

EISSN - 3062-0856



Sports Traumatology & Arthroscopy

STArt



KARE
PUBLISHING

Volume 2
Issue 2
Year 2025

Editor

Ozkan Kose, MD, PhD, Prof.

University of Health Sciences, Antalya Training and Research Hospital, Department of Orthopedics and Traumatology, Antalya, Türkiye

Associate Editors

Ahmet Firat, MD, Prof.

VM Medicalpark Ankara Hospital, Department of Orthopaedics and Traumatology, Ankara, Türkiye

Baris Yilmaz, MD, Prof.

University of Health Sciences, Fatih Sultan Mehmet Training and Research Hospital, Department of Orthopedics and Traumatology, Istanbul, Türkiye

Technical Editors

Ahmet Emre Paksoy, MD, Assoc. Prof.

Ataturk University, Medical Faculty, Department of Orthopedics and Traumatology, Erzurum, Türkiye

Aliakber Yapar, MD, Assoc. Prof.

University of Health Sciences, Antalya Training and Research Hospital, Department of Orthopedics and Traumatology, Antalya, Türkiye

Halis Atil Atilla, MD, Assoc. Prof.

University of Health Sciences, Ankara Etlik City Hospital, Department of Orthopedics and Traumatology, Ankara, Türkiye

Kerim Oner, MD, Assoc. Prof.

Karadeniz Technical University, Medical Faculty, Department of Orthopedics and Traumatology, Trabzon, Türkiye

Mustafa Tekin, MD, Assoc. Prof.

Cukurova University, Medical Faculty, Department of Orthopedics and Traumatology, Adana, Türkiye

Taha Kizilkurt, MD, Assist. Prof.

Istanbul University, Medical Faculty, Department of Orthopedics and Traumatology, Istanbul, Türkiye

Editorial Board

Ahmet Aslan, MD, Prof.

Alanya Alaaddin Keykubat University, Medical Faculty, Department of Orthopaedics and Traumatology, Alanya, Türkiye

Ahmet Yildirim, MD, Prof.

University of Health Sciences, Konya City Hospital, Department of Orthopedics and Traumatology, Konya, Türkiye

Alper Kaya, MD, Prof.

Department of Orthopedics and Traumatology, Faculty of Medicine, Acibadem Mehmet Ali Aydınlar University, Istanbul, Türkiye

Ali Eraslan, MD

University of Health Sciences, Antalya Training and Research Hospital, Department of Sports Medicine, Antalya, Türkiye

Atacan Atalar, MD, Prof.

Acibadem Mehmet Ali Aydınlar University, Medical Faculty, Department of Orthopedics and Traumatology, Istanbul, Türkiye

Baran Sarikaya, MD, Prof.

Orthopaedics and Traumatology, Ankara Bilkent City Hospital, Ankara, Türkiye

Baris Kocaoglu, MD, Prof.

Department of Orthopedics and Traumatology, Faculty of Medicine, Acibadem Mehmet Ali Aydınlar University, Istanbul, Türkiye

Burak Akan, MD, Prof.

Department of Orthopedics and Traumatology, Ufuk University, School of Medicine, Ankara, Türkiye

Can Doruk Basa, MD, Assoc. Prof.

Department of Orthopaedics and Traumatology, Tepecik Training and Research Hospital, Izmir, Türkiye

Cemil Erturk, MD, Prof.

Department of Orthopaedics and Traumatology, Kanuni Sultan Süleyman Training and Research Hospital, University of Health Sciences, Istanbul, Türkiye

Derya Celik, PhD, Prof.

Department of Physiotherapy and Rehabilitation, Faculty of Health Sciences, Istanbul University-Cerrahpasa, Istanbul, Türkiye

Durmus Ali Ocguder, MD, Prof.

Yildirim Beyazit University, Ankara City Hospital, Department of Orthopedics and Traumatology, Antalya, Türkiye

Egemen Turhan, MD, Prof.

Hacettepe University, Medical Faculty, Department of Orthopedics and Traumatology, Ankara, Türkiye

Emin Bal, MD, Prof.

Izmir Tınaztepe University, Medical Faculty, Department of Orthopedics and Traumatology, Izmir, Türkiye

Emre Anil Ozbek, MD, Assoc. Prof.

Ankara University, Medical Faculty, Department of Orthopedics and Traumatology, Ankara, Türkiye

Emre Baca, MD, Assoc. Prof.

University of Health Sciences, Bakırköy Dr. Sadi Konuk Training and Research Hospital, Department of Orthopedics and Traumatology, Istanbul, Türkiye

Elcil Kaya Bicer, MD, Assoc. Prof.

Ege University, Medical Faculty, Department of Orthopedics and Traumatology, Izmir, Türkiye

Ertugrul Aksahin, MD, Prof.

