

In this issue

Research Article

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[Effects of Progressive Muscular Relaxation Combined With Aerobic Continuous Training on Exercise Tolerance, Hemodynamics, and Life Quality in Patients with Chronic Heart Failure](#)

Published On: September 19, 2014 | Pages: 049 - 052

Author(s): Franchini Alessio, Murugesan Jeganath, Cioffi Veronica and Caminiti Giuseppe*

Purpose: To assess if the addition of progressive muscular relaxation (PMR) to aerobic continuous training (ACT) is more effective than ACT alone in order to improve exercise tolerance of patients with chronic heart failure (CHF).

Methods: Thirty CHF patients, age 67 ± 6 years; ejection fraction 34 ± 2 . NYHA II-III was enrolled. Fifteen patients were randomized to gro ...

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[Which Pain Rehabilitation Programme Should Patients With Chronic Back Pain Attend? - A Practical Example of a Service Evaluation Based Upon Implementing Research Findings into Clinical Practice](#)

Published On: September 08, 2014 | Pages: 032 - 038

Author(s): Karen L Barker*, Leila Heelas, Elaine Buchanan and Fran Toye

Background: To evaluate a service reconfiguration of pain rehabilitation programmes for chronic back pain using three programmes of differing intensity and duration and a clinical algorithm. ...

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[Methods for Avoiding or Reducing High Spinal Loads in Everyday Life](#)

Published On: September 06, 2014 | Pages: 025 - 029

Author(s): Antonius Rohlmann*, Friedmar Graichen and Georg Bergmann

Background: High loads on an anterior spinal implant can cause an implant to subside into the vertebral body. ...

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[Loss of upper Extremity Motor Control and Function affect Women more than Men](#)

Published On: August 22, 2014 | Pages: 019 - 024

Author(s): Gad Alon*

Background: Loss of functional ability and motor control following stroke appears to affect women more severely than men in general. However, little attention has been paid specifically to the upper extremity. ...

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[Validity of Ratings of Perceived Exertion in Patients with Type 2 Diabetes](#)

Published On: July 07, 2014 | Pages: 004 - 012

Author(s): Jessica L. Unick*, Sarah Gaussoin, Judy Bahnon, Richard Crow, Jeff Curtis, Tina Killean, Judith G Regensteiner, Kerry J Stewart, Rena R Wing, John M Jakicic

Purpose: To examine whether a subjective measure of moderate-intensity exercise (12-13 on Borg's ratings of perceived exertion scale; RPE) corresponds to the target heart rate for moderate-intensity exercise (40-59% heart rate reserve; %HRR) and to determine the characteristics of those for whom RPE does not appropriately estimate exercise intensity. ...

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Review Article

[Open Access](#) | [Review Article](#) | PTZAID:JNPPR-1-108

[Image-Guided Injections of the Hip](#)

Published On: September 15, 2014 | Pages: 039 - 048

Author(s): Evren Yasar, Jaspal R Singh*, John Hill and Venu Akuthota

The authors present a technique paper on the utilization of both ultrasound and fluoroscopy guidance for injections about the hip joint. ...

[Abstract View](#) | [Full Article View](#) | DOI: 10.17352/2455-5487.000008

[Open Access](#) | [Review Article](#) | PTZAID:JNPPR-1-103

[Talar Neck Fractures: An Overview](#)

Published On: July 17, 2014 | Pages: 013 - 018

Author(s): S P P S Rao, Mazin S Ibrahim*, Gurdip Chahal and James Ramos

Talar injuries are infrequently encountered in practice as the majority require a high energy force such as road traffic accident or fall from height and they are often presented as complex injuries. Talar neck fracture accounts for half of these injuries. ...

[Abstract View](#) | [Full Article View](#) | DOI: 10.17352/2455-5487.000003

Case Report

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[Novel Use of Optokinetic Chart Stimulation with a One -Off Epley's Manouvre in a Bed-Ridden, Difficult to Rehabilitate, Care of the Elderly Patient with Undiagnosed BPPV: A Case Report](#)

Published On: July 03, 2014 | Pages: 001 - 003

Author(s): Benjamin Chitambira*

Background and objective: Unrecognized BPPV leads to activity limitations. This case report aims to report on use of optokinetic chart stimulation and one off Epley's manouvre to treat unrecognised BPPV in chronic Meniere's disease. ...

[Abstract View](#) | [Full Article View](#) | DOI: 10.17352/2455-5487.000001

Editorial

Facilitating Improvements in Interprofessional Pain Management

Published On: September 06, 2014 | Pages: 030 - 031

Author(s): Carol J Clark*

Pain is a global phenomenon in which it has been estimated that 20% of adults and 8% of children suffer from at any one time of whom 10% suffer chronic pain [1,2]. ...

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[DOI: 10.17352/2455-5487.000006](#)