

# Journal of Orthopaedic & Sports Physical Therapy

Official Publication of the Orthopaedic and Sports Physical Therapy Sections of the American Physical Therapy Association

## INSTRUCTIONS TO AUTHORS

The *Journal of Orthopaedic & Sports Physical Therapy* is a scholarly, peer-reviewed journal that advances the science and practice of orthopaedic and sports physical therapy. The *Journal* accepts manuscripts for review from any discipline that addresses orthopaedic or sports physical therapy from any relevant perspective, including kinesiology, motor behavior, fitness, clinical outcomes, gerontology, neuroscience, or epidemiology. In addition, the *Journal* will review manuscripts that deal with clinical or basic science, but clinical implications should be discussed in all manuscripts submitted for review.

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Manuscripts submitted for publication in the *Journal* should be addressed to

**Guy G. Simoneau, PT, PhD, ATC**  
Editor-in-Chief

*Journal of Orthopaedic & Sports Physical Therapy*

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Manuscripts written in the English language are welcome from any country and any discipline and are accepted for review with the understanding that the manuscript, the findings reported by the authors, or the data presented in the paper have not been published previously. Manuscripts currently under review for publication elsewhere or widespread disclosure of the findings (in a form other than published abstracts of oral presentations at a scientific meeting) will not be eligible for review or publication in the *Journal*.

Manuscripts submitted to the *Journal* should address scientific, clinical, or professional issues relevant to physical therapy. Authors should prepare their manuscripts in accordance with the Uniform Requirements for Manuscripts Submitted to Biomedical Journals (*JAMA*. 1997; 277:927-934). A version of this document is online at <http://www.ama-assn.org/public/journals/jama/sc6336.htm>. Manuscripts will be returned to the author without review if the essential elements required for the review process are missing or incomplete. In the peer-review process, *Journal* reviewers are unaware of the author's identity and institutional affiliation.

### MANUSCRIPT CATEGORIES

- Research Report:** a full-length report of an original basic, applied, or clinical research investigation that advances the clinical science of orthopaedic and sports physical therapy.
- Literature Review:** a comprehensive review of the literature that addresses a topic of interest and relevance to orthopaedic and sports physical therapists. Reviews of literature may take the form of a traditional review, a blinded review, or a meta-analysis. Literature reviews submitted for review must have a structured abstract and include a *Methods* section. Manuscripts submitted in this category must be invited by the Editor-in-Chief. Self-nominations for an invitation to submit a Literature Review are welcome. Please send self-nominations with a cover letter addressed to the Editor-in-Chief and enclose a current vitae.
- Case Report:** a detailed description of the management of a unique clinical case problem. Case reports must include a description of relevant patient characteristics and history, outcome measures, and the results attributed to the interventions.
- Resident's Case Problem:** a report on the process and logic associated with differential diagnosis (ie, clinical decision making).

Readers are challenged to deduce the diagnosis of a clinical case problem and to determine how the diagnosis relates to the care of the patient. The *Background* includes patient characteristics and history. The *Diagnosis* section provides the working diagnosis and the rationale for that diagnosis, including a presentation of radiographs or the results of other clinical tests. The *Discussion* section of the Resident's Case Problem should be a scholarly, critical, and referenced analysis of how the diagnosis guided the care of the patient. Interventions used to treat the patient's condition and the outcome of treatment may also be described; however, the focus of the Resident's Case Problem should be on diagnosis.

- Clinical Commentary:** a scholarly paper containing opinion or perspectives having relevance to orthopaedic and sports physical therapy. Clinical Commentaries submitted for review require an abstract that is not structured. Clinical Commentaries must be invited by the Editor-in-Chief. Self-nominations for an invitation to submit a Clinical Commentary are welcome. Please send self-nominations with a cover letter addressed to the Editor-in-Chief and enclose a current vitae.
- Technical Notes:** a description of a new instrument, procedure, or technology relevant to orthopaedic or sports physical therapy practice or clinical research (authors should use the Case Report to describe new methods to evaluate or treat patients).