Yüksek İhtisas University Medical School Orthopedics and Traumatology Department, Ankara, Türkiye

Gokhan Meric, MD, Prof.

Yeditepe University, Medical Faculty, Department of Orthopedics and Traumatology, Istanbul, Türkiye

Gokhan Polat, MD, Prof.

Istanbul University, Medical Faculty, Department of Orthopedics and Traumatology, Istanbul, Türkiye

Gul Baltaci, PhD, Prof.

Atlas University, Faculty of Health Sciences, Department of Physiotherapy and Rehabilitation, Istanbul, Türkiye

Guzelali Ozdemir, MD, Prof.

Department of Orthopedics and Traumatology, Ankara Bilkent City Hospital, Ankara, Türkiye

Hakan Ozsoy, MD, Prof.

Clinic of Orthopaedic and Traumatology, Memorial Hospital, Ankara, Türkiye

Haluk Oztekin, MD, Prof.

Izmir Kent Hospital, Orthopaedics and Traumatology Clinic, Izmir, Türkiye

Hayri Baran Yosmaoglu, PhD, Prof.

Baskent University, Faculty of Health Sciences, Department of Physiotherapy and Rehabilitation, Ankara, Türkiye

Izzet Bingol, MD, Assoc. Prof.

Department of orthopedics and Traumatology, Health Sciences University, Faculty of Medicine, Ankara Oncology Training and Research Hospital, Ankara, Türkiye

John Nyland, MD, Prof.

Department of Orthopaedic Surgery, University of Louisville, Louisville, Kentucky, USA

Kerem Canbora, MD, Prof.

Uskudar University, Medical Faculty, Department of Orthopedics and Traumatology, Istanbul, Türkiye

Kursat Celik, PhD, Prof.

Akdeniz University, Agricultural Faculty, Department Machinery and Technology Engineering, Antalya, Türkiye

Lena Sonnow, MD

Department of Diagnostic and Interventional Radiology, Hannover Medical School, Hannover, Germany

Levent Sarikcioglu, PhD, Prof.

Akdeniz University, Medical Faculty, Department of Anatomy, Antalya, Türkiye

Mahir Mahirogullari, MD, Prof.

Şişli Memorial Hospital, Department of Orthopedics and Traumatology, Istanbul, Türkiye

Mehmet Akif Altay, MD, Prof.

Department of Orthopedics and Traumatology, Medicine Faculty of Harran University, Sanliurfa, Türkiye

Mehmet Emin Erdil, MD, Prof.

Department of Orthopaedics and Traumatology, Acibadem Maslak Hospital, Acibadem University, Istanbul, Türkiye

Meric Unal, MD, Assoc. Prof.

Private Meddem Hospital, Orthopedics and Traumatology Clinic, Isparta, Türkiye

Murat Cakar, MD, Assoc. Prof.

University of Health Sciences, Prof. Dr. Cemil Taşcıoğlu City Hospital, Department of Orthopedics and Traumatology, Istanbul, Türkiye

Mustafa Citak, MD, PhD, Prof.

Department of Orthopedics and Traumatology, Helios ENDO-Klinik Hamburg, Holstenstr. 2, 22767, Hamburg, Germany

Muzaffer Sindel, PhD, Prof.

Akdeniz University, Medical Faculty, Department of Anatomy, Antalya, Türkiye

Nuri Aydin, MD, Prof.

Department of Orthopaedics and Traumatology, Istanbul University-Cerrahpaşa, Cerrahpaşa Faculty of Medicine, Istanbul, Türkiye

Nurzat Elmalı, MD, Prof.

Department of Orthopedics and Traumatology, Bezmialem Foundation University School of Medicine, Istanbul, Türkiye

Omer Naci Ergin, MD, Assoc. Prof.

Istanbul University, Medical Faculty, Department of Orthopedics and Traumatology, Istanbul, Türkiye

Feza Korkusuz, MD, PhD, Prof.

Hacettepe University, Medical Faculty, Department of Sports Medicine, Ankara, Türkiye

Ramazan Akmese, MD, Prof.

Orthopedics and Traumatology Department, Haliç University, Istanbul, Türkiye

Safa Gursoy, MD, Assoc. Prof.

Acibadem University, Orthopedics and Traumatology, Department, Istanbul, Türkiye

Suleyman Semih Dedeoglu, MD, Prof.

Department of Orthopedics and Traumatology, Health Sciences University Baltalimani Metin Sabancı Bone Diseases Training and Research Hospital, Istanbul, Türkiye

Tahsin Beyzadeoglu, MD, Prof.

Department of Orthopaedics & Traumatology, Halic University, Istanbul, Türkiye

Tekin Kerem Ulku, MD, Assoc. Prof.

