

## Article Type

*Sports Health* publishes Meta-analysis/Systematic Reviews, Clinical Reviews, Original Research articles, and Pictorial or Imaging Essays. A definition of each is listed below.

*Meta-analysis:* A systematic overview of studies that pools results of two or more studies to obtain an overall answer to a question or interest. These summarize quantitatively the evidence regarding a treatment, procedure, or association.

*Systematic Review:* Scholarly summary of published material on a clearly described subject in a systematic way. There must be a description of how the evidence on this topic was identified and the inclusion and exclusion criteria must be clearly stated.

*Clinical/Descriptive Reviews:* *Sports Health* invites well researched topics from all disciplines involved with the care of athletes. Short reviews in the range of 2,500 words are encouraged. Lengthier reviews will be evaluated based on their multidisciplinary appeal.

*Clinical Research Designs:* This design follows the standard IMRAD (Introduction, Materials and Methods, Results, Discussion) format. For any study involving human subjects (or animals), the Institutional Review Board (IRB) approval must be included in the Methods section of the manuscript.

*Randomized Controlled Clinical Trial:* A group of patients is appropriately distributed into an experimental group and a control group. These groups are followed up for the variables/outcomes of interest.

*Crossover Study Design:* The administration of two or more experimental therapies one after the other in a specified or random order to the same group of patients.

*Cohort Study:* Involves identification of two groups (cohorts) of patients, one which did receive the exposure of interest, and one which did not. These cohorts are followed for the outcome of interest.

*Case-control Study:* A study that involves identifying patients who have the outcome of interest (cases) and patients without the same outcome (controls), and looking back to see if they had the exposure of interest.

*Cross-Sectional Study:* The observation of a defined population at a single point in time or time interval. Exposure and outcome are determined simultaneously.

*Case Series:* Describes characteristics of a group of patients with a particular disease or who have undergone a particular procedure. No control group is used in the study, although the discussion may compare the results to others published in the literature.

*Case History:* Similar to the Case Series, except that only one case is reported.

*Descriptive Epidemiology Study:* Observational study describing the injuries occurring in a particular sport.

*Translational and Basic Science Designs:* This design, like the *Clinical Research Design*, follows the standard IMRAD (Introduction, Materials and Methods, Results, Discussion) format.

*Controlled Laboratory Study:* An in vitro or in vivo investigation in which one group receiving an experimental treatment is compared to one or more groups receiving no treatment or an alternate treatment.

*Descriptive Laboratory Study:* An in vivo or in vitro study that describes characteristics such as anatomy, physiology, biomechanics, or kinesiology of a broad range of subjects or a specific group of interest.

*Pictorial or Imaging Essay:* This is a continuing medical education exercise (CME) which utilizes figures and legends to illustrate a teaching point. Text must be limited to 4 pages (1,100 words) and include teaching points and between 4 and 6 multiple-choice, single-best answer questions to be used for CME.