

Editor's Page



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

I am happy that the Volume 7, No. 2 issue of **Journal of Exercise Science and Physiotherapy (JESP)** is ready for the readers. This issue of JESP contains seven articles on different important aspects of exercise science. **Jagga et al from Punjab** presents a review of Occupation and its association with Carpal Tunnel syndrome. In summary, they conclude from the studies reviewed that a useful body of research now supports and extends previous conclusions that certain occupations involving wrist activities materially increases the risk of carpal tunnel syndrome. Through the results of their study, they further advise and emphasize that prolonged exposure to highly repetitive flexion and extension of the wrist should be avoided. De et al, from West Bengal in their study on the "Effect of Body Posture on Hand Grip Strength in Adult Bengalee Population" concluded that male subjects demonstrate greater grip strength compared to that of female subjects and the maximum achievable grip strength was recorded in standing posture with elbow angle of 90° in both adult male and female subjects. They recommend that the grip strength of Bengalee population should be measured in standing posture with elbow angle of 90° , shoulder angle of 180° , and the trunk and wrist in neutral positions to provide maximum force. Nidhi et al from Dehradun, in their study entitled "Effect of Spinal Stimulation on Monosynaptic Reflex by Medium Frequency Current" used Premodular IFC & Russian current by surface spinal stimulation at T-12 & L-1 regions to explain how surface spinal stimulation by two medium frequency currents influences on monosynaptic reflex. They conclude that spinal stimulation with medium frequency current result in a significant effect on monosynaptic reflex as revealed by significant effect on H-latency and H₂-amplitude, however Premodular IFC produced greater effect than the Russian current. **Soodan & Kumar from Patiala**, Punjab investigated the motor nerve conduction velocity of selected nerves of both the upper and lower extremities in sprinters and distance runners. They observed significant differences in motor nerve conduction velocities between dominant and non-dominant limbs in each group. They concluded that motor nerve conduction velocity of ulnar nerve was found to be higher in sprinters as compared to the distance runners, and the MNCV for Common Peroneal Nerve is higher in distance runners as compared to sprinters. The MNCV of ulnar and CPN were higher in dominant limbs (i.e. arms & legs) of both sides of the body as compared to non dominant limbs. The diabetes mellitus is becoming more and more prevalent in Indian society. In India, it is estimated that approximately 2% of the population, 15 million people have diabetes and WHO has declared India as the "Diabetic Capital of the World". Chronic hyperglycemia is associated with significant long-term complications, particularly damage to the nerves, heart, blood vessels, eyes and kidneys. **Singh & Kumar from Punjab** studied the relationship among glycated haemoglobin (HbA1c) and lipid profile in male type 2 diabetics of Punjabi population. They concluded from the results of their study that HbA1c can also be used as a predictor of dyslipidaemia in type 2 diabetics in addition to as a glycemic control parameter. Thus, early diagnosis of dyslipidaemia can be used as a preventive measure for the development of cardiovascular disease (CVD) in type 2 diabetics. **Multani et al from Punjab** concluded that sportspersons possess higher bone mineral density than their non- sports cohort and sportspersons involved in high impact sports possess substantially higher bone mineral density than sportspersons involved in moderate impact sports. Clinically, this information is important, as it can be utilized while designing preventive and treatment plans for osteopenic and osteoporotic individuals respectively. Dental injuries are a major problem for players from the pain stand point, aesthetic standpoint and economics stand point. Depending on the extent and the types of injury, some injuries can be managed at the sporting event site, with the athlete resuming play immediately. The study by **Verma from Chandigarh** discusses various treatment options available for different types of fractures to the teeth. The paper presents a case study of a 17 year old athletic player with a chief complaint of broken upper front teeth while playing hockey. A Treatment plan that was divided into two parts i.e (i) treatment for left and right central incisor with enamel /dentin fracture and (ii) treatment for left lateral incisor with enamel/dentin /pulp were adopted. The study discusses various treatment options available for different types of fractures to the teeth. The paper also enlightens the sportsperson to deal with dental trauma met by them while playing games.

S.K. Verma