Department of Orthopedic Surgery, Faculty of Medicine, Acibadem University, Istanbul, Türkiye

Tuba Melekoglu, PhD, Assoc. Prof.

Akdeniz University Faculty of Sports Sciences, Department of Movement and Training Sciences, Antalya, Türkiye

Biostatistics Editors **Andreas Ziegler, MD, PhD, Prof.**

Cardio-CARE, Medizincampus Davos, Davos Wolfgang, Switzerland

Dilek Yapar, MD, PhD (cand.)

Turkish Ministry of Health, Muratpaşa District Health Directorate, Antalya, Türkiye

Akdeniz University, Medical Faculty, Department of Biostatistics and Medical Informatics, Antalya, Türkiye

Aims & Scope

Sports Traumatology and Arthroscopy is an international, peer-reviewed journal dedicated to the latest advances and research in sports traumatology, arthroscopy and related surgical techniques. Our aim is to serve as a premier platform for the dissemination of significant new findings and the exchange of evidence-based knowledge and experience that highlight progress in all areas of sports traumatology and arthroscopy. Three issues are released every year in April, August, and December.

Aim

The primary aim of Sports Traumatology and Arthroscopy is to improve the care of patients with sports injuries by promoting the understanding of the pathophysiology of sports injuries, improving diagnostic techniques, and advancing treatment and rehabilitation methods. The journal aims to bridge the gap between sports traumatology research and clinical practice by providing a forum for the exchange of information relevant to clinical orthopedics, sports medicine and the science of sports injury and repair.

Scope of the Journal

The scope of the journal includes, but is not limited to, the following areas

Arthroscopy: Innovative techniques, clinical outcomes, and advances in arthroscopic surgery for the treatment of sports injuries.

Sports Orthopedics: Articles on surgical and non-surgical treatment options for sports injuries, including the use of novel techniques, materials, and implants.

Injury Prevention and Management: Studies on the prevention, diagnosis, treatment, and rehabilitation of sports-related injuries.

Regenerative Medicine: Treatment methods that involve the process of replacing, engineering, or regenerating human cells, tissues, or organs to restore or establish normal function after sports injuries, including ligaments, cartilage, menisci, and bone.

Biomechanics and Kinesiology: The study of the biomechanics of exercise and its effects on the body, with the goal of improving injury prevention strategies and rehabilitation approaches.

Rehabilitation and Physical Therapy: Evidence-based practices for rehabilitating athletes after injury or surgery, including physical therapy techniques and recovery protocols.

Performance Enhancement: Studies on optimizing athletic performance through innovative training techniques, nutrition, and injury prevention strategies.

Musculoskeletal Anatomy: Studies that focus on the anatomical and biomechanical aspects of sports injuries in order to develop better prevention and treatment strategies, such as new surgical techniques and modifications.

Diagnostic Techniques and Imaging: Research on imaging and diagnostic techniques for sports injuries.

Systematic Review and Metanalysis: Comprehensive reviews of the current literature that use explicit, systematic methods to identify, select, and critically appraise relevant research on a specific topic or question.

Case Reports: Detailed reports of individual cases, clinical experiences, and studies that contribute to the understanding of sports injuries and their management.

Sports Traumatology and Arthroscopy invites submissions from researchers, clinicians, and allied health professionals in sports medicine, orthopedic surgery, physical therapy, and related fields. We are committed to providing our readers with high-quality, impactful articles that contribute to the advancement of sports traumatology, arthroscopy, and injury management. Through rigorous peer review and a commitment to excellence, we aim to assist orthopedic surgeons and all physicians who care for patients with sports injuries in improving patient outcomes and advancing the field of sports traumatology and arthroscopy.

Owner: On behalf of the Turkish Sports Traumatology Arthroscopy and Knee Surgery Society:

Prof.Dr. Yavuz KOCABEY

Address: 1420 Street No.67 Floor 1, Kahramanlar/Izmir: +90 (232) 463 00 36 Administrative Office: 2007 Street No.41 Beysukent/Çayyolu/Ankara; **Phone:** +90 (312) 988 02 68; **E-mail:** tusyad@tusyad.org

Publishing House: KARE Publishing; **Graphics Design:** Beste KURTCU AY

Address: Göztepe Mahallesi, Fahrettin Kerim Gökay Caddesi, No: 200, Daire: 2, Göztepe, Kadıköy, İstanbul, Türkiye; **Phone:** +90 216 550 61 11; **Fax:** +90 216 550 61 12; **E-mail:** kare@karepb.com

Instructions for the Authors

Preparation of Manuscripts

The Language

STArt's official language is English. STArt accepts manuscripts written in clear and understandable English, either American or British style. It is strongly recommended that authors who feel that their English language may need correction seek editing and proofreading services.

