



An official Publication of
Exercise Fitness and Health Alliance
www.efha-in.org

Journal of Exercise Science and Physiotherapy
Volume 3, No.2: 2007

(A biannual publication of EFHA)

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EFHA in continuation to its policy of serving the exercise science fraternity is pleased to publish Volume 3, No. 2 issue of **Journal of Exercise Science and Physiotherapy (JESP)**. This volume of JESP contains thirteen original research papers contributed by exercise scientists from India and abroad and cover important areas of exercise, fitness and health research. **Singh et al from Patiala** have reported in their research paper the development of Geriatric assessment tool and also checked its validity on Indian older population. **Dewan from Chandigarh** in her study empahsises the promotion of physical activity in the prevention of diabetes. **Desalgen from Gondar University, Ethiopia and Verma from Patiala** compared the effects of three recovery interventions in footballers and observed that active and massage interventions applied during recovery following maximal exercise resulted in quicker recovery as compared to passive recovery. **Gandhi & Kumar from Department of Human Genetics, Guru Nanak Dev University, Amritsar** studied the potential of strenuous exercise in causing genetic damage. Their results warn that wrestlers may be prone to cancer and age-related diseases. They further report that genetic damage increased with age, duration and longer routine of heavy exercising. **Sarkari & Multani from M.M.I.P.R., Mullana** concldes that neural mobilization alongwith conventional treatment is more effective in improving pain and range of motion in sciatica than conventional treatment alone. **Narkeesh and co-workers** found that application of mechanical compression on the median nerve decreases the conduction velocity of the nerve and the decline is linked with the magnitude of compression. The finding has important bearing in physiotherapy evaluation and treatment progression.

Recently the popularity of Yoga has increased not only in India but worldover. This is reflected in the increase in the number of research papers received in the JESP. **Bindal & Ghai from LBNIFE, Gwalior** tried yogic asanas in alleviating low back pain. They found it as effective as the conventional physiotherapy treatment. Another study by **Johnson & Mariayyah from Tiruchirappalli** employed selected Hathayogic practices in enhancing kicking ability in soccer players. The results are interesting as the yogic practice has been found to improve the kicking ability. **Uthirapathy & Chandrasekaran from Tiruvarur**, reports better influence of yogic practices in improving serum protein levels as compared to aerobic exercises. The present issue of JESP also contains two research articles on physical fitness & motor development patterns in girls. **Kaur et al from Patiala** studied the physical fitness and growth performance of menstruating girls belonging to Upper and Lower Socio-economic status. **Ghai & Negi from LBNIFE, Gwalior** report motor development pattern of untrained and trained Indian girls. **Gahlawat from Kurukshetra** compared physical fitness of rural and urban collegeiate students of Kurukshetra, Haryana.

One study on nutrition by **Walia from Patiala** has revealed that urbam slum females gain weight with increase in age. On an average, the females especially after the age of 40 years, exhibit greater caloric intake than their energy expenditure. I hope the readers will enjoy reading the research articles published in this issue of JESP. I wish them all the best in their future research endeavours.

S.K. Verma