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From the Editor

As the *Journal of Back and Musculoskeletal Rehabilitation* begins its 8th year, I would like to thank all those who make the Journal possible, in particular our Editorial Board, who diligently review manuscripts to ensure quality and appropriateness for the Journal. Thanks also go out to our readers, who have provided growth to the Journal by subscribing to the Journal and, more importantly, submitting manuscripts on a wide array of subjects. Over the last 2 years, the inflow of manuscripts has increased two-fold, allowing us to present you with a valuable tool that you can reference in your everyday practice.

In an effort to expand our international audience, this year also marks the addition of two Regional Editors who will solicit and review manuscripts from their various regions. We welcome Dr. Richard Aspden from the University of Aberdeen in Scotland and Dr. Fujio Iseki from the Japan Sports Medicine Foundation in Japan.

In this issue, our lead article focuses on a topic that many of us may not be aware is possible — that is, the use and encouragement of exercise in patients with organ transplants. As the survival rates of these patients continues to increase, so must the quality of life, and like most prescriptions for better quality of life, exercise can and should play a vital role.

Following this article by Dr. Green, two occupational therapists present the characteristics needed for an appropriate worker education program in preventing low back injuries. The article points out that the National Institute of Safety and Health has issued a national health objective for the year 2000 that aims to increase the number of work sites offering back injury prevention programs to at least 50%. As this increase occurs, appropriate and safe worker education programs must continue to be the overall goal. In the next article, O'Neil and colleagues examine the effects of dry hydrotherapy, dry heat therapy and massage therapy on heart rate, blood pressure and lumbar flexion range of motion. The final article is presented by Dr. Schwartz, who discusses current concepts and uses of electric sympathetic block.

We hope you find this issue of the Journal interesting and informative. Again, please continue to submit your manuscripts for consideration in the Journal, along with Letters to the Editor, Commentaries, Point/Counterpoints, etc.

Karen S. Rucker, MD
Editor-in-Chief