Manuscript Submission

Please submit your manuscript documents using the "Manuscript Submission" link on the home page. Before submitting, please make sure that all required documents are ready to be uploaded. The submission checklist available from the home page menu 'Author Form' can be used as a guide.

Document Formatting

The main text and tables must be submitted in Microsoft Word document format (.doc or .docx), using 11 pt Times New Roman font, with the main text double-spaced and 2.5 cm margins. Please do not use headers, footers, or endnotes in your paper. Use automatic page numbering to number the pages.

Title Page

This journal follows a blinded peer-review process. Reviewers are blinded to the authors of the paper. Therefore, authors are expected to submit a separate title page. The title page should contain the following information;

Title of the manuscript

All authors' names in order of sequence (Name and Surname)

Academic degree of authors (MD, PhD, Prof.... etc.)

ORCID number (Please see below or refer to <https://orcid.org/>)

Affiliations of the authors

Contact information of the corresponding author

The name of the **department and institution** in which the work was done

Declarations

Acknowledgments

Ethics approval and consent to participate: The name of the ethical committee or institutional review board, Date of approval, and the number of approvals.

Informed Consent: Conflict of interest statement:

Funding: Availability of data and material.

Authors' contributions: The title page template can be downloaded from the Author Forms at the journal's website.

Attention!

Authors are expected to consider the list of authors carefully before submitting their manuscript and provide the definitive list of authors at the time of the original submission. Any addition, deletion, or rearrangement of author names in the authorship list is not accepted after the submission or during the revisions.

ORCID

ORCID IDs of all authors must be stated during the submission of the manuscript. All IDs will be linked to the authors' pages at <https://orcid.org> in an online PDF, and the ID of the corresponding author will be added to the details. ORCID IDs will prevent the confusion caused by name similarities and affiliations. All authors can create free accounts on <https://orcid.org> and get a personal 16-digits number. ORCID also increases the visibility of author and their works by keeping profiles up-to-date.

Abstract

For original articles, a structured abstract of a maximum of 350 words must be submitted on a separate page. The abstract should contain sections describing **the purpose, materials and methods, results, and conclusions**. For case reports, an unstructured abstract of a maximum of 300 words must be submitted.

Keywords

4-6 keywords should be provided for each type of manuscript. Keywords should be chosen from Medical subject headings (MeSH) terms (Please refer to <https://www.ncbi.nlm.nih.gov/mesh/>)

Level of Evidence

The journal requires authors to categorize all manuscripts with a clinical focus according to the level of evidence. You can find the level of evidence table in the Author Forms Section on the journal page.

Manuscript Text

The main text and tables must be sent in Microsoft Word document format (.doc or .docx), with 11 pt Times New Roman font. The main text should be double-spaced with 2.5cm margins. Please do not use headers, footers, or endnotes in your paper. Use the automatic

page numbering function to number the pages. The text of an original article should be divided into the following paragraphs: **Introduction, Materials and Methods, Results, Discussion, and Conclusions.**

Every research paper should adhere to appropriate standards for research reporting. This ensures that editors, peer reviewers, and readers have sufficient information to understand the research methodology and assess the reliability of the results. We recommend the use of standard reporting templates for various studies, which you can find at <https://www.equator-network.org/>.

Preparation of Declarations in the Abstract Page

Acknowledgements

List all contributors who do not meet the criteria for authorship, such as technical assistants, assistants in data collection and entry, illustrators, writing assistants, or heads of departments who provided only general support. Financial and other material support should be disclosed and acknowledged.

Author Contribution Statement

All authors' contributions to the manuscript should be listed under the authors' contribution categories using their initials (e.g., ML). It should also be noted that all authors have read the final version of the submitted manuscript and agree with its accuracy.

Ethical Approval and Consent to Participate

The institution from which the ethics committee approval was obtained and the date and number of the approval should be reported. For studies where ethics committee approval is not required, the reason why it is not required should be reported. It should also be stated that informed consent was obtained from the participants.

Funding Statement

All authors are required to declare what support they received to carry out their research. Declaring funding sources acknowledges funders' contributions, fulfills funding requirements, and promotes greater transparency in the research process. Each author must individually declare all sources of funding received for the research submitted to the journal. This information includes the name of granting agencies, grant numbers, and a description of each funder's role. If the funder has played no role in the research, this must be stated as well. If no financial support was received, it should be written as 'No financial support was received for this study'.

Conflicts of Interest

Authors are asked to declare any interests that are directly or indirectly related to the work they are submitting for publication. They should report any interests for the past three years from the time the research was conducted and the manuscript was prepared for submission. Any interests beyond this three-year period must also be disclosed if they could potentially be seen as influencing the submitted work. This practice of disclosing interests ensures a transparent and comprehensive process that helps readers make informed judgments about potential bias. It's important to note that disclosure of financial relationships with a sponsoring organization or compensation for consulting does not imply that such relationships are improper.

