Physiotherapy aims to publish original research and facilitate continuing professional development for physiotherapists and other health professions worldwide. Dedicated to the advancement of physiotherapy through publication of research and scholarly work concerned with, but not limited to, its scientific basis and clinical application, education of practitioners, management of services and policy.

We are pleased to receive articles reporting original scientific research, systematic reviews or meta-analyses, theoretical or debate articles, brief reports and technical reports. All papers should demonstrate methodological rigour.

The journal employs a double blind peer review process for all original articles and has a current Impact Factor of 3.010 (2016 Journal Citation Reports, Clarivate Analytics 2017). Benefits to authors

We also provide many author benefits, such as free PDFs, a liberal copyright policy, special discounts on Elsevier publications and much more. Please click here for more information on our author services.

Please see our Guide for Authors for information on article submission. If you require any further information or help, please visit our support pages: http://service.elsevier.com

IMPACT FACTOR

2018: 2.534 © Clarivate Analytics Journal Citation Reports 2019
ABSTRACTING AND INDEXING

CISTI
CIRRIE
Scopus
AMED
Current Contents - Clinical Medicine
MANTIS
EMCARE
CSA Physical Education Index
OSTMED
SIRC
Journal Citation Reports - Science Edition
Science Citation Index Expanded
HEED
CINAHL
Embase
ASSIA
PubMed/Medline
PubMed/Medline

EDITORIAL BOARD

Editor
Michele Harms, St George’s, University of London and Kingston University, London, United Kingdom

Associate Editors
Karen Barker, Oxford University Hospitals NHS Foundation Trust Nuffield Orthopaedic Centre, Oxford, United Kingdom
Annette Bishop, Keele University, Staffordshire, United Kingdom
Victoria Goodwin MBE, University of Exeter Medical School, Exeter, United Kingdom
John Hammond, University of London Saint George’s, London, United Kingdom
Eleanor Main, University College London, London, United Kingdom
Valerie Pomeroy, University of East Anglia, Norwich, United Kingdom
Gita Ramdharry, University College Hospital, London United Kingdom
Harriet Shannon, University College London, London, United Kingdom
Sally Singh, Glenfield Hospital, Leicester, United Kingdom

International Advisory Board
Alex Benham, Carlisle, United Kingdom
Sarah Blanton, Atlanta, United States
Yvonne Coldron, London, United Kingdom
Rob de Bie, Maastricht, Netherlands
Elizabeth Dean, Vancouver, Canada
April Gamble, Kurdistan, Iraq
Karen Ginn, Glebe, Australia
E. Jean Hay Smith, Dunedin, New Zealand
Alice Jones, Lidcombe, Australia
Rebecca Kearney, Coventry, United Kingdom
David Keene, Oxford, United Kingdom
Michel D. Landry, Durham, United States
Daniel Langer, Leuven, Belgium
Olive Lennon, Dublin, Ireland
Stephen May, Sheffield, United Kingdom
James McLoughlin, Tonsley, Australia
Ann Newstead, Helotes, United States
George Ntoumenopoulos, Sydney, Australia
Ethne Nussbaum, Toronto, Canada
Reuben Ogollah, (Statistical Advisor)
Selina Parry, Melbourne, Australia
Shane Patman, Fremantle, Australia
Fabio Pitta, Londrina PR, Brazil
Catherine Sherrington, Sydney, Australia
Nora Shields, Melbourne, Australia
Michele Sterling, Brisbane, Australia
Grace Szeto, Kowloon, Hong Kong
Sjan-Mari van Niekerk, Cape Town, South Africa
Ian Wellwood, Cambridge, United Kingdom
Xubo Wu, Shanghai, China
GUIDE FOR AUTHORS

The journal editor, Michele Harms, welcomes articles for publication in the journal. Physiotherapy invites papers in the following categories: Original research, systematic and scoping reviews or meta-analysis, theoretical or debate articles (aim for 3000 words excluding abstract and references, with a limit of 40 references); brief reports (750 words and 1 table/figure, with a limit of 10 references); technical reports (1000-2000 words, with a limit of 20 references); and Letters to the Editor (400 words). While most of our editorials are commissioned, we also welcome editorials that deal with current or controversial topics (1000 words).

Please ensure that submissions conform to the Uniform Requirements for Manuscripts Submitted to Biomedical Journals, issued by the International Committee for Medical Journal Editors (J Am Med Assoc 1997;277:927-934; http://www.icmje.org/index.html)

Physiotherapy supports the principles of the Committee of Publication Ethics (COPE), which oblige the highest standards of practice on all participants in scientific research and publishing (www.publicationethics.org.uk). It is recognised that it may not be possible to identify or be aware of all transgressions to the code of practice. Complaints to this journal are dealt with by the Editorial Board in line with COPE's code of practice.

