

Editor's Page



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I am happy that the **Volume 8, No. 2** issue of **Journal of Exercise Science and Physiotherapy (JESP)** is ready for the readers. This issue of JESP contains twelve research articles on different important aspects of exercise science. **Sinku from Nanded, Maharashtra** examined the effects of health related physical fitness programmes that are covered in the academic programme of physical education department in different colleges of the Swami Ramanand Teerth Marathwada University Nanded, Maharashtra on the cardio respiratory functions of sedentary students and that the programme was beneficial to the students from improving their health related physical fitness. **Kumar, Ashok et al from Punjab** investigated the effects of anaerobic training on Hoffmann reflex (H- reflex) response parameters in sprinters & non-athletes and found that training of skeletal muscles lead to the differences in H- reflex response parameters between sprinters & non-athletes. **Kumar et al from Haryana** evaluated the effect of PNF techniques on the gait parameters and functional mobility in hemiplegic patients and demonstrated that the PNF technique had significant effect on gait parameters & functional mobility as compared to conventional therapy in patients with hemiplegia. Their findings show that the walking speed has a significant effect on functional mobility in stroke patients. **Kaur & Narkeesh** from Patiala, Punjab tested the Reliability and Validity of Integrated Proprioception Screening Scale & Its Sensitivity in Parkinson's disease and concluded that it is a valid & sensitive scale to any change or deficit in proprioception. Bala et al from Panipat, Haryana investigated the effect of endurance exercises on trunk extensor muscles endurance and pain on 38 subjects of both genders ranging in age between 18 to 40 years suffering from subacute non specific low back pain and concluded that both trunk extensors endurance training and general mobility stretching strengthening exercises are equally effective in reducing pain and increasing endurance in patients with non-specific subacute low back pain. **Kumar et al from Patiala, Punjab** observed the effects of different workloads (i.e. volume patterns-3 RM, 6 RM, 9 RM) of power clean on blood lactate production in female weight lifters. They concluded that the blood lactate response depends upon the maximum absolute load lifted by the weight lifters as compared to the volume of load lifted. **Egwu et al from Obafemi Awolowo University, Ile – Ife, Nigeria** prepared Normative values of spine range of motion (ROM) for the proper diagnosis of spinal impairments. They established a set of reference values for lumbar spinal flexibility in healthy Nigerians. Increasing age was associated with decreased spinal flexibility. Saha & Haldar from West Bengal compared the Health related physical fitness variables and Psychomotor ability between rural and urban school going children and observed significant differences between Rural and Urban school going children in all the Health related Physical fitness components as well as in Reaction ability under Psychomotor ability and Rural school going children was found better than Urban school going children. **Sinku from Nanded, Maharashtra** also reported differences in the cardiovascular fitness level between rural and urban collegiate students and reported better cardiovascular fitness of rural over urban students. **Kaur & Sidhu from Amritsar, Punjab** studied the prevalence of obesity and hypertension in newly diagnosed diabetic patients of Amritsar (Punjab), attending diabetic clinics. They reported that the percentage prevalence of obesity in diabetic females was higher than diabetic males while the diabetic males were more hypertensive than diabetic females. To manage the profile of the diabetic patients, proper awareness and prevention and management of obesity and hypertension is essential. **Goyal and associates from Mullana, Haryana** investigated the effect of a cervical collar use and traditional physiotherapy treatments on functional disability and grip strength in cervical radiculopathy patients. They concluded that patients of cervical radiculopathy who used cervical collar alongwith traditional physiotherapy treatment demonstrated early recovery from pain, grip strength, disability index. Kumar Ashok and coworkers studied the VO_{2max} and haemodynamic profiles of women national/university level boxers and reported that women boxers of their study had less mean value of VO_{2max} (aerobic fitness) than that reported of elite national and international boxers.

S.K. Verma