

Editor's Page



Journal of Exercise Science and Physiotherapy
VOLUME 8, NO.1: 2012

Exercise Fitness And Health Alliance
(Indexed with IndMed/MedINDIA a portal of Indian
Medical journals)
www.efha.in

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I am happy that the Volume 8, No. 1 issue of **Journal of Exercise Science and Physiotherapy (JESP)** is ready for circulation for the readers. This issue of JESP contains eleven articles on diverse aspects of exercise science. **Pruthi & Multani from Punjab** studied the influence of age from 25 to 75 years in North Indians on lung functions and concluded that lung functions significantly decline with age. **Singh & Kumar**, from Patiala, Punjab studied Lipid Profile in Type 2 Diabetic Punjabi Population and concluded that in type 2 diabetics dyslipidaemia is very common especially raised LDL levels and suggest that ethnic specific patterns of lipid profile in type 2 Punjabi diabetics regardless of their glucose levels, and further suggests that ethnic-specific strategies and guidelines on risk assessment and prevention of CVD due to dyslipidemia are required. **Mittal & Narkeesh** from Punjabi University Patiala, Punjab present a review of studies on the Effect of Stimulation of Vestibular Apparatus on Postural Muscle Tone in Cerebral Palsy. They concluded that vestibular apparatus plays an important role in maintaining postural tone and vestibular lesions results in disequilibrium with loss of postural control. This review study explains the effect of vestibular apparatus stimulation on postural muscle tone. Vestibular system plays an important role in the achievement of normal motor development and coordination. **Soodan & Kumar** from Punjab investigated the relationship among anthropometric indices (upper extremity lengths and circumferences) and motor nerve conduction velocity (MNCV) of radial & ulnar nerve (bilateral side) in aerobic trained athletes. Their results show that MNCV of right radial and left radial was negatively and significantly related with right upper arm length and left upper arm length. They further concluded that the positive relationship of MNCV of radial and ulnar nerve in aerobic trained athletes may be the result of their long term training adaptations which may be further related to their pattern of movement requirement. **Narkeesh & co-workers from Punjabi University, Patiala**, Punjab explained how surface spinal stimulation influences the monosynaptic reflex. **Vij & Multani from Punjab** compared the efficacy of Neuro- Developmental Therapy (NDT) based gait training with conventional physiotherapy in re-education of gait in post stroke hemiparetic patients. Their study has indicated that both, the conventional physiotherapy as well as addition of NDT based gait training, are effective in improving the step length, stride length, cadence, and velocity and WGS scores in post stroke hemiparetic patients. But in comparison to conventional physiotherapy alone, addition of NDT based gait training is more effective in improving step length, stride length, spasticity and WGS scores in these patients. **Pratishtha & Jagga** from Panipat, Haryana compared the effectiveness of two Mulligan techniques (TSLR and BLR that is Traction Straight Leg Raise and Bend Leg Raise) in improving the biceps femoris muscle performance, flexibility and pelvic rotation. They concluded that Mulligan TSLR stretch is more effective than BLR stretch in improving biceps femoris muscle performance, flexibility and pelvic rotation. **Gahlawat & Gahlawat from Kurukshetra, Haryana** examined the mental health dimensions between player and non- player students. They report that - male player subjects are found more positive in self-evaluation, integration of personality, autonomy and environmental mastery than male non player subjects, and in over all mental health there is significant difference between male player and male non -player subjects. **Vyas et al from Gujrat** compared the Body Composition & fitness of Gandhinagar City and Rural Boys and interestingly observed no significant differences in their body composition. **Mazumdar et al** from Faridkot, Punjab studied the effect of moderate intensity of aerobic exercise programme on exercise tolerance capacity of stable angina patients and observed increase in the exercise tolerance capacity of the stable angina patients after the completion of aerobic exercise programme. The study by **Verma from Chandigarh report** a clinical case of an aesthetic treatment in permanent teeth with localized crown malformation, enamel hypoplasia/dilaceration as a result of traumatic injury in the primary lower central incisor. The case report stresses the importance of traumatic injuries to primary dentition because of their effect on permanent tooth germ. The investigator recommends that injured teeth should be followed up periodically for possible periapical infection and pulp necrosis. In addition special care may be necessary in the restoration of the injured teeth because their reaction pattern may be different from those of non traumatised teeth.

S.K. Verma