

# Athletic Training & SPORTS HEALTH CARE

## Instructions for Contributors

*Athletic Training and Sports Health Care: The Journal for the Practicing Clinician* provides a forum for the dissemination of contemporary athletic training and sports health care information and guidance to clinicians involved in a variety of allied health professions. Primary emphasis is on the clinical relevance of information to the practicing sports health care professional. The journal publishes peer-reviewed articles including original research, case reviews, evidence-based reports, clinical columns, and literature reviews from a variety of sports health care disciplines. The Journal adheres to the Uniform Requirements for Manuscripts Submitted to Biomedical Journals (2008) of the International Committee of Medical Journal Editors.

### COPYRIGHT TRANSFER

Articles are accepted with the understanding that they have not been previously published and are not under simultaneous consideration by another publication. Before any manuscript can be considered for publication, the Author Statement must be completed in full, signed, and dated by each author. The Author Statement can be found in PDF format online at [http://www.atshc.com/pdfs/ATSHC\\_CopyrightTransmittal.pdf](http://www.atshc.com/pdfs/ATSHC_CopyrightTransmittal.pdf). The editorial office will not review a manuscript until this form has been signed by all of the authors and faxed to 856-853-6653.

### MANUSCRIPT SUBMISSION

#### Technical Preparation

Manuscripts should be submitted to <[www.rapidreview.com](http://www.rapidreview.com)>. Authors should contact the Editorial Office with questions regarding the submission process at [atshc@slackinc.com](mailto:atshc@slackinc.com).

Manuscript style should follow the AMA's *Manual of Style*, 10th edition, and spelling should reflect *Dorland's Illustrated Medical Dictionary*.

Limit the use of abbreviations to those that are commonly understood without explanation. Pharmaceuticals should be referred to by their generic names. Device manufacturers and their locations should appear in parentheses following the mention of devices.

Uploaded manuscript files should be devoid of author identification, including title page, to facilitate blind peer review. All pages and lines should be numbered.

Reports of studies involving human subjects must indicate procedures for the protection of their rights, as well as IRB approval.

Original manuscripts should be no more than 16 double-spaced pages in length, excluding references, figures, and tables.

#### Organization of Manuscript (Original Research)

If the material was presented at a meeting, the meeting information should be provided. If any author has a financial conflict of interest in the subject matter in the manuscript, this should be indicated. If the manuscript discusses in any way a device, equipment, an instrument, or a drug, the author(s) must state whether they have any commercial or proprietary interest in the product or company. If applicable, authors should describe the role of the study sponsor, if any, in study design; collection, analysis, and interpretation of data; writing the report; and the decision to submit the report for publication. If the supporting source had

no such involvement, the authors should so state. If applicable, authors must declare whether they had assistance with study design, data collection, data analysis, or manuscript preparation. If the manuscript reports on a registered clinical trial and has been assigned a trial registration number from a public trials registry, authors should provide this information.

**Acknowledgments:** Limit acknowledgments to those who helped extensively, such as individuals who provided statistical help, essential equipment, or laboratory services or who translated references.

**Abstract:** The abstract should contain 150 or fewer words. Every article, including columns (with the exception of Book Reviews, Sports Medicine Digest, and PEARLS of Practice), must include an abstract.

**Text:** The text should include the following sections when appropriate for the material (the use of subheadings is encouraged):

- 1) Introduction – Previous pertinent literature is cited and discussed. The purpose/research hypotheses are clearly stated. Rationale for the study is clear.
- 2) Methods – Research design is fully described.
- 3) Results – Results are clearly presented and relevant to the study objectives. Text should not duplicate tables or figures.
- 4) Discussion – Support/nonsupport of the hypotheses is noted and discussed with reference made to previous literature. Limitations of the study are noted. Suggestions for future research are made. Commentary as to the *clinical implications* of the research should also be stated. No summary section is necessary.

**References:** References must be cited consecutively in the text with superscript numbers and listed in this order in the reference section at the end of the text. Authors are responsible for the accuracy of references, particularly author names and page numbers.

Unpublished data and personal communication should not be listed as references, but mentioned parenthetically in the text.

Abbreviations of the names of journals should conform to Medline. The names of those journals that are not listed with the Library of Medicine in Medline must be given in full. Journal names should be cited as they existed at the time of publication.

References should follow the AMA's *Manual of Style*, 10th edition.

**Legends for Figures/Illustrations:** All figures should be numbered in the order in which they are referred to in the text. A legend should be a brief description that allows the figure to be fully understood.

**Figures/Illustrations:** Each figure must be numbered and cited consecutively in the text. If applicable, arrows or asterisks can be present on figures for identification of specified areas that are discussed in the legend. If any person's identity can be determined from a photograph, the author must include the person's or the guardian's written permission to publish the photograph. Authors must disclose whether any figures or tables have been previously published; such materials must be accompanied by a letter of permission from the publisher, which extends non-exclusive worldwide rights to reprint the material for all forms of media now or hereafter developed to SLACK Incorporated.