Data Availability Statement

A data availability statement in an article informs readers about the location and method of accessing data underpinning the findings and analyses. This might encompass links to datasets that are open to the public and were examined or created as part of the research, details about the available data, and/or instructions for obtaining data that isn't openly accessible. We strongly recommend uploading the raw data as a Supplementary file.

References

General Guidelines

Authors should always try to read and cite the original work (the primary source) in the manuscript. In cases where this is not possible, secondary sources citing the primary original source may be cited. However, this situation is undesirable and should be used unexceptionally. Self-citations may be used if the content of the article is related to the submitted manuscript. However, authors, editors, and peer-reviewers should not abuse this option to promote their own papers.

Unpublished studies, unpublished observations, personal communications, and retracted papers cannot be cited. Citations from the predatory or pseudo-journals should be avoided. Please refer to the following list of possible such journals using this link. <https://beallist.net/>.

There is no limit to the number of references. However, authors should cite only the necessary articles.

Style and Format

Reference citations in the text should be identified by numbers in square brackets, such as [5], [7,8], and [4-9, 11]. The reference list should be numbered consecutively.

Journal Article

Grimberg J, Duranthon LD, Bellaïche L, Petrover D, Kalra K. The time for functional recovery after arthroscopic rotator cuff repair: Correlation with tendon healing controlled by computed tomography arthrography. *Arthroscopy*. 2008;24:25-33.

If there are more than 6 authors, provide first six authors and use 'et al.' at the end of author list. Digital Object Identifier (doi) number should be added to the end of the reference (if available).

Cvetanovich GL, Gowd AK, Liu JN, Nwachukwu BU, Cabarcas BC, Cole BJ, et al. Establishing clinically significant outcome after arthroscopic rotator cuff repair. *J Shoulder Elbow Surg*. 2019;28:939-48.

Book

Newton ML. Current practice of pain. 1st ed. St. Luis, MO: Mosby; 1990.

Book Chapter

Jurkovich GJ. Duodenum and pancreas. In: Mattox KL, Feliciano DV, Moore EE, editors. Trauma. 4th ed. New York: McGraw-Hill; 2000. pp. 735–62.

Online Document

Cartwright J. Big stars have weather too. IOP Publishing PhysicsWeb. <http://physicsweb.org/articles/news/11/6/16/1>. Accessed 26 June 2007.

Dissertation

Trent JW. Experimental acute renal failure. Dissertation, University of California; 1975.

Case Reports

New, interesting and rare cases can be reported. They should be unique, describing a great diagnostic or therapeutic challenge and providing a learning point for the readers. Cases with clinical significance or implications will be given priority. These communications could be of up to 1500 words (excluding Abstract and references) and should have the following headings: Abstract (unstructured), Key-words, Introduction, Case report, Discussion, Reference, Tables and Legends in that order. The manuscript could be of up to 1500 words (excluding references and abstract) and could be supported with up to 20 references. Case Reports could be authored by up to 4 authors.

Letter to the Editor

We welcome letters offering commentary on articles we have recently published. This may include constructive criticism, additional insights, related experiences, or discussions that further the conversation initiated by the original article. Letters to the Editor should be concise, focused, and articulate clear points of discussion. While these submissions undergo a peer-review process, they are streamlined compared to full research articles, emphasizing relevance, accuracy, and the potential to contribute constructively to our readers' understanding and engagement.

Tables

All tables should be prepared in Microsoft Word document format (.doc or .docx) and numbered using Arabic numerals. They should be cited consecutively in the text. Each table should have a title or caption that explains its content. Any footnote that contributes to ease the understanding of the table may be added beneath the table body.

Figures

All figures should be properly numbered and uploaded as separate files. Name the figure files accordingly. Cite all figures in the order they appear in the text within parenthesis, such as (Figure 1). Figures with multiple parts should be marked a, b, c, etc., with a description of each panel included in the legend rather than on the figure. Figures must be submitted in **TIFF format**. Color or grayscale photographs should be saved at a minimum of **300 dpi** or higher. Electronic artworks or illustrations should be saved at a minimum of **1200 dpi** or higher. The size of the figure should fit either in one, one and half, or two columns in width (1 column: 8.9 cm, 1.5 columns: 12 cm, two columns: 18 cm in width).

Authors wishing to include figures, photographs, illustrations, diagrams, charts, etc., that have already been published in another journal or book are required to obtain written permission from the copyright owner(s) for both the print and online format and to include evidence that such permission has been granted when submitting their papers. Any document received without permission will be assumed to originate from the authors.