BEFORE YOU BEGIN

Ethics in publishing
Please see our information pages on Ethics in publishing and Ethical guidelines for journal publication.

Human and animal rights
If the work involves the use of animal or human subjects, the author should ensure that the work described has been carried out in accordance with The Code of Ethics of the World Medical Association (Declaration of Helsinki) for experiments involving humans http://www.wma.net/en/30publications/10policies/b3/index.html; EU Directive 2010/63/EU for animal experiments http://ec.europa.eu/environment/chemicals/lab_animals/legislation_en.htm; Uniform Requirements for manuscripts submitted to Biomedical journals http://www.icmje.org. The privacy rights of human subjects must always be observed.

Patients' and volunteers' names, initials, and hospital numbers should not be used. It is the author's responsibility to ensure all appropriate consents have been obtained.

Patient anonymity
Studies on patients or volunteers require ethics committee approval and informed consent which should be documented in your paper. Patients have a right to privacy. Therefore identifying information, including patients' images, names, initials, or hospital numbers, should not be included in videos, recordings, written descriptions, photographs, and pedigrees unless the information is essential for scientific purposes and you have obtained written informed consent for publication in print and electronic form from the patient (or parent, guardian or next of kin where applicable). If such consent is made subject to any conditions, Elsevier must be made aware of all such conditions. Written consents must be provided to Elsevier on request. Even where consent has been given, identifying details should be omitted if they are not essential. If identifying characteristics are altered to protect anonymity, such as in genetic pedigrees, authors should provide assurance that alterations do not distort scientific meaning and editors should so note. If such consent has not been obtained, personal details of patients included in any part of the paper and in any supplementary materials (including all illustrations and videos) must be removed before submission.

Declaration of interest
All authors must disclose any financial and personal relationships with other people or organizations that could inappropriately influence (bias) their work. Examples of potential competing interests include employment, consultancies, stock ownership, honoraria, paid expert testimony, patent applications/registrations, and grants or other funding. Authors must disclose any interests in two places: 1. A summary declaration of interest statement in the title page file (if double-blind) or the manuscript file (if single-blind). If there are no interests to declare then please state this: 'Declarations of interest: none'. This summary statement will be ultimately published if the article is accepted.
2. Detailed disclosures as part of a separate Declaration of Interest form, which forms part of the journal's official records. It is important for potential interests to be declared in both places and that the information matches. More information.

Submission declaration and verification
Submission of an article implies that the work described has not been published previously (except in the form of an abstract, a published lecture or academic thesis, see 'Multiple, redundant or concurrent publication' for more information), that it is not under consideration for publication elsewhere, that its publication is approved by all authors and tacitly or explicitly by the responsible authorities where the work was carried out, and that, if accepted, it will not be published elsewhere in the same form, in English or in any other language, including electronically without the written consent of the copyright-holder. To verify originality, your article may be checked by the originality detection service Crossref Similarity Check.

Use of inclusive language
Inclusive language acknowledges diversity, conveys respect to all people, is sensitive to differences, and promotes equal opportunities. Articles should make no assumptions about the beliefs or commitments of any reader, should contain nothing which might imply that one individual is superior to another on the grounds of race, sex, culture or any other characteristic, and should use inclusive language throughout. Authors should ensure that writing is free from bias, for instance by using 'he or she', 'his/her' instead of 'he' or 'his', and by making use of job titles that are free of stereotyping (e.g. 'chairperson' instead of 'chairman' and 'flight attendant' instead of 'stewardess').

Authorship
All authors should have made substantial contributions to all of the following: (1) the conception and design of the study, or acquisition of data, or analysis and interpretation of data, (2) drafting the article or revising it critically for important intellectual content, (3) final approval of the version to be submitted.

Changes to authorship
Authors are expected to consider carefully the list and order of authors before submitting their manuscript and provide the definitive list of authors at the time of the original submission. Any addition, deletion or rearrangement of author names in the authorship list should be made only before the manuscript has been accepted and only if approved by the journal Editor. To request such a change, the Editor must receive the following from the corresponding author: (a) the reason for the change in author list and (b) written confirmation (e-mail, letter) from all authors that they agree with the addition, removal or rearrangement. In the case of addition or removal of authors, this includes confirmation from the author being added or removed. Only in exceptional circumstances will the Editor consider the addition, deletion or rearrangement of authors after the manuscript has been accepted. While the Editor considers the request, publication of the manuscript will be suspended. If the manuscript has already been published in an online issue, any requests approved by the Editor will result in a corrigendum.

Acknowledgements
All contributors who do not meet the criteria for authorship as defined above should be listed in an acknowledgements section. Examples of those who might be acknowledged include a person who provided purely technical help, writing assistance, or a department chair who provided only general support. Authors should disclose whether they had any writing assistance and identify the entity that paid for this assistance.

