Contents

Volume 168 Issue 4 | BMJ Military August 2022

Editorial
253 The BMJ Military Health Military Rehabilitation special issue
O O'Sullivan, P Ladlow, RJ Coppack, A N Bennett

Original research
256 Developing UK Defence Rehabilitation research priorities: a 2020 clinical practitioner engagement exercise
RJ Coppack, P Ladlow, A N Bennett

260 Musculoskeletal complaints in military recruits during their basic training
N L W Keijers, M ter Stal, N Jonkersegoor, P H Helmhou

266 Biomechanical and clinical outcomes in response to inpatient multidisciplinary hip and groin rehabilitation in UK military personnel
R Allan, R P Cassidy, RJ Coppack, T Papadopoulou, A N Bennett

273 The test–retest reliability of the Military Physical Loading Questionnaire (MPLQ)
RJ Coppack, J L Bilzon, A K Will, T Papadopoulou, R P Cassidy, A M Nicol, A N Bennett

279 Use of an isometric mid-thigh pull test during musculoskeletal rehabilitation: can the criterion values from the updated British Army physical employment standards be used to inform UK Defence Rehabilitation practice?
V Walters, RJ Coppack, RP Cassidy, C Suffield, T Papadopoulou, J Bilzon, P Ladlow

286 Pectoralis major injuries in the military: a surveillance approach to reduce an underestimated problem
V D Haaschid, TL Grier, A Schub-Renner, L J Forest, C E Hildeaman, E Pinyan, B H Jones

292 The influence of pain, kinesiophobia and psychological comorbidities on the accuracy of rating of perceived exertion in UK military spinal rehabilitation
D Conway, A Bliss, S D Patterson

298 Factors associated with low back pain in air force fighter pilots: a cross-sectional study
S R A Gomes, P R F Mendes, I D O Costa, L C C Balhões, D T Borges, L B Macedo, J Brasilero

303 Clinical application of foot strike run retraining for military service members with chronic knee pain
B Mazzone, A Yoder, R Condon, S Farolke

308 Effectiveness of virtual reality-based gait education in enhancing the rehabilitation outcomes of injured military personnel
A D Houston, RJ Coppack, A N Bennett

Personal views
314 Integration of strength training into UK Defence Rehabilitation practice: current trends and future challenges
P Ladlow, D Conway, D Hayhurst, C Suffield, RP Cassidy, RJ Coppack

320 Neurological rehabilitation following heat illness in the UK Armed Forces
D Wilkins, O O’Sullivan, J Sayer, L Penny, D Reza de Sa, H Ellis, S Dharm-Data

324 Review of neurological rehabilitation for Multiple Sclerosis in the British Military
O O’Sullivan, L Allopp, J Mitchell, L Price, K Toule, H Ellis

Images in clinical practice
329 Integrating blood flow restriction with low-load resistance exercise in a UK specialist military primary care rehabilitation facility
D Hayhurst, R J Coppack, C Ingram, D Conway, R P Cassidy, P Ladlow