Figure Legends

Figure legends for all images must be included at the end of the manuscript text file, after the References section. Explain what each figure shows. Identify machine settings for magnetic resonance and computed tomography images and give the magnification of all photomicrographs. Define all arrows and other such indicators appearing on the figure.

Abbreviations and Symbols

Use only standard abbreviations; using nonstandard abbreviations can be confusing to readers. Avoid abbreviations in the manuscript's title. The spelled-out abbreviation followed by the abbreviation in parenthesis should be used on the first mention unless the abbreviation is a standard unit of measurement. A list of abbreviations should be included in the manuscript text.

Units of Measurements

Measurements of length, height, weight, and volume should be reported in metric units (meter, kilogram, or liter) or their decimal multiples. Temperatures should be in degrees Celsius, and blood pressure should be in millimeters of mercury unless the journal specifically requires other units. Journals vary in the units they use for reporting hematologic, clinical chemistry, and other measurements. Authors must consult the Information for Authors of the particular journal and should report laboratory information in both local and International Systems of Units (SI). Editors may request that authors add alternative or non-SI units since SI units are not universally used. Drug concentrations may be reported in either SI or mass units, but the alternative should be provided in parentheses where appropriate.

Permissions

Authors wishing to include previously published figures, tables, or excerpts in their manuscripts must obtain permission from the copyright holders for both print and digital publication. They must also provide proof of such permission at the time of submission. Failure to provide such proof will result in the material being assumed to be the author's original work.

Advertisement Policy

The Sports Traumatology and Arthroscopy does not accept advertisements; the journal is sponsored by the Turkish Sports Traumatology Arthroscopy and Knee Surgery Society.

Authorship Policy

All statements and opinions expressed in the manuscripts published in the Sports Traumatology and Arthroscopy reflect the views of the author(s).

Each individual listed as an author should fulfill the authorship criteria recommended by the International Committee of Medical Journal Editors (ICMJE). The ICMJE recommends that authorship should be based on the following 4 criteria:

Substantial contributions to the conception or design of the work, or the acquisition, analysis, or interpretation of data for the work; AND

Drafting the work or revising it critically for important intellectual content; AND

Final approval of the version to be published; AND

Agreement to be accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

In addition to being accountable for their own work, authors should have confidence in the integrity of the contributions of their co-authors and each author should be able to identify which co-authors are responsible for other parts of the work.

All of those designated as authors should meet all four criteria for authorship, and all who meet the four criteria should be identified as authors. Those who provided a contribution but do not meet all four criteria should be recognized separately on the title page and in the Acknowledgements section at the conclusion of the manuscript.

The Sports Traumatology and Arthroscopy requires that corresponding authors submit a signed and scanned version of the authorship contribution form (available for download through) during the initial submission process in order to appropriately indicate and observe authorship rights and to prevent ghost or honorary authorship. Please note that the list of authors on the final manuscript will be presented in the order provided on this form. If the editorial board suspects a case of “gift authorship,” the submission will be rejected without further review. As part of the submission of the manuscript, the corresponding author should also send a short statement declaring that they accept all responsibility for authorship during the submission and review stages of the manuscript.

Complaint and Appeal Policy

Appeal and complaint cases are handled within the scope of COPE guidelines by the Editorial Board of the journal. Appeals should be based on the scientific content of the manuscript. The final decision on the appeal and complaint is made by Editor in Chief. An Ombudsperson or the Ethical Editor is assigned to resolve cases that cannot be resolved internally. Authors should get in contact with the Editor in Chief regarding their appeals and complaints via e-mail at kare@karepb.com

Corrections Policy

If the editors or publisher learn from a third party that a published work contains a material error or inaccuracy, the authors must promptly correct or retract the article or provide the journal editors with evidence of the accuracy of the article.

Ethics Policy

The Editorial Board of the Sports Traumatology and Arthroscopy and the Publisher adheres to the principles of the International Council of Medical Journal Editors (ICMJE), the World Association of Medical Editors (WAME), the Council of Science Editors (CSE), the Committee on Publication Ethics (COPE), the US National Library of Medicine (NLM), the World Medical Association (WMA) and the European Association of Science Editors (EASE).

In accordance with the journal's policy, an approval of research protocols by an ethics committee in accordance with international agreements “WMA Declaration of Helsinki – Ethical Principles for Medical Research Involving Human Subjects (last updated: October 2013, Fortaleza, Brazil)”, “Guide for the care and use of laboratory animals (8th edition, 2011)” and/or “International Guiding Principles for Biomedical Research Involving Animals (2012)” is required for all research studies. If the submitted manuscript does not include ethics committee approval, it will be reviewed according to COPE's guideline (Guidance for Editors: Research, Audit and Service Evaluations). If the study should have ethical approval, authors will be asked to provide ethical approval in order to proceed the review process. If they cannot provide ethical approval, their manuscript will be rejected and also their institutions and when needed, the related bodies in their country will be informed that such studies must have ethics committee approval. If they provide approval, review of the manuscript will continue.

