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In this issue

Research Article

Open Access Research Article PTZAID:JNPPR-7-182

The effect of aquatic and land exercises on pain, health related quality of life, kinesiophobia and disability in chronic low back pain: A randomized clinical trial

Published On: October 22, 2020 | Pages: 062 - 067

Author(s): Nilay Çömük Balci*, Ayça Aytar, Emine Atici, Gülen Takin, Mustafa Gülen and Mert Demirsoz

Background: This study aims to compare the effectiveness between aquatic exercise interventions and land-based exercises in the treatment of Chronic Low Back Pain. Methods: Thirty patients were randomly allocated to land exercise (n=15) and aquatherapy group (n=15). Both groups underwent Hot pack, conventional TENS, and continuous ultrasound. A water-based exercise ...

Abstract View Full Article View DOI: 10.17352/2455-5487.000082

Open Access Research Article PTZAID:JNPPR-7-179

The effect of an exercise program in water on pain level and functional status in chronic nonspecific low back pain patients: A single-blind randomised controlled trial

Published On: September 10, 2020 | Pages: 049 - 056

Author(s): Ester Goldstein*, Ella Shoval and Nira Koren-Morag

Background: Lower back pain is one of the most widespread health issues today. Water-based exercise is an effective treatment to reduce pain intensity and disability. Objective: To assess the effect of a water exercise program on pain level and functional status in patients suffering from chronic nonspecific low back pain. Methods: One hundred and twenty-four volun ...

Abstract View Full Article View DOI: 10.17352/2455-5487.000079

Open Access Research Article PTZAID:JNPPR-7-176

A comparative study on different surface balance training on dyanamic postural

control in collegiate female athletes

Published On: July 07, 2020 | Pages: 036 - 042

Author(s): J Kaur*, Singh A and Grewal S

Purpose: The study aims to evaluate the effectiveness of different surface balance training on dynamic posture control in collegiate female athletes. Methods: The research was experimental in nature. The subjects were selected through purposive sampling. 40 female collegiate students were selected and divided into 2 groups. Group A was given star excursion balance tr ...

Abstract View Full Article View DOI: 10.17352/2455-5487.000076

Letter to Editor

Open Access Letter to Editor PTZAID:JNPPR-7-183

The underestimated and under rated role of Physiotherapists during COVID-19 in Pakistan

Published On: November 21, 2020 | Pages: 068 - 069

Author(s): Hafsa Imtiaz Khokar*

Physiotherapists are healthcare professionals having direct contact with patients suffering from chronic disorders including COVID-19 [1]. Physiotherapists are also among the practitioners taking responsibility for the wellbeing of the COVID-19 and other infectious diseases management and outcomes thus sharing handsome amount of workload with healthcare systems [2]. ...

Abstract View Full Article View DOI: 10.17352/2455-5487.000083

Mini Review

Open Access Mini Review PTZAID:JNPPR-7-181

Diagnosing low back pain in an evidence-based way: How accurate are we?

Published On: October 22, 2020 | Pages: 060 - 061

Author(s): Rilind Shala*

Back pain is the leading cause of disability globally with 818,000 disability-adjusted life 51 years estimated to be lost annually due to work-related Low Back Pain (LBP) [1]. ...

Abstract View Full Article View DOI: 10.17352/2455-5487.000081

Open Access Mini Review PTZAID:JNPPR-7-177

Effect of proprioceptive training in male soccer players

Published On: July 15, 2020 | Pages: 043 - 044

Author(s): Francisco Tomás González-Fernández* and Andres Marmol Perez

Soccer is one of most popular and practiced sports. Although, we can establish its dynamic character as a determining factor that injuries to occur. Although, the majority of injuries are caused by contacts or impacts, a wide part of then are caused by receptions after jumping and changes of direction own of this sport. Here, we show the importance of a proprioceptive ...

Abstract View Full Article View DOI: 10.17352/2455-5487.000077

Opinion

Open Access Opinion PTZAID:JNPPR-7-180

Why - Living in a War Zone?

Published On: September 10, 2020 | Pages: 056 - 059

Author(s): Nancy Bauser*

After a trauma, an illness, a disability or an addiction, life becomes an uphill battle in all situations. Whether it is dealing with doctors, drug companies, mental health or rehabilitation professionals, living as an independent, self-sufficient human being is simply no longer possible. There are countless adjustments, accommodations and modifications that must be m ...

Abstract View Full Article View DOI: 10.17352/2455-5487.000080

Perspective Study

Open Access Perspective Study PTZAID:JNPPR-7-178

A new paradigm is needed to guide the utility of functional electrical stimulation

in rehabilitation medicine

Published On: August 29, 2020 | Pages: 045 - 048

Author(s): Gad Alon*

Back in 2006, an invited commentary raised the question “are we asking clinically relevant questions”? The commentary referenced an application of electrical stimulation in a clinical trial [1]. This question regarding Neuromuscular Electrical Stimulation (NMES) and Functional Electrical Stimulation (FES) is as relevant in 2020. Based on the premise and presumption th ...

Abstract View | Full Article View | DOI: 10.17352/2455-5487.000078