**Digital Figure/Illustration Requirements:** The required digital format is .tif or .eps at 600 to 1200 dpi for black and white

figures. Grayscale must be employed. PowerPoint format will not be accepted. Figures should not be embedded in text files. Each figure must be a separate, stand-alone file, named to match the figure number listed in the text (eg, Fig1.eps). Figure legends, headings, or captions should not be included in figure files. If figures are created in a program such as PhotoShop, a resolution of 300 dpi is required for quality reproduction.

**Tables:** Each table must be numbered and cited consecutively in the text and should have a short descriptive title. Abbreviations used in tables that are not commonly understood terms should be explained in a legend. Material that is in the tables should not be repeated in the text.

### Case Reviews

This section contains case reports, techniques, and descriptions of instrumentation. Manuscripts for Case Reviews require an abstract of 50 or fewer words and should contain approximately 1,200 words, no more than three figures, and fewer than 15 references. With these exceptions, the general requirements for articles previously outlined should be followed.

### Evidence-Based Reports

Evidence-based reports will provide athletic trainers and sports health professionals with up-to-date evidence to support clinical practice techniques and interventions. Authors of evidence-based reports should follow the guidelines for reporting clinical trials established by the CONSORT Group ([www.consort-statement.org](http://www.consort-statement.org)).

### Systematic Reviews

Systematic reviews describe a clearly formulated question that uses systematic and explicit methods to identify, select, and critically appraise relevant research. Each article discussed must be examined and graded. Manuscripts should be organized in the following manner: Background, Literature Review, Findings, Discussion, Conclusion, and Further Research.

### Literature Reviews

Comprehensive literature reviews serve to inform readers of sports health topics related to clinical practice. Authors should organize their manuscript in the following manner: Background, Literature, Findings, Conclusions, and Further Research. Formal guidelines for writing literature reviews can be accessed at [www.sportsci.org/jour/9901/wghreview.html](http://www.sportsci.org/jour/9901/wghreview.html).

### Letters to the Editor

Letters to the Editor may be correspondence regarding articles that have been published in the journal or brief descriptions of findings that are not appropriate for the Case Reviews section. If the letter is regarding a previously published article, the author of that article will be given the opportunity to respond. For other types of letters, authors should briefly describe their findings and the implications for other athletic trainers. Letters should be no more than 500 words, with no more than 5 references and no more than 1 figure. Letters may be edited for clarity or length. Letter authors must disclose any competing or conflicting interests.

### Columns

- Clinical Roundtable – This column will appear twice a year

and include commentary and discussion on topics pertinent to athletic trainers and other sports health care professionals. Roundtable discussions will involve a variety of expert clinicians as discussants. Individuals wishing to make suggestions for future roundtable discussions may send them to Jeff Konin, column editor, at [jkonin@health.usf.edu](mailto:jkonin@health.usf.edu)

- Professional Practice – This column will appear twice a year and involve topics related to professional practice including legal and ethical considerations. Potential authors should direct their questions to Andy Winterstein, column editor, at [winterstein@education.wisc.edu](mailto:winterstein@education.wisc.edu)
- PEARLS of Practice – This column will appear in every issue and include practical tips for athletic trainers and sports health care professionals. These PEARLS of insight and wisdom may include helpful ways to assist clinicians with injury prevention, rehabilitation, and injury assessment. Authors wishing to suggest future PEARLS should direct their inquiries to Joe Hart, column editor, at [jmh3zf@virginia.edu](mailto:jmh3zf@virginia.edu)
- Sports Medicine Digest – This column will appear twice a year and feature summaries of recent evidence-based medicine research or reports relevant to athletic trainers and sports health care professionals. The purpose of the synopsis is to provide a useful take-home message for the practicing clinician as a means of bettering their practice. Individuals wishing to provide material for this column or make suggestions on content should direct their dialogue to Erik Swartz, column editor, at [eswartz@unh.edu](mailto:eswartz@unh.edu)
- Team Physician – This column will appear in each issue and will serve as a clearinghouse for information suitable to the team physician and other practicing clinicians on topics that are “hot” and contemporary. Authors wishing to submit materials or wishing to make future content suggestions should direct their inquiries to Daryl Rosenbaum, column editor, at [drosenba@wfubmc.edu](mailto:drosenba@wfubmc.edu)
- Book Reviews – Book reviews will provide readers with detailed summaries of medical books related to athletic training and sports health care. Individuals wishing to serve as reviewers should contact Bonnie Van Lunen, column editor, at [bvanlune@odu.edu](mailto:bvanlune@odu.edu)

### REVIEW PROCESS

All manuscripts undergo double-blind peer review by the Editorial Board and members of the Review Panel, and authors are notified by e-mail as soon as possible about the acceptability of their manuscripts.

### REPRINTS

Authors may order reprints of their articles by visiting [www.slackinc.com/reprints](http://www.slackinc.com/reprints).

### EDITORIAL OFFICE

Questions regarding the journal should be directed to the Editorial Office (e-mail: [ATSHC@slackinc.com](mailto:ATSHC@slackinc.com); phone: 856-848-1000; fax: 856-848-6091). Visit the journal's web site at [www.ATSHC.com](http://www.ATSHC.com).