

# Editor's Page



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I am glad that the Volume 5, No. 2 issue of **Journal of Exercise Science and Physiotherapy (JESP)** is out for the readers. This issue of JESP contains thirteen research papers on diverse important aspects of exercise science. **Parvatikar and Mukkannavar from Dharwad** carried out a comparative Study of Grip Strength in Different Positions of Shoulder and Elbow with Wrist in Neutral and Extension Positions and interestingly observed that various joint positions can affect grip strength, especially elbow and shoulder joints with respect to wrist positions. Through the results of their study, they emphasize that the findings are valuable in evaluation and rehabilitation training of hand injured athletes or patients. **Poonam et al from Dehradun** reported that out of leg and limb lengths, leg length is significantly more related with H-latency than the limb length. **Kulandaivelan et al** from Hissar, tested the effectiveness of Russian current stimulation as a recovery modality following exhaustive exercise on heart rate, temperature, blood lactate and blood pressure and compared it with other traditional modes of recovery. They concluded that electrical stimulation causes increment in heart rate, blood lactate and blood pressure, decrement in oral temperature when compared to the active and passive modes of recovery as well as with in different intervals. They are of the view that electrical stimulation stresses cardio-vascular system without reducing the lactate and concluded that electrical stimulation may not be a useful tool in recovery after exhausted exercise. **Shenbagavalli & Sam Christa Doss** from Karaikudi reported the effect of Packages of Training on Functions of Haemoglobin Concentration and Mean Arterial Pressure among School Boys. They found that the haemoglobin concentration was increased due to the treatment of ten weeks of Run & Walk and Interval training. **Rathee** from USA report better overall self perception in sportspersons than non-sportspersons. **Singh et al** from Ludhiana reported that school national level athletes were found significantly better on perceived physical ability, confidence in physical presentation and self-efficacy total as compared to School district level athletes. Training Programme on Leadership Quality of trainee females and reported that organised Physical Education programme in which the subjects had participated, significantly improved their physical fitness and psychological qualities but failed to develop desirable leadership qualities up to the best possible level. **Singh & Thukral** reported a negative and significant relationship between anxiety and achievement. They further report significant differences between boys and girls, rural and urban students on the basis of their anxiety. **Kadam and coworkers** compared the Emotional Health of the volleyball players of India and Brazil. They concluded that Indian players tend to be Dominant, assertive, aggressive, stubborn, competitive, bossy, dominant, and Enthusiastic, spontaneous, heedless, expressive, cheerful, surgency as well as Tender-minded, sensitive, over-protected, intuitive, apprehensive, self blamed, guilt-prone, insecure and worrying.

**Mukhopadhyay and Uppal** from West Bengal reported that 12 weeks interval training is effective for significant reducing left ventricular end systolic diameter and left ventricular end systolic volumes in adolescent boys. **Sibby et al from Mangalore** compared the effectiveness of Integrated Neuromuscular Inhibitory Technique (INIT) and, Laser with stretching in reducing pain, improving ROM and functional activities of subjects with neck pain due to upper trapezius trigger points. Their study concluded that both INIT and Laser with stretching are equally effective in managing subjects with neck pain due to upper trapezius trigger point. **Mozhi et al** from Patiala concluded that neurogenic therapy is beneficial for improving pain and functional mobility. Health fitness is a significantly scrutinized subject in the United States, and it is practical to compare this issue among young children and teenagers of the world. **Vaid et al from USA** compared the BMI of Indian Punjabi children with the age peers in USA. They concluded that Punjabi boys are not being confronted with the obesity problems. **Sakthivelavan & Sumathilatha from Tamilnadu** reported significantly greater functional capacity in endurance trained than the resistance trained athletes and ascribed the differences to the variations in adaptations that happen in them due to different types of training protocols. They further report that The levels of aerobic capacity reported from athletes abroad are higher compared to Indian athletes and are of the view that this could be a potential area of improvement for their much awaited superior performance.

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