barton CJ, Lack S, Hemmings S, et al The 'Best Practice Guide to Conservative Management of Patellofemoral Pain': incorporating level 1 evidence with expert clinical reasoning Br J Sports Med 2015;49:923-934.
- Brukner P Challenging beliefs in sports nutrition: are two 'core principles' proving to be myths ripe for busting? Br J Sports Med 2013;47:663-664.
- Crossley KM, van Middelkoop M, Callaghan MJ, et al 2016 Patellofemoral pain consensus statement from the 4th International Patellofemoral Pain Research Retreat, Manchester. Part 2: recommended physical interventions (exercise, taping, bracing, foot orthoses and combined interventions) Br J Sports Med 2016;50:844-852.
- Mallows A, Debenham J, Walker T, et al Association of psychological variables and outcome in tendinopathy: a systematic review Br J Sports Med 2017;51:743-748.
- McKeon PO, Hertel J, Bramble D, et al The foot core system: a new paradigm for understanding intrinsic foot muscle function Br J Sports Med 2015;49:290.
- Mountjoy M, Sundgot-Borgen JK, Burke LM, et al IOC consensus statement on relative energy deficiency in sport (RED-S): 2018 update Br J Sports Med 2018;52:687-697.
- Nielsen, R. O., et al. (2013). "Foot pronation is not associated with increased injury risk in novice runners wearing a neutral shoe: a 1-year prospective cohort study." British Journal of Sports Medicine.
- Noakes T, Volek JS, Phinney SD Low-carbohydrate diets for athletes: what evidence? Br J Sports Med 2014;48:1077-1078.
- Powers CM, Witvrouw E, Davis IS, et al Evidence-based framework for a pathomechanical model of patellofemoral pain: 2017 patellofemoral pain consensus statement from the 4th International Patellofemoral Pain Research Retreat, Manchester, UK: part 3 Br J Sports Med 2017;51:1713-1723.
- Rio E, Kidgell D, Moseley GL, et al Tendon neuroplastic training: changing the way we think about tendon rehabilitation: a narrative review Br J Sports Med 2016;50:209-215.
- Roberts WO Running causes knee osteoarthritis: myth or misunderstanding Br J Sports Med 2018;52:142.