If the study does not need ethics committee approval after the editorial board's review, the authors will be asked to provide an ethics committee approval or a document given by a related independent committee that indicates the study does not need ethics committee approval according to the research integrity rules in their country. If the authors provide either an approval or a document showing that ethics approval is not needed, the review process can be continued. If the authors cannot provide either documents, the manuscript may be rejected.

For articles concerning experimental research on humans, a statement should be included that shows informed consent of patients and volunteers was obtained following a detailed explanation of the procedures that they may undergo. The journal may request a copy of the Ethics Committee Approval received from the relevant authority. Informed consent must also be obtained for case reports and clinical images.

Studies using human or animal subjects should be approved by the appropriate institutional and local Ministry of Health ethics committees. Ethics approval of research protocols in accordance with international agreements is required for experimental, clinical, and drug studies, as well as for some case reports. Ethics committee reports or an equivalent official document may be requested from the authors. For manuscripts involving experimental research on humans, a statement should be included that shows that written, informed consent of patients and volunteers was obtained. For studies carried out on animals, the measures taken to prevent pain and suffering of the animals should be stated clearly. A statement regarding patient consent, and the name of the ethics committee, the ethics committee approval date, and number should be stated in the Materials and Methods section of the manuscript. It is the authors' responsibility to carefully protect patients' anonymity.

Fee Waiver Policy

There is no fee waiver.

Funding Sources Policy

All authors are required to declare what support they received to carry out their research. Declaring funding sources acknowledges funders' contributions, fulfills funding requirements, and promotes greater transparency in the research process.

Each author must individually declare all sources of funding received for the research submitted to the journal. This information includes the name of granting agencies, grant numbers, and a description of each funder's role. If the funder has played no role in the research, this must be stated as well.

Authors are not required to provide the complete list of every single grant that supports them if the grant is not related to the research published.

Licenses and Copyright Policy

Authors publishing with the journal retain the copyright to their work licensed under the Creative Commons Attribution-NonCommercial 4.0 International license (CC BY-NC 4.0) and grant the Publisher non-exclusive commercial right to publish the work. CC BY-NC 4.0 license permits unrestricted, non-commercial use, distribution, and reproduction in any medium, provided the original work is properly cited.

Open Access Policy

The Sports Traumatology and Arthroscopy supports the Budapest Open Access Initiative statement of principles that promotes free access to research literature. The declaration defines open access to academic literature as free availability on the internet, permitting users to read, record, copy, print, search, or link to the full text, examine them for indexing, use them as data for software or other lawful purposes without financial, legal, or technical barriers. Information sharing represents a public good, and is essential to the advancement of science. Therefore, articles published in this journal are available for use by researchers and other readers without permission from the author or the publisher provided that the author and the original source are cited. The articles in the Sports Traumatology and Arthroscopy are accessible through search engines, websites, blogs, and other digital platforms. Additional details on the Budapest Open Access Initiative and their guidelines are available at <https://www.budapestopenaccessinitiative.org>.

Open Access Policy is based on rules of Budapest Open Access Initiative the Sports Traumatology and Arthroscopy applies the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0) license to articles we publish. If you submit your paper for publication, you agree to have the CC BY-NC 4.0 license applied to your work. Under this Open Access license, you as the author agree that anyone can copy, distribute or reuse the content of your article for non-commercial purposes for free as long as the author and original source are properly cited. The corresponding author must sign the Creative Commons License Agreement after their articles are accepted.

Open Access Statement

The journal is an open access journal and all content is freely available without charge to the user or his/her institution. Except for commercial purposes, users are allowed to read, download, copy, print, search, or link to the full texts of the articles in this journal without asking prior permission from the publisher or the author. This is in accordance with the BOAI definition of open access. The open access articles in the journal are licensed under the terms of the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0) license.

Peer Review Policy

Only those manuscripts approved by its every individual author and that were not published before in or sent to another journal, are accepted for evaluation.

Submitted manuscripts that pass preliminary control are scanned for plagiarism using iThenticate software. After plagiarism check, the eligible ones are evaluated by Editor-in-Chief for their originality, methodology, the importance of the subject covered and compliance with the journal scope. Editor-in-Chief evaluates manuscripts for their scientific content without regard to ethnic origin, gender, sexual orientation, citizenship, religious belief or political philosophy of the authors and ensures a fair double-blind peer review of the selected manuscripts.

The selected manuscripts are sent to at least two national/international referees for evaluation and publication decision is given by Editor-in-Chief upon modification by the authors in accordance with the referees' claims.

