

Editor's Page



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It gives me immense pleasure to inform the readers that Journal Selection Committee of ICMR in its meeting held on 3rd August, 2011 has recommended indexing of the **Journal of Exercise Science and Physiotherapy (JESP)** in *IndMED*. Henceforth full text journal articles can also be viewed at MedIND, a portal of Indian Medical Journals – <http://medind.nic.in>. I am happy that the **Volume 7, No. 1 issue of Journal of Exercise Science and Physiotherapy (JESP)** is out for the readers. This issue of JESP contains ten articles on diverse important aspects of exercise science. **Jagga et al** from Patiala presents a review of a total of fifty five research studies dealing with age, anthropometric measurements and nerve conduction properties in the literature reviewed up to 2011. **Kaur & Kaur** from Patiala, Punjab assessed the differences in nutritional profile and prevalence of anemia among rural girls and boys. They report that fifty per cent of female subjects in their study were suffering from disturbances in menstrual cycle. Clinical signs and ill effects of anemia were common. Consumption of tea was high and diets were inadequate in fruits, vegetables and milk products reflecting deficiencies in energy, protein, fat, iron and B vitamins. Overall female subjects showed poorer nutritional profile and higher prevalence of anemia as compared to male subjects. **Kasundra & Jethwa** from Gujrat determined the effect of 28 Days Rock Climbing Training Program on physical fitness components such as strength endurance of shoulder and abdominal muscles, speed and endurance during a rock climbing coaching course. They report that strength endurance of abdominal muscles and shoulder muscles, and endurance improved significantly while speed decreased. They recommend that improvement in climbing performance is best explained by trainable variables such as shoulder and forearm strength and endurance; furthermore strength and conditioning programs should not be viewed as a replacement of climbing but rather as supplementary during courses. **Sharma et al** from Patiala, Punjab explored the Electrical Muscle Stimulation through interferential currents to counter the problem of overweight as well as disturbed fat profiles in the people. In this context they conducted the study on females ranging in age from 20– 40 years to explore the impact of EMS-Interferential program on weight loss as well as the shedding of fat from the abdominal region, so as to reduce the health risks. They concluded that EMS technique was effective in reducing body weight and fat from the body to the same extent as aerobic exercise program. They further report that EMS becomes more effective if it is combined with hot water application in the body region where EMS is applied. **Sharma & Nigam** from Chattisgarh evaluated and compared the motor fitness in relation to Body Mass Index of school going children involved in physical activities. Group of children possessing Low BMI were reported to be better in muscular strength, speed, and agility and similar on flexibility as compared to the group of children having high BMI. **Gour et al** from Uttaranchal investigated the transdermal application of the steroids (iontophoresis) in addition to medical and physical therapy treatment on 36 patients with cervical & lumbar radiculitis. They report that medication, physiotherapy treatment and iontophoretic administration of mixture of anti-inflammatory (dexamethasone) & local anesthetic (lignocaine) was very effective in the treating cervical & lumbar radiculitis. **Juneja & co-workers** from Patiala, Punjab studied the Isometric Peak Force of Shoulder Rotators in Cricketers with and without History of Shoulder Pain. The results of their study indicate that Isometric strength and strength ratios of shoulder rotators can provide useful information in sportspersons with history of injury or pain in the shoulder. Isometric strength imbalances between the ER and IR may also guide the treating professional in correcting these discrepancies using objective methods. **Kaur & Narkeesh** from Patiala, Punjab formulated a structured protocol in the form of intervention technique called Combined Integrated Learning Programme (CILP) and tested its efficacy along with guidelines of Punjab School Education Board (PSEB) on 30 children having learning disability. They found CILP to be an effective tool in enhancing the learning outcomes than the conventional guidelines of PSEB. **Khurana et al** from New Delhi present a case report regarding evaluation, management, and rehabilitation of a multifactorial rotator cuff lesion in an elderly female. **Verma** from Chandigarh reported a case study of a 13 year old hockey player who met with a sports injury and reported to the dental clinic with the chief complaint of broken upper left central incisor. The treatment was carried out by doing Root canal treatment of the broken tooth followed by the crowning of the fractured tooth with porcelain fused to metal.

S.K. Verma