Randomised controlled trials
Randomised controlled trials should be presented according to the CONSORT guidelines. At manuscript submission, authors must include a complete Consolidated Standards of Reporting Trials (CONSORT) flow chart. Physiotherapy has adopted the proposal from the International Committee of Medical Journal Editors (ICMJE) which require, as a condition of consideration for publication of clinical trials, registration in a public trials registry. Trials must register at or before the onset of patient enrolment. The clinical trial registration number should be included at the end of the abstract of the article. For this purpose, a clinical trial is defined as any research project that prospectively assigns human subjects to intervention or comparison groups to study the cause and effect relationship between a medical intervention and a health outcome. Studies designed for other purposes, such as to study pharmacokinetics or major toxicity (e.g. phase I trials) would be exempt. Further information can be found at http://www.icmje.org. The CONSORT checklist and template flow diagram can be found on http://www.consort-statement.org.
REPORTING GUIDELINES
To facilitate the accurate, complete, and transparent improve the quality of reporting of research, Physiotherapy supports the initiatives available through the EQUATOR Network (Enhancing the Quality and Transparency Of health Research) which houses a database of all reporting guidelines for health research (http://www.equator-network.org/).
To assist authors and reviewers, the following guidelines are required for all submissions, where possible and relevant. Please include a flow diagram of the study design and a completed checklist at the point of submission. A TiDier checklist should be included where an intervention is described. The following list is relevant to the main study types but is not an exhaustive list. Please refer to the EQUATOR website for further details.

**Study type** = RANDOMISED CONTROLLED TRIAL  
**Description** = Consolidated Standards of Reporting Trials  
**Acronym** = CONSORT

**Study type** = OBSERVATIONAL STUDIES  
**Description** = Strengthening the Reporting of Observational studies in Epidemiology  
**Acronym** = STROBE

**Study type** = SYSTEMATIC REVIEWS  
**Description** = Preferred Reporting Items for Systematic Reviews and Meta-Analyses  
**Acronym** = PRISMA

**Study type** = QUALITATIVE RESEARCH  
**Description** = Standards for reporting qualitative research  
**Acronym** = SRQR  
or  
**Study type** = QUALITATIVE RESEARCH  
**Description** = Consolidated criteria for reporting qualitative research  
**Acronym** = COREQ

**Study type** = STUDY PROTOCOLS  
**Description** = Standard Protocol Items Recommendations for Interventional Trials  
**Acronym** = SPIRIT

**Study type** = STUDY INTERVENTIONS (can be used with CONSORT etc)  
**Description** = Template for Intervention Description and Replication  
**Acronym** = TIDieR

**Study type** = DIAGNOSTIC/PROGNOSTIC STUDIES  
**Description** = Standards for the Reporting of Diagnostic Accuracy  
**Acronym** = STARD or TRIPOD

**Clinical Trial Registration and PROSPERO**
As a condition of consideration for publication, clinical trials must be registered at or before the onset of patient enrolment in a public trials registry. The clinical trial registration number should be included at the end of the abstract of the article. For this purpose, a clinical trial is defined as any research project that prospectively assigns human subjects to intervention or comparison groups to study the cause and effect relationship between a medical intervention and a health outcome. Further information can be found at http://www.icmje.org. Systematic reviews should also be registered on PROSPERO, an international database of prospectively registered systematic reviews in health and social care (http://www.crd.york.ac.uk/prospero/)

**Questionnaires**
The format of reports for questionnaires and surveys should follow that of research reports where appropriate. In consideration of respondent bias, the editorial board has made a response rate of more than 65% a requirement of publication. On occasion, a lower response rate may be acceptable although this will be judged on a paper-by-paper basis. Sampling frame, subject selection methods and strategies for follow-up of non-responders should be reported. Report responses in the format (83/300, 28%) - 300 being the number of possible respondents for this item. Percentages should be reported to the nearest integer.

**Outcome measures**
Copyright
Upon acceptance of an article, authors will be asked to complete a 'Journal Publishing Agreement' (see more information on this). An e-mail will be sent to the corresponding author confirming receipt of the manuscript together with a 'Journal Publishing Agreement' form or a link to the online version of this agreement.

Subscribers may reproduce tables of contents or prepare lists of articles including abstracts for internal circulation within their institutions. Permission of the Publisher is required for resale or distribution outside the institution and for all other derivative works, including compilations and translations. If excerpts from other copyrighted works are included, the author(s) must obtain written permission from the copyright owners and credit the source(s) in the article. Elsevier has preprinted forms for use by authors in these cases.

For gold open access articles: Upon acceptance of an article, authors will be asked to complete an 'Exclusive License Agreement' (more information). Permitted third party reuse of gold open access articles is determined by the author's choice of user license.

Author rights
As an author you (or your employer or institution) have certain rights to reuse your work. More information.

