

Physiotherapy

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Editor's note

Physiotherapy deals with improvement in mobility and functioning of human body based on bio-mechanical principles. It includes rehabilitation for prevention and treatment of bodily disorders and overall enhancement in the quality of life. Sports medicine aims for physical fitness through prevention and treatment of injuries arising out of sports or exercise, mainly involving musculoskeletal and cardiovascular systems. The Journal of Physical Therapy and Sports Medicine publishes recent developments in this field. The current issue covers reports on precise body fat estimation, activity of obese children, case studies of shoulder injury and symptomatic stretching exercises. Estimation of body fat is relevant for predicting health risk and prescription of exercise regime. Grove and Hung [1] have evaluated body fat estimation using conventional bioelectrical impedance analysis (BIA) and skinfold measurement and compared with Dual energy x-ray absorptiometry (DXA). The study revealed that BIA and skinfold estimate were substantially lower than DXA measurement and emphasized on the use of adjustment equations taking DXA criterion into consideration, for accurate estimation of body fat. Unlike sedentary mode, active video gaming (AVG) involves coordinated motion of limbs and body. Huang et al. [2], studied the effect of eight week regime of AVG in 14 subjects and found no change in the physical and psychological assessment. Nevertheless, the study suggested AVG as preferable and engaging way to manage obesity among children. Acromioclavicular joint dislocation is common shoulder injury. Since articles regarding the treatment of old acromioclavicular joint dislocations were rare, Jun et al. [3], presented three such case reports detailing the treatment procedures adopted which reveals that old acromioclavicular joint dislocation requires special treatment taking the patients functional requirements into consideration. Stretching exercise is beneficial in Glenohumeral Internal Rotation Deficit (GIRD) and Posterior Shoulder Tightness (PST). Based on crossover randomized controlled trial, Mine [4] found that cross-body

stretch and modified sleeper stretch were equally effective in asymptomatic subjects. However, cross body stretch was clinically relevant for patients with subacromial pain. The highlights in this issue have utility in improvement of body fat estimation, finding exciting means of child weight management, personalized joint dislocation treatment and symptomatic stretching exercise.

References

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