

Editorial

Physical therapy (PT) in health care delivery is not confined to rehabilitative management or treatment of musculoskeletal injuries or diseases alone. It has continued to be relevant in areas of preventive medicine and in the prevention of primary and secondary conditions that may lead to disability. Some techniques of physical therapy have also been employed as panacea to some musculoskeletal conditions that have proven resistant to other conservative forms of medical management, while some manual techniques have obviated temporarily the need for surgery by offering alternative conservative management.

The above claims have their foundation in the understanding of the knowledge base of physical therapy and research into factors that precipitate conditions that are amenable to physical therapy. Research has helped to broaden the knowledge base of PT, provide explanation to the pathomechanics of musculoskeletal dysfunction and enhance the confidence and competence of the practicing physical therapist. Two articles in this edition have provided possible explanations in the direction of research into factors that influence or pose as risks in precipitating some musculoskeletal conditions. They offer suggestions for prophylaxis of the conditions that were addressed. Has age any influence on hamstring tightness? What are the consequences of hamstring tightness? Are there possible risk factors for low back pain in hospital workers? Are there measures that can be employed to reduce the incidence of these musculoskeletal conditions or ameliorate their consequences when they occur? These questions are addressed in the articles presented in this edition.

The place of electrostimulation in the management of uterine prolapse is another presentation in this edition. The role of physical therapy in gynaecology is exemplified. The last article is general in nature but provides useful information on the trend of gender distribution in the production of physical therapists.

The editorial board wishes our readers happy reading.

Matthew OB Olaogun

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