Elsevier supports responsible sharing
Find out how you can share your research published in Elsevier journals.

Role of the funding source
You are requested to identify who provided financial support for the conduct of the research and/or preparation of the article and to briefly describe the role of the sponsor(s), if any, in study design; in the collection, analysis and interpretation of data; in the writing of the report; and in the decision to submit the article for publication. If the funding source(s) had no such involvement then this should be stated.

All sources of funding should be declared at the end of the text.

Funding body agreements and policies
Elsevier has established a number of agreements with funding bodies which allow authors to comply with their funder's open access policies. Some funding bodies will reimburse the author for the gold open access publication fee. Details of existing agreements are available online.

Open access
This journal offers authors a choice in publishing their research:

Subscription
• Articles are made available to subscribers as well as developing countries and patient groups through our universal access programs.
• No open access publication fee payable by authors.
• The Author is entitled to post the accepted manuscript in their institution’s repository and make this public after an embargo period (known as green Open Access). The published journal article cannot be shared publicly, for example on ResearchGate or Academia.edu, to ensure the sustainability of peer-reviewed research in journal publications. The embargo period for this journal can be found below.

Gold open access
• Articles are freely available to both subscribers and the wider public with permitted reuse.
• A gold open access publication fee is payable by authors or on their behalf, e.g. by their research funder or institution.

Regardless of how you choose to publish your article, the journal will apply the same peer review criteria and acceptance standards.

For gold open access articles, permitted third party (re)use is defined by the following Creative Commons user licenses:
Creative Commons Attribution (CC BY)
Lets others distribute and copy the article, create extracts, abstracts, and other revised versions, adaptations or derivative works of or from an article (such as a translation), include in a collective work (such as an anthology), text or data mine the article, even for commercial purposes, as long as they credit the author(s), do not represent the author as endorsing their adaptation of the article, and do not modify the article in such a way as to damage the author's honor or reputation.

Creative Commons Attribution-NonCommercial-NoDerivs (CC BY-NC-ND)
For non-commercial purposes, lets others distribute and copy the article, and to include in a collective work (such as an anthology), as long as they credit the author(s) and provided they do not alter or modify the article.

The gold open access publication fee for this journal is USD 2500, excluding taxes. Learn more about Elsevier's pricing policy: https://www.elsevier.com/openaccesspricing.

Green open access
Authors can share their research in a variety of different ways and Elsevier has a number of green open access options available. We recommend authors see our open access page for further information. Authors can also self-archive their manuscripts immediately and enable public access from their institution's repository after an embargo period. This is the version that has been accepted for publication and which typically includes author-incorporated changes suggested during submission, peer review and in editor-author communications. Embargo period: For subscription articles, an appropriate amount of time is needed for journals to deliver value to subscribing customers before an article becomes freely available to the public. This is the embargo period and it begins from the date the article is formally published online in its final and fully citable form. Find out more.

This journal has an embargo period of 12 months.

Language (usage and editing services)
Please write your text in good English (American or British usage is accepted, but not a mixture of these). Authors who feel their English language manuscript may require editing to eliminate possible grammatical or spelling errors and to conform to correct scientific English may wish to use the English Language Editing service available from Elsevier's WebShop.

Submission
Our online submission system guides you stepwise through the process of entering your article details and uploading your files. The system converts your article files to a single PDF file used in the peer-review process. Editable files (e.g., Word, LaTeX) are required to typeset your article for final publication. All correspondence, including notification of the Editor's decision and requests for revision, is sent by e-mail.

Queries may be directed to the Editorial Office: E-mail: physiotherapy@elsevier.com

Submit your article
Please submit your article via http://ees.elsevier.com/physt/.

PREPARATION

Double-blind review
This journal uses double-blind review, which means that both the reviewer and author name(s) are not allowed to be revealed to one another for a manuscript under review. The identities of the authors are concealed from the reviewers, and vice versa. For more information please refer to https://www.elsevier.com/reviewers/peer-review.

The main body of the paper (including the references, figures, tables and any Acknowledgements) should not include any identifying information, such as the authors' names or affiliations.

Authors should ensure that the place of origin of the work or study, and/or the organisation(s) that have been involved in the study/development are not revealed in the manuscript – “X” can be used in the manuscript and details can be completed if the manuscript is processed further through the publication process.

Use of wordprocessing software
It is important that the file be saved in the native format of the wordprocessor used. The text should be in single-column format. Keep the layout of the text as simple as possible. Most formatting codes will be removed and replaced on processing the article. In particular, do not use the wordprocessor's options to justify text. When preparing tables, if you are using a table grid, use only one grid for each
individual table and not a grid for each row. If no grid is used, use tabs, not spaces, to align columns. The electronic text should be prepared in a way very similar to that of conventional manuscripts (see also the Guide to Publishing with Elsevier: https://www.elsevier.com/guidepublication). Note that source files of figures, tables and text graphics will be required. See also the section on Electronic artwork.

