



EDITORIAL

The journal evolves

As in the previous issue, in addition to regular features and non-Congress papers, this issue of JBMT carries a selection of abstracts, expanded abstracts and original papers from plenary speakers from the First World Congress on Fascia Research, Boston, October 2007. Because of the unexpected volume of material that emerged from the Congress, a further selection will appear in the January 2009 issue.

In January 2009 JBMT will also feature an innovative new section titled Prevention & Rehabilitation. This will be alternately edited by two new Associate Editors who have special responsibility for that section; Warrick McNeill MCSP (responsible for the January and July issues) and Mathew Wallden ND DO (responsible for the April and October issues).

The plan is for these sections to incorporate the regular self-management contributions from Craig Liebenson DC, aimed at both clinicians and their patients, that are free of copyright for ease of distribution of the carefully crafted notes.

In addition there will, where possible, be a themed content for each of these new sections, with specially commissioned material, editorial commentary, and appropriate papers selected from those submitted to JBMT for publication.

The decision to create a focussed prevention & rehabilitation section was arrived at following careful study of download trends from ScienceDirect, involving JBMT papers. A quarterly email reminder is available from ScienceDirect, of the top 25 downloads from the previous 3 months.

To receive this go to the website <http://www.elsevier.com/wps/find/journaldescription.cws_home/623047/description#description> and click on the link “most downloaded articles”.

A new page will offer you a list, as well as an option to sign up for regular email alerts.

The January–March 2008, top 10 downloaded papers were:

- Carpes F et al. 2008 Effects of a program for trunk strength and stability on pain, low back and pelvis kinematics, and body balance JBMT 12(1):22–30.
- Sekendiz B et al. 2007 Effects of Pilates exercise on trunk strength, endurance and flexibility in sedentary adult females JBMT 11(4):318–326.
- Bernardo L 2007 The effectiveness of Pilates training in healthy adults: an appraisal of the research literature JBMT 11(2):106–110.
- La Touche R et al. Treating non-specific chronic low back pain through the Pilates method JBMT, in this issue.
- Liebenson C 2008 A modern approach to abdominal training—Part III: putting it together JBMT 12(1):31–36.
- Chaitow L 2007 Chronic pelvic pain: pelvic floor problems, sacro-iliac dysfunction JBMT 11(4):327–339.
- Yuktasir B, Kaya F. Investigation into the long-term effects of static and PNF stretching exercises on range of motion and jump performance JBMT, in press.
- Herrington L, Davies R 2005 The influence of Pilates training on the ability to contract the transversus abdominis muscle in asymptomatic individuals JBMT 9(1):52–57.
- Johnson E et al. 2007 The effects of Pilates-based exercise on dynamic balance in healthy adults JBMT 11(3):238–242.
- Key J et al. 2008 A model of movement dysfunction provides a classification system guiding diagnosis and therapeutic care in spinal pain and related musculoskeletal syndromes: a paradigm shift—Part 1 JBMT 12(1):7–21.

The trend, the interest and the evidence are absolutely clear from the titles selected.

The new focused section of JBMT does not mean that no similarly focussed papers will appear in the rest of the Journal, but it does ensure that this important area of interest is *always* catered for.

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