



## INFORMATION FOR SUBSCRIBERS

The *Journal of Orthopaedic & Sports Physical Therapy* is published monthly by the Orthopaedic Section and Sports Physical Therapy Section of the American Physical Therapy Association. Correspondence concerning business matters should be addressed to JOSPT, 1111 North Fairfax Street, Suite 100, Alexandria, VA 22134-1436; Telephone: 877-766-3450 (toll free); Fax: 703-836-2210; email: [josppt@josppt.org](mailto:josppt@josppt.org). Correspondence regarding editorial matters should be addressed to:

Guy G. Simoneau, PT, PhD, ATC  
 Editor-in-Chief  
*Journal of Orthopaedic & Sports Physical Therapy*  
 1111 North Fairfax Street  
 Suite 100  
 Alexandria, VA 22314-1436

**Subscription Price.** \$152.00 for individuals in USA, \$209.00 elsewhere, \$253.00 for institutions in USA, \$311.00 elsewhere. Institutional (multiple-reader) rate applies to libraries, schools, hospitals, clinics, group practices, and federal, commercial, and private institutions and organizations. A special rate of \$85.00 in USA (\$139.00 elsewhere) is available to individuals in training. In requesting this rate, which is limited to three years, please indicate training status and name of institution. Subscription prices are subject to change. Single copies when available, \$20.00 in USA, \$30.00 elsewhere. Country of origin, USA. Foreign subscribers who wish to have their issues sent by airmail may inquire of the publisher for the additional cost.

**Change of Address.** Publisher must be notified 60 days in advance. Journals undeliverable because of incorrect mailing address will be destroyed. Duplicates can be obtained (if available) from the publisher at the regular price of single issues. All non-member subscriptions and institutional subscriptions are processed on a monthly basis as they are received. If on a calendar year, subscriptions should be renewed promptly. The publisher cannot guarantee to supply back issues on belated renewals. Multiple-year subscriptions are available at the current rates for up to three years.

The statements and opinions in *Journal of Orthopaedic & Sports Physical Therapy (JOSPT)* are solely those of the individual authors, contributors, and editors. The statements and opinions presented in abstracts, editorial comments, reviews, new product and course listings, advertisements, or other content do not reflect any endorsement by the *Journal*, the publisher, or the Orthopaedic Section and Sports Physical Therapy Section of the American Physical Therapy Association (APTA). Unless specified otherwise, the *Journal*, the publisher, and the Orthopaedic Section and Sports Physical Therapy Section of the APTA disclaim any and all responsibility of liability for such material. The appearance of advertisements in the *Journal* is not a warranty, endorsement, or approval of the products or services advertised or of their effectiveness, quality, or safety. The APTA and the publisher disclaim responsibility for any injury to persons or property resulting from any ideas or products referred to in the *Journal's* articles or advertisements.

**Indexing/Abstracting Services.** The *Journal of Orthopaedic & Sports Physical Therapy* is currently included in the following services in print and/or electronic format: *Index Medicus (MEDLINE)*, *Current Contents/Clinical Medicine*, *Science Citation Index*, *SciSearch (Science Citation Index-Expanded)*, *ISI Alerting Services*, *Focus On: Sports Science & Medicine*, *Research Alert*, *Excerpta Medica (Embase)*, *Cumulative Index to Nursing & Allied Health Literature (CINAHL)*, *Physical Education Index*, and *Physiotherapy Index*.

## GUEST EDITORIAL

- Ultrasound Imaging in Rehabilitation: Just a Fad? 333  
*Paul W. Hodges*

## RESEARCH REPORT

- The Use of Real-Time Ultrasound Feedback in Teaching Abdominal Hollowing Exercises to Healthy Subjects 338  
*Sharon M. Henry, Karen C. Westervelt*

23 / 5.9. 2548

## RESEARCH REPORT with online video

- The Use of Ultrasound Imaging of the Abdominal Drawing-in Maneuver in Subjects With Low Back Pain 346  
*Deydre S. Teyhen, Chad E. Miltenberger, Henry M. Deiters, Yadira M. Del Toro, Jennifer N. Pulliam, John D