**Presentation of manuscript**

Please write your text in good English (American or British usage is accepted, not a mixture of these). Use decimal points (not commas), use a space for thousands (10 000 and above). Please try to avoid abbreviations wherever possible. Authors should use person first language: e.g., "patients with arthritis" rather than "arthritis patients".

Present the entire manuscript using double spacing, line number and page numbers. Ensure that each new paragraph is clearly indicated. Present tables and figure legends on separate pages at the end of the manuscript. Consult a recent issue of the journal to become familiar with layout and conventions. Number all pages consecutively.

Provide the following data on the title page (in the order given).

**Title.** Concise and informative. Titles are often used in information-retrieval systems. Avoid abbreviations and formulae where possible.

**Author names and affiliations.** Present the authors' affiliation addresses (where the actual work was done) below the names. Indicate all affiliations with a lower-case superscript letter immediately after the author's name and in front of the appropriate address. Provide the full postal address of each affiliation, including the country name, and, if available, the e-mail address of each author.

**Twitter handles.** Twitter handles for one, or all, authors may be included on the title page if authors wish for these to be published.

**Corresponding author.** Clearly indicate who is willing to handle correspondence at all stages of refereeing and publication, also post-publication. Ensure that telephone and fax numbers (with country and area code) are provided in addition to the e-mail address and the complete postal address.

**Present/permanent address.** If an author has moved since the work described in the article was done, or was visiting at the time, a 'Present address' (or 'Permanent address') may be indicated as a footnote to that author's name. The address at which the author actually did the work must be retained as the main, affiliation address. Superscript Arabic numerals are used for such footnotes.

**Word count.** Provide a word count for the main body of the paper, excluding abstract, acknowledgments, figure legends, tables and references.

**Abstracts.** A concise and factual abstract is required (maximum length 200 words for an unstructured abstract or 250 words for a structured abstract). An abstract is often presented separate from the article, so it must be able to stand alone. The abstract should be written using the following headings as appropriate:

- **Objectives:** a clear statement of the purpose of the study
- **Design:** describe aspects of the study: randomisation, prospective, blinding, placebo controlled, observational, survey
- **Setting:** include the level of care eg primary, secondary; number of participating centres
- **Participants:** numbers, selection criteria, numbers entering and completing study
- **Interventions:** what were the interventions, how and for how long
- **Main outcome measures:** identify primary outcome measure and any supporting secondary outcome measures
- **Results:** including main finding, point estimate and degree of uncertainty eg: confidence interval for the difference between groups, where appropriate
- **Conclusions:** main conclusion based on results and objective of study, implications

**Clinical Trial Registration number**
For meta-analyses and systematic reviews, provide a structured summary in line with the PRISMA Statement, including as applicable:

**Background** or context
**Objectives:** the clinical question or purpose
**Data sources:** databases searched and other information sources
**Study selection or eligibility criteria,** (participants, and interventions)
**Study appraisal and synthesis methods** (or Data Extraction and Data Synthesis);
**Results**
**Limitations**
**Conclusion and implications of key findings**
**Funding:** for the systematic review
**Systematic review registration number.**


**Keywords**
Immediately after the abstract, provide a maximum of 6 keywords. Words selected should reflect the essential topics of the article and will be used for indexing purposes.

Terms from the Medical Subject Headings (MeSH) list should be used (http://www.nlm.nih.gov/mesh/). If suitable MeSH terms are not available, subject specific terms can be used.

At the end of the paper, but before the references, please provide three statements:

- **Ethical Approval:** The organisation providing ethical approval and ethics protocol reference number where appropriate.
- **Funding:** any sources of funding should be stated.
- **Conflict of Interest:** Disclosed conflicts will be published if they are believed to be important to readers in judging the manuscript. If there are no conflicts of interest, authors should state that there are none.

**Contribution of the Paper**
All submissions (with the exception of Brief Reports, Technical Reports, Letters and Editorials) should include a "Contribution of the Paper" statement. This should inform the reader of the key messages of the article/what the paper adds to the current literature, and what new knowledge is added by this study. Please provide clear statements in the form of two or three short bullet points for each.

The bullet points should appear under a separate heading Contribution of paper and should be placed after the abstract but before the Keywords in your main manuscript file.

**Data Analysis**
Presentation of data and subsequent analyses should be clear and transparent. When presenting parametric statistics (eg Mean, Standard deviation) and parametric data analysis, the authors should provide evidence that their data are normally distributed where appropriate. Non-parametric statistics (eg Median, Inter-quartile range) and non-parametric analysis should be used where the data does not fulfil the assumptions for parametric analysis. Report p-values < .05 to 3 digits and values >.05 to 2 digits. Therefore 0.066 should be 0.07 and 0.0003 should be <0.001.