Editor-in-Chief does not allow any conflicts of interest between the authors, editors and reviewers and is responsible for final decision for publication of the manuscripts in the Journal.

Reviewers' judgments must be objective. Reviewers' comments on the following aspects are expected while conducting the review.

- Does the manuscript contain new and significant information?
- Does the abstract clearly and accurately describe the content of the manuscript?
- Is the problem significant and concisely stated?
- Are the methods described comprehensively?
- Are the interpretations and conclusions justified by the results?
- Are adequate references made to other Works in the field?
- Is the language acceptable?

Reviewers must ensure that all the information related to submitted manuscripts is kept as confidential and must report to the editor if they are aware of copyright infringement and plagiarism on the author's side.

A reviewer who feels unqualified to review the topic of a manuscript or knows that its prompt review will be impossible should notify the editor and excuse himself from the review process.

The editor informs the reviewers that the manuscripts are confidential information and that this is a privileged interaction. The reviewers and editorial board cannot discuss the manuscripts with other persons. The anonymity of the referees is important.

Plagiarism Policy

All submissions are screened using similarity detection software at least two times: on submission and after completing revisions. In the event of alleged or suspected research misconduct, e.g., plagiarism, citation manipulation, or data falsification/fabrication, the editorial board will follow and act in accordance with COPE guidelines. Plagiarism, including self-plagiarism, that is identified at any stage will result in rejection of the manuscript.

Publication Charges Policy

The Sports Traumatology and Arthroscopy assesses no submission fees, publication fees, or page charges.

Retraction Policy

The publisher will take all appropriate measures to modify the article in question, in close cooperation with the editors, in cases of alleged or proven scientific misconduct, fraudulent publication, or plagiarism. This includes the prompt publication of an erratum, disclosure, or retraction of the affected work in the most severe case.

Together with the editors, the publisher will take reasonable steps to detect and prevent the publication of articles in which research misconduct occurs and will under no circumstances promote or knowingly allow such abuse to occur.

Withdrawal Policy

The Sports Traumatology and Arthroscopy is committed to providing high quality articles and uphold the publication ethics to advance the intellectual agenda of science. We expect our authors to comply with, best practice in publication ethics as well as in quality of their articles.

Withdrawal of a manuscript will be permitted only for the most compelling and unavoidable reasons. For withdrawal of a manuscript authors need to submit an "Article withdrawal Form", signed by all authors mentioning the reason for withdrawal to the Editorial Office. Authors must not assume that their manuscript has been withdrawn until they have received appropriate notification to this effect from the editorial office.

In a case where a manuscript has taken more than five months' time for review process, that allows the author to withdraw manuscript.

Manuscript withdrawal penalty: After receiving the Article withdrawal Form, the Sports Traumatology and Arthroscopy Editorial Board will investigate the reason of withdrawal.

If the reason finds to be acceptable, the author is allowed to withdraw the manuscript without any withdrawal penalty. If not the Sports Traumatology and Arthroscopy will not accept any manuscripts from the same author for one year.

Important notes: Manuscripts may be withdrawn at any stage of review and publication process by submitting a request to the editorial office. Manuscript withdrawal will be permitted after submission only for the most compelling and unavoidable reasons.

If the author wants to withdraw a manuscript, the author needs to submit a completed "Article withdrawal Form", signed by all authors of the manuscript stating the reasons for manuscript withdrawal.

The manuscript will not be withdrawn from publication process until a completed, signed form is received by the editorial office. Authors must not assume that their manuscript has been withdrawn until they have received appropriate notification to this effect from the Sports Traumatology and Arthroscopy editorial office.

Contents

Editorial

- Refining Indications for Hip Arthroscopy in Moderate Osteoarthritis **35**
H. A. Atilla, O. Kose

Original Articles

- Content and Readability Analysis of ChatGPT and Gemini's Responses to FAQs on Patellofemoral Instability **37**
V. Buyukarslan, F. Dogruoz, M. Yuncu, M. B. Ertan
- Retrospective Comparison of Corticosteroid, Platelet-Rich Plasma, and Exercise-Based Therapies in the Management of Adductor-Related Groin Pain Among Football Players **46**
A. Eraslan, V. Buyukarslan, O. Uslu
- A Novel Radiographic Measurement to Quantify Tibial Tubercle Lateralization: Tibial Tubercle-Posterior Cruciate Ligament Angle **55**
E. Demirayak, O. Kose

Case Report

- Para-Articular Osteochondroma of Hoffa's Fat Pad: A Case Report and Review of the Literature **64**
I. Dikmen, Y. Cakir, K. K. Kilic, A. Gunal

Review

- Impact of Blood Flow Restriction Training on Postoperative Rehabilitation Outcomes Following Knee Surgeries: A Review of Literature **78**
B. K. Kaya, G. Polat