

Instructions to authors

Manuscripts should be submitted to:

For countries other than Americas: Angus Strover, Droitwich Knee Clinic, St. Andrews Road, Droitwich, Worcs., WR9 8EA, United Kingdom. Tel: (+44) 1905-794858; Fax: (+44) 1905-795916.

For the Americas: Zeevi Dvir, Dept. of Physical Therapy, Sackler Faculty of Medicine, Tel Aviv University, P.O. Box 39040, Ramat Aviv, 69978 Tel Aviv, Israel. Tel: (+972) 3-6409019; Fax: (+972) 3-6409223

Aims and scope

Isokinetics and Exercise Science (IES) is an international journal devoted to serving the professional needs of the contemporary exercise scientist, medical practitioner, and allied health clinician through a consolidating focus upon the field of isokinetics.

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Authorship

For manuscripts with two or more authors, each author must qualify by having significantly participated in the study that is reported. Each author must make substantial contributions to first concept and design or analysis and interpretation of data and second, writing the manuscript or revising it critically for content. Others contributing to the work should be recognised separately in an Acknowledgement.

General requirements for preparation of manuscripts

The original and two good-quality photocopies of the manuscript and three sets of black-and-white glossy prints of illustrations are required. Manuscripts must be submitted in English. Manuscripts must be typed double-spaced on one side only of 22 × 28 cm (8½ × 11 inch) white bond paper with 1-inch margins at top, bottom, and sides. Number pages consecutively in the upper right-hand corner in the following order: title page, condensation, abstract, body of text, acknowledgements, references, figure legends and tables.

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On manuscript page 3, type the abstract, double-spaced, with the required margins and headed by the title of the article and name(s) of author(s). Below the abstract list 3 to 5 key words or short phrases for indexing purposes.

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Only standard abbreviations are to be used. Consult the *Index Medicus*. Abbreviations in the title are not ac-

ceptable. They should be avoided, if possible, in the abstract and keywords. In the text they should be kept to practical minimum. The full term for which an abbreviation stands should precede its first use in the text unless it is a standard unit of measurement.

Acknowledgements

Acknowledge only persons, institutes and agencies who have made substantial contributions to the study.

References

Journal references must be double-spaced, must begin on a page separate from the text, must be arranged alphabetically by the lead author's last name, and must be numbered. Each reference must be cited in the manuscript. The full names of referenced journals should be abbreviated in the format used by *Index Medicus*. List all authors who contributed significantly to the manuscript. The style and punctuation should conform to the following examples:

- Journal:* Mayer TG, Gatchel R: A prospective two-year study of functional restoration in industrial low back injury. *J Am Med Assoc* 258:1763–1767, 1987
- Book:* Davies GJ: A compendium of isokinetics in clinical usage. Third edition. LaCrosse, WI: S and S Publishers, 1987.
- Chapter:* Stauber WT: Eccentric action of muscles: physiology, injury, and adaptation. In: Pandolf KB, editor: *Exercise and sport sciences reviews*, volume 17, Baltimore, MD, MD: Williams and Wilkins, 1989.
- In Press:* Timm KE, Malone TR: An investigation of submaximal isotonic versus submaximal isokinetic eccentric muscle training. *J Orthop Sports Phys Ther* (in press).
- Symposia:* Rawlins C: The establishment of an isokinetics journal. In: *Proceedings of the Pulitzer Prize Committee*, Boston, MA, January 1991, pp. 1–101. London: Butterworth-Heinemann.
- Presentation:* Wilk K: Feature comparison of isokinetic systems. Presented at the 1989 International Isokinetic Congress, Incline Village, NV, April 5, 1989.

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Isokinetic linear velocity: inches per second (in/sec), or meters per second (m/sec) with conversion formula presented in manuscript text.

Peak torque: Newton-meters (Nm), or foot-pounds (ft-lbs) with conversion formula presented in manuscript text.

Peak force: Newtons (N), or pounds (lbs) with conversion formula presented in manuscript text.

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