**Formatting of funding sources**
List funding sources in this standard way to facilitate compliance to funder's requirements:

Funding: This work was supported by the National Institutes of Health [grant numbers xxxx, yyyy]; the Bill & Melinda Gates Foundation, Seattle, WA [grant number zzzz]; and the United States Institutes of Peace [grant number aaaa].

It is not necessary to include detailed descriptions on the program or type of grants and awards. When funding is from a block grant or other resources available to a university, college, or other research institution, submit the name of the institute or organization that provided the funding.

If no funding has been provided for the research, please include the following sentence:
This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

**Artwork**

*Electronic artwork*

**General points**
- Make sure you use uniform lettering and sizing of your original artwork.
- Embed the used fonts if the application provides that option.
- Aim to use the following fonts in your illustrations: Arial, Courier, Times New Roman, Symbol, or use fonts that look similar.
- Number the illustrations according to their sequence in the text.
- Use a logical naming convention for your artwork files.
- Provide captions to illustrations separately.
- Size the illustrations close to the desired dimensions of the published version.
- Submit each illustration as a separate file.

A detailed guide on electronic artwork is available.

**You are urged to visit this site; some excerpts from the detailed information are given here.**

**Formats**

If your electronic artwork is created in a Microsoft Office application (Word, PowerPoint, Excel) then please supply 'as is' in the native document format.

Regardless of the application used other than Microsoft Office, when your electronic artwork is finalized, please 'Save as' or convert the images to one of the following formats (note the resolution requirements for line drawings, halftones, and line/halftone combinations given below):

- EPS (or PDF): Vector drawings, embed all used fonts.
- TIFF (or JPEG): Color or grayscale photographs (halftones), keep to a minimum of 300 dpi.
- TIFF (or JPEG): Bitmapped (pure black & white pixels) line drawings, keep to a minimum of 1000 dpi.
- TIFF (or JPEG): Combinations bitmapped line/half-tone (color or grayscale), keep to a minimum of 500 dpi.

**Please do not:**
- Supply files that are optimized for screen use (e.g., GIF, BMP, PICT, WPG); these typically have a low number of pixels and limited set of colors;
- Supply files that are too low in resolution;
- Submit graphics that are disproportionately large for the content.

**Color artwork**

Please make sure that artwork files are in an acceptable format (TIFF (or JPEG), EPS (or PDF), or MS Office files) and with the correct resolution. If, together with your accepted article, you submit usable color figures then Elsevier will ensure, at no additional charge, that these figures will appear in color online (e.g., ScienceDirect and other sites) regardless of whether or not these illustrations are reproduced in color in the printed version. For color reproduction in print, you will receive information regarding the costs from Elsevier after receipt of your accepted article. Please indicate your preference for color: in print or online only. Further information on the preparation of electronic artwork.

**Illustration services**

Elsevier's WebShop offers Illustration Services to authors preparing to submit a manuscript but concerned about the quality of the images accompanying their article. Elsevier's expert illustrators can produce scientific, technical and medical-style images, as well as a full range of charts, tables and graphs. Image 'polishing' is also available, where our illustrators take your image(s) and improve them to a professional standard. Please visit the website to find out more.

**Figure captions**

Ensure that each illustration has a caption. Supply captions separately, not attached to the figure. A caption should comprise a brief title (not on the figure itself) and a description of the illustration. Keep text in the illustrations themselves to a minimum but explain all symbols and abbreviations used.

**Permission of borrowed illustrations or table or identifiable clinical photographs**

Permission to produce materials (illustrations and tables) must be obtained from the original publishers and authors, and submitted with the typescript. Borrowed material should be acknowledged in the captions in this style - 'Reproduced by kind permission of (publishers) from (reference)'. Written permission to use photographs of identifiable subjects must be provided.
Tables
Please submit tables as editable text and not as images. Tables can be placed either next to the relevant text in the article, or on separate page(s) at the end. Number tables consecutively in accordance with their appearance in the text and place any table notes below the table body. Be sparing in the use of tables and ensure that the data presented in them do not duplicate results described elsewhere in the article. Please avoid using vertical rules and shading in table cells.

References
Generally the search strategy should be reported, including details of the databases searched, the dates searched and the search terms. References will be judged not only on applicability, but also on time since publication. Although it is accepted that occasionally an historical reference is required, the majority of references should be recent. By providing the literature search strategy, this will illustrate that appropriate dates have been included should there be little recent literature in that area.

Responsibility for the accuracy of bibliographic citations lies entirely with the authors. The Vancouver Numbered style of referencing should be used. Authors should aim for 75% of their references to be within the preceding 5 years, with a limit of 40 references (10 references for short communications, 20 references for technical reports).

Citations in the text: Please ensure that every reference cited in the text is also present in the reference list (and vice versa). Any references cited in the abstract must be given in full. Unpublished results and personal communications are not permitted. Citation of a reference as ‘in press’ implies that the item has been accepted for publication.

Reference links
Increased discoverability of research and high quality peer review are ensured by online links to the sources cited. In order to allow us to create links to abstracting and indexing services, such as Scopus, CrossRef and PubMed, please ensure that data provided in the references are correct. Please note that incorrect surnames, journal/book titles, publication year and pagination may prevent link creation. When copying references, please be careful as they may already contain errors. Use of the DOI is highly encouraged.

A DOI is guaranteed never to change, so you can use it as a permanent link to any electronic article. An example of a citation using DOI for an article not yet in an issue is: VanDecar J.C., Russo R.M., James D.E., Ambeh W.B., Franke M. (2003). Aseismic continuation of the Lesser Antilles slab beneath northeastern Venezuela. Journal of Geophysical Research, https://doi.org/10.1029/2001JB000884. Please note the format of such citations should be in the same style as all other references in the paper.

Web references
As a minimum, the full URL should be given and the date when the reference was last accessed. Any further information, if known (DOI, author names, dates, reference to a source publication, etc.), should also be given. Web references can be listed separately (e.g., after the reference list) under a different heading if desired, or can be included in the reference list.

Data references
This journal encourages you to cite underlying or relevant datasets in your manuscript by citing them in your text and including a data reference in your Reference List. Data references should include the following elements: author name(s), dataset title, data repository, version (where available), year, and global persistent identifier. Add [dataset] immediately before the reference so we can properly identify it as a data reference. The [dataset] identifier will not appear in your published article.

Reference management software
Most Elsevier journals have their reference template available in many of the most popular reference management software products. These include all products that support Citation Style Language styles, such as Mendeley. Using citation plug-ins from these products, authors only need to select the appropriate journal template when preparing their article, after which citations and bibliographies will be automatically formatted in the journal’s style. If no template is yet available for this journal, please follow the format of the sample references and citations as shown in this Guide. If you use reference management software, please ensure that you remove all field codes before submitting the electronic manuscript. More information on how to remove field codes from different reference management software.
Users of Mendeley Desktop can easily install the reference style for this journal by clicking the following link:
http://open.mendeley.com/use-citation-style/physiotherapy
When preparing your manuscript, you will then be able to select this style using the Mendeley plug-ins for Microsoft Word or LibreOffice.

Reference style

Text: Indicate references by number(s) in square brackets in line with the text. The actual authors can be referred to, but the reference number(s) must always be given.

List: Number the references (numbers in square brackets) in the list in the order in which they appear in the text.

Examples:
Reference to a journal publication:
Reference to a book:
Reference to a chapter in an edited book:
Data citation:
Note shortened form for last page number. e.g., 51–9, and that for more than 6 authors the first 6 should be listed followed by 'et al.'

Video

Elsevier accepts video material and animation sequences to support and enhance your scientific research. Authors who have video or animation files that they wish to submit with their article are strongly encouraged to include links to these within the body of the article. This can be done in the same way as a figure or table by referring to the video or animation content and noting in the body text where it should be placed. All submitted files should be properly labeled so that they directly relate to the video file's content. In order to ensure that your video or animation material is directly usable, please provide the file in one of our recommended file formats with a preferred maximum size of 150 MB per file, 1 GB in total. Video and animation files supplied will be published online in the electronic version of your article in Elsevier Web products, including ScienceDirect. Please supply 'stills' with your files: you can choose any frame from the video or animation or make a separate image. These will be used instead of standard icons and will personalize the link to your video data. For more detailed instructions please visit our video instruction pages. Note: since video and animation cannot be embedded in the print version of the journal, please provide text for both the electronic and the print version for the portions of the article that refer to this content.

Supplementary material

Supplementary material such as applications, images and sound clips, can be published with your article to enhance it. Submitted supplementary items are published exactly as they are received (Excel or PowerPoint files will appear as such online). Please submit your material together with the article and supply a concise, descriptive caption for each supplementary file. If you wish to make changes to supplementary material during any stage of the process, please make sure to provide an updated file. Do not annotate any corrections on a previous version. Please switch off the 'Track Changes' option in Microsoft Office files as these will appear in the published version.

Research data

This journal encourages and enables you to share data that supports your research publication where appropriate, and enables you to interlink the data with your published articles. Research data refers to the results of observations or experimentation that validate research findings. To facilitate reproducibility and data reuse, this journal also encourages you to share your software, code, models, algorithms, protocols, methods and other useful materials related to the project.
Below are a number of ways in which you can associate data with your article or make a statement about the availability of your data when submitting your manuscript. If you are sharing data in one of these ways, you are encouraged to cite the data in your manuscript and reference list. Please refer to the "References" section for more information about data citation. For more information on depositing, sharing and using research data and other relevant research materials, visit the research data page.

