(clinical trial[pt] OR randomly OR randomized OR randomised) AND ("Sports medicine (Auckland, N.Z.)"[Journal] OR "British journal of sports medicine"[Journal] OR "The American journal of sports medicine"[Journal] OR "Medicine and science in sports and exercise"[Journal] OR "Journal of science and medicine in sport"[Journal] OR "Journal of applied physiology (Bethesda, Md. : 1985)"[Journal] OR "Knee surgery, sports traumatology, arthroscopy : official journal of the ESSKA"[Journal] OR "The Journal of orthopaedic and sports physical therapy"[Journal] OR "Scandinavian journal of medicine & science in sports"[Journal] OR "Gait & posture"[Journal]) AND (("2015/01/01"[PDAT] : "2015/12/31"[PDAT]) OR ("2005/01/01"[PDAT] : "2005/12/31"[PDAT]))