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Editorial

I am honoured to release this issue of our prestigious journal, which is an effort to bring together significant researches and to broaden the horizon of evidence based practice. The journal provides a medium for researchers to put forth new researches and at the same time is a source of inspiration for budding "brains" with oodles of grey matter to channelise their research potential and give new dimensions to physiotherapy practise.





Article by Dr Ravinder Narwal titled "Aerobic Exercise Effect On Parasympathetic Activation & Heart Rate Recovery" is surely a great work. I appreciate author's initiative to pursue such a task, and urge readers to follow the same.

I thank authors for their contribution and also congratulate the editorial team for their efforts.

On behalf of this publication's colleagues and contributors ,welcome!


 Sanjeev Gupta
 Editor-in-Chief

Contents

	Percentage of Vertebral Slip and Various Physical Factors in Lumbar Spondylolisthesis – A Correlation Study	1
	P.P.Mohanty, B Kuanar & B. K. Behera	
	Effect of Backpack Load on Cervical Posture in Adolescent School Children	5
	Abha Sharma, Ankita Bhargav	
	Aerobic Exercise Effect on Parasympathetic Activation & Heart Rate Recovery	12
	Ravinder Narwal	
	Hamstring Delayed Onset Of Muscle Soreness Rehabilitation	19
	Satish Barak	