### Other Features

- Letters to the Editor-in-Chief** should relate to professional issues or articles published in the *Journal*. Letters will be reviewed and selected for publication by the Editor-in-Chief based on the relevance, importance, appropriateness, and timeliness of the topic. Letters to the Editor-in-Chief should be double-spaced, and two copies should be submitted. Note: Letters to the Editor-in-Chief are copy edited and the correspondent is not typically sent a version to approve. Letters to the Editor-in-Chief should include a summary statement of any conflict of interest, including financial support related to the issue being addressed.
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The original double-spaced manuscript on white paper, four complete copies of the manuscript (with labeled copies of tables and figures attached to each manuscript copy), and **two complete sets of originals** of all illustrative materials should be submitted for consideration for

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- The title page, which should include the title of the manuscript; names of authors and highest academic degrees; institutional affiliation to which the work should be attributed; the name, address, fax, and e-mail address of the corresponding author, and the sources of grant support. In addition, list the name of the institutional review board that approved the protocol for the study.
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- A structured abstract of no more than 250 words is required for Research Reports, Case Reports, and Literature Reviews. The abstract must be structured with the following headings (in this order): Study Design, Objectives, Background, Methods and Measures, Results, and Conclusions. Clinical Commentaries require an abstract that is not structured. Resident's Case Problems and Technical Notes do not require an abstract. Three to five key words that best represent the manuscript contents should be placed below the abstract. Key words should not repeat words used in the title.
- The text should be divided into five sections: Introduction, Methods, Results, Discussion, and Conclusion. These sections apply to Research Reports, Case Reports, Literature Reviews, and Technical Reports. Resident's Case Problems have three sections (Background, Diagnosis, and Discussion).
- References.
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Pages must be numbered consecutively beginning with the title page. **The names of the authors should appear only on the title page.**

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Each table should begin on a separate sheet of paper. Place the table title above the table and footnotes below the table. The tables should be numbered using Arabic numerals. Each table must be self-contained and provide standalone information independent of the text. Any necessary explanatory footnotes must be included. Tables should not repeat information given in the text, but each table must be referred to in the text. Vertical rules should not be used, and only a minimal number of horizontal rules can be inserted. All abbreviations appearing in the tables should be defined in the footnote to each respective table or spelled out, whichever makes the table easier to read. When possible, allow extra white space under column headings.

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##### *Journals*

Heiderscheit BC, McLean KP, Davies GJ. The effects of isokinetic vs. plyometric training on the shoulder internal rotators. *J Orthop Sports Phys Ther*. 1996;23:125-133.

##### *Books*

Portney LG, Watkins MP. *Foundations of Clinical Research: Applications to Practice*. Norwalk, CT: Appleton and Lange; 1993.

##### *Organization as author and publisher*

US Institute of Medicine. Looking at the future of the Medicaid program. Washington, DC: US Institute of Medicine; 1992.

##### *Chapter in a book*

Wilk KE, Arrigo CA. Isokinetic testing and rehabilitation following microtraumatic shoulder injuries. In: Davies GJ, ed. *The Compendium of Isokinetics in Clinical Usage*. Onalaska, WI: S & S Publishers; 1992:387-431.

##### *MA and PhD theses*

Kaminski TW. *Concentric and Eccentric Force-velocity Relationships Between Uninjured and Functionally Unstable Ankles* [dissertation]. Charlottesville, VA: University of Virginia; 1996.

##### *Published abstract of a paper presented at a conference*

Kornberg C, Lew P. The effect of using slump as a stretching technique on grade one hamstring injuries [abstract]. In: Dalziel BA, Snowsill JC, eds. *Fifth Biennial Conference, Manipulative Therapists' Association of Australia, Melbourne, Australia*. Victoria, Australia: Manipulative Therapists' Association of Australia; 1987:183-191.

##### *Universal Resource Locator (URL)*

Health Services Research Unit, University of Oxford, Project Information, Assessment and Evaluation of the SF36, Version II. Available at: <http://hsru.dphpc.ox.ac.uk/sf36v2.htm>. Accessed August 1, 1998.

##### *Paper presented at a symposium*

Nashner LM. Sensory neuromuscular and biomechanical contributions to human balance. *Proceedings of the American Physical Therapy Association Forum on Balance, Nashville, TN, June 1989*. Alexandria, VA: American Physical Therapy Association; 1990:349-356.

If authors have questions about the format of items not covered in the Instructions to Authors, they should consult the following reference: Iverson C, Flanagin A, Fontanarosa PB, et al. *American Medical Association Manual of Style: A Guide for Authors and Editors*. 9th ed. Baltimore, MD: Williams and Wilkins; 1998.

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