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**EDITOR'S PAGE**

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I am happy that the **Volume 9, No. 1 issue** of the **Journal of Exercise Science and Physiotherapy (JESP)** is ready for the readers and circulation. This issue of JESP contains twelve research reports on different important aspects of exercise science. **Kumar, Ashok from Patiala, Punjab** studied the prevalence of glycemic status, obesity and waist circumference in Punjabi male Type 2 Diabetics and concluded that prevalence of poor glycemic control and obesity exist but obesity and overweight were more prevalent in Punjabi Type 2 diabetics and recommended that efforts should be made to control this in type 2 diabetics for their well being and possibly to avoid the risk of disease like cardiovascular later in life. **Jaywant from Mumbai, Maharashtra** evaluated the effect of Dance Aerobics on cardiovascular endurance and body fat percentage in middle aged women. She concluded that if a person is aiming for just weight loss, then the dance aerobics is an ideal choice, however, if the person is aiming for improved cardiovascular status, other physical exertional activities should be considered. **Thakur et al from Punjab** investigated the efficacy of myofascial release on patients with fibromyalgia and its influence on pain and concluded that myofascial release is effective in reducing pain. **Goyal et al from Mullana, Haryana** evaluated the effect of manipulation of wrist technique and Cyriax physiotherapy training in reducing pain and improving grip strength in lateral epicondylitis. They concluded that the patients of lateral epicondylitis procured more substantial benefits from wrist manipulation as compared to Cyriax physiotherapy after three weeks. **Saini & Multani from Patiala, Punjab** compared the structural changes in the knee between age-matched sportspersons and non sportspersons and concluded that sportspersons have less worsened structural knee changes, better knee joint range of motion, muscle strength, physical activity levels and a better quality of life as compared to the age-matched non sportsperson peers. **Mazumder & Ghosh from Kalyani, West Bengal** carried a comparison on imagery and self-esteem of various levels of footballers and reported significant differences in the mean value of imagery and self-esteem between the district and state level footballers. **Goyal and associates from Mullana, Haryana** studied the effect of combination of a Taping and Iontophoresis or Taping alone in the treatment of Plantar Fasciitis pain.. They concluded that the use of Iontophoresis along with the Taping, revealed a better management for pain and stiffness as compared to Taping alone. **Doley and coworkers from Dehradun, Uttarakhand** compared the effectiveness of Positional Release Therapy & Deep Transverse Friction Massage On Gluteus Medius Trigger Point and report that Deep transverse friction massage is a better choice of treatment in improving pain threshold in subjects with gluteus medius trigger point. **Singh & Kumar, Ashok from Patiala, Punjab** studied the impact of chronicity of type 2 diabetes on lipid profile in type 2 diabetics and concluded from their results that the chronicity of Type 2 Diabetes mellitus disturb the normal levels of lipid profile that is dyslipidemia if unchecked this may lead to atherosclerosis and ultimately Cardio-Vascular Disease (CVD) and it is the commonest cause of death in type 2 diabetics. **Khan et al from Delhi**, compared the stretching induced strength changes between the proximal and distal groups of muscles and concluded that Shorter stretching (2 minute) increases maximum isometric voluntary contraction force in both muscles but relatively more in the calf. **Leo Aseer & Subramaniam from Tamilnadu** analyzed the effectiveness of integrated soft tissue mobilization on the pain, lumbar spine mobility and the outcome on functions in chronic low back pain (CLBP) and concluded that integrated soft tissue mobilization offered relatively moderate improvement in the functional outcome than that observed in the control group. In the end A Case study of a Rare Case of Turner's Hypoplasia and Unilaterally Fused Deciduous and Permanent Lateral Incisor Caused by Trauma is presented by **Leena Verma from Chandigarh**.

**S.K. Verma**