

Editor's Page



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Editor-in-Chief: Prof. (Dr.) S.K. Verma

It is a matter of great pleasure in bringing to you the second issue of **Journal of Exercise Science and Physiotherapy (JESP)**. *JESP* is the official journal of the **Exercise Fitness and Health Alliance (EFHA)**. *JESP* is an international peer reviewed journal intended to cover the latest advances in clinical practice and research related to all aspects of exercise sciences, such as the management of sports injury, exercise physiology, sports psychology, physical education, physiotherapy and the epidemiology of exercise and health. By virtue of open exposure of the journal to almost all aspects of exercise and sports related research, *JESP* is destined to serve the interest of readers that includes sports physicians, primary care physicians, exercise scientists, physical educationists, physiotherapists, trainers, medical advisors to sporting organisations, kinesiologists, orthopaedic consultants/surgeons, osteopaths, consultants in emergency medicine, paediatricians, growth development specialists, cardiologists, occupational therapists, chiropodists and podiatrists, pain specialists, behavioural psychologists, dieticians and obesity specialists, exercise immunologists, rheumatologists, rehabilitation specialists and public health specialists.

The current issue of *JESP* contains two review articles namely “The biomechanics of stretching” by Duane Knudson from California State University, Chico, USA and “Heat shock proteins in exercise: A review” by Lars Mc Naughton, & Co-workers from U.K. The Journal also contains research contributions in the form of original articles from leading researchers working in the area of exercise physiology, health related fitness, training, physiotherapy, obesity and nutrition from India. In addition to this, the recent issue of *JESP* also includes short communications and case reports from eminent health professionals. Over and above the research reports, the journal also presents the review report on a book entitled “Nutrition Exercise and Weight Reduction”.

Suggestions for further improvement are welcome. In the end I take this opportunity to congratulate the editorial team in bringing out this issue of *JESP*.

S.K. Verma