



## EDITORIAL

# Variety

In the previous volume of The Journal of Bodywork and Movement Therapies an attempt was made to highlight research issues and strategies appropriate to manual therapies in general, and massage in particular. Gratifyingly positive feedback has been received following the series of articles that were published in each issue of Vol. 7, *Methodological issues in investigations of massage/bodywork therapy*, by Drs. Hart and Cassidy, supplemented by others such as the evaluation of massage competencies by Professor Hymel of Loyola University, New Orleans (JBMT 7(3): 194–199).

In this volume of the Journal a number of manual therapy and movement approaches and systems will be explored. There will, for example, be in-depth—mainly two part—reviews of the concepts and methods associated with Pilates, Zero-balancing, the Trager Approach and Roling, some of which will commence in this issue, with the others following in subsequent issues. It is hoped that other widely utilized manual and movement methods (such as Aston Patterning and Bowen Therapy) will be added to this list, so allowing critical understanding to emerge as to their rationales and approaches to the common problems of the musculoskeletal system, as faced by all therapeutic methods.

In this volume of JBMT there will also appear papers that evaluate treatment of identical problems, from quite different perspectives. One such is carpal tunnel syndrome. Articles will appear that present research into its treatment, using massage (from the Touch Research Institutes, University of Miami School of Medicine) as well as a clinical description of the physical therapy method of neural mobilization (described by Demitrios Kostopoulos Ph.D., PT).

Other papers in preparation for, or awaiting publication in, Vol. 8 include additional segments in the important series on prevention and rehabilitation by Craig Liebenson DC; a review of treatment options for Complex Regional Pain (by Jan Dommerholt PT); a pilot study evaluating the effects on pain of faulty breathing patterns (by Maria A. Perri, D.C. and Elizabeth Halford); a study

that reports on a literature search of sources suggesting contraindications for therapeutic massage by Mitchell Batavia, Ph.D. PT, Assistant Professor, Department of Physical Therapy, New York University, who will present findings that are of concern because of the degree of inconsistency in the literature.

In this issue JBMTs editorial team, assisted by input from Zachary Comeaux DO, Jan Dommerholt PT, Edzard Ernst MD, Peter Gibbons DO, John Hannon DC, Douglas Lewis ND and Craig Liebenson DC, discuss the validity of meta-analysis conclusions, in respect of manipulation for low back pain problems, as published in The Annals of Internal Medicine in 2003 (Assendelft et al., 2003; Cherkin et al., 2003).

The informative and practical variety of content that JBMT strives for is aimed at matching the wide range of professions and interests of its diverse subscriber base. Please feel free to make contact with myself, or any of the associated editors or members of the editorial advisory board, with comments and suggestions, as well as with submissions for publication.

On behalf of JBMTs editorial and production team I extend warm wishes for your health and happiness in 2004.

## References

- Assendelft, W.J., Morton, S.C., Yu, E.I., et al., 2003. Spinal manipulative therapy for low back pain. A meta-analysis of effectiveness relative to other therapies. *Annals of Internal Medicine* 138 (11), 871–881.
- Cherkin, D.C., Sherman, K.J., Deyo, R.A., et al., 2003. A review of the evidence for the effectiveness, safety, and cost of acupuncture, massage therapy, and spinal manipulation for back pain. *Annals of Internal Medicine* 138 (11), 898–906.

Leon Chaitow  
School of Integrated Health, University of  
Westminster, 115 New Cavendish Street,  
London W1M 8JS, UK  
E-mail address: [leon@bodymove.demon.co.uk](mailto:leon@bodymove.demon.co.uk)