**Data linking**

If you have made your research data available in a data repository, you can link your article directly to the dataset. Elsevier collaborates with a number of repositories to link articles on ScienceDirect with relevant repositories, giving readers access to underlying data that gives them a better understanding of the research described.

There are different ways to link your datasets to your article. When available, you can directly link your dataset to your article by providing the relevant information in the submission system. For more information, visit the database linking page.

For supported data repositories a repository banner will automatically appear next to your published article on ScienceDirect.

In addition, you can link to relevant data or entities through identifiers within the text of your manuscript, using the following format: Database: xxxx (e.g., TAIR: AT1G01020; CCDC: 734053; PDB: 1XFN).

**Mendeley Data**

This journal supports Mendeley Data, enabling you to deposit any research data (including raw and processed data, video, code, software, algorithms, protocols, and methods) associated with your manuscript in a free-to-use, open access repository. During the submission process, after uploading your manuscript, you will have the opportunity to upload your relevant datasets directly to Mendeley Data. The datasets will be listed and directly accessible to readers next to your published article online.

For more information, visit the Mendeley Data for journals page.

**Data statement**

To foster transparency, we encourage you to state the availability of your data in your submission. This may be a requirement of your funding body or institution. If your data is unavailable to access or unsuitable to post, you will have the opportunity to indicate why during the submission process, for example by stating that the research data is confidential. The statement will appear with your published article on ScienceDirect. For more information, visit the Data Statement page.

**Submission checklist**

The following list will be useful during the final checking of an article prior to sending it to the journal for review. Please consult this Guide for Authors for further details of any item.

**Ensure that the following items are present:**

One author has been designated as the corresponding author with contact details:

- E-mail address
- Full postal address

All necessary files have been uploaded, and contain:

- Keywords
- "Contribution of Paper statement" (in form of two to three bullet points)
- All figure captions
- All tables (including title, description, footnotes)

Further considerations:

- Manuscript has been 'spell-checked' and 'grammar-checked'
- References are in the correct format for this journal
- An appropriate flow diagram and checklist has been submitted [http://www.equator-network.org/](http://www.equator-network.org/)
- All references mentioned in the Reference list are cited in the text, and vice versa
- Permission has been obtained for use of copyrighted material from other sources (including the Internet)
- Printed version of figures (if applicable) in color or black-and-white
- Indicate clearly whether or not color or black-and-white in print is required.

For any further information please visit our customer support site at [https://service.elsevier.com](https://service.elsevier.com).
AFTER ACCEPTANCE

Proofs
One set of page proofs (as PDF files) will be sent by e-mail to the corresponding author or a link will be provided in the e-mail so that authors can download the files themselves. Elsevier now provides authors with PDF proofs which can be annotated; for this you will need to download Adobe Reader version 7 (or higher) available free from http://get.adobe.com/reader. Instructions on how to annotate PDF files will accompany the proofs (also given online). The exact system requirements are given at the Adobe site: http://www.adobe.com/products/reader/tech-specs.html.

If you do not wish to use the PDF annotations function, you may list the corrections (including replies to the Query Form) and return them to Elsevier in an e-mail. Please list your corrections quoting line number. If, for any reason, this is not possible, then mark the corrections and any other comments (including replies to the Query Form) on a printout of your proof and return by fax, or scan the pages and e-mail, or by post. Please use this proof only for checking the typesetting, editing, completeness and correctness of the text, tables and figures. Significant changes to the article as accepted for publication will only be considered at this stage with permission from the Editor. We will do everything possible to get your article published quickly and accurately – please let us have all your corrections within 48 hours. It is important to ensure that all corrections are sent back to us in one communication: please check carefully before replying, as inclusion of any subsequent corrections cannot be guaranteed. Proofreading is solely your responsibility. Note that Elsevier may proceed with the publication of your article if no response is received.

Offprints
The corresponding author will, at no cost, receive a customized Share Link providing 50 days free access to the final published version of the article on ScienceDirect. The Share Link can be used for sharing the article via any communication channel, including email and social media. For an extra charge, paper offprints can be ordered via the offprint order form which is sent once the article is accepted for publication. Both corresponding and co-authors may order offprints at any time via Elsevier's Webshop. Corresponding authors who have published their article gold open access do not receive a Share Link as their final published version of the article is available open access on ScienceDirect and can be shared through the article DOI link.

AUTHOR INQUIRIES
Visit the Elsevier Support Center to find the answers you need. Here you will find everything from Frequently Asked Questions to ways to get in touch.
You can also check the status of your submitted article or find out when your accepted article will be published.

© Copyright 2018 Elsevier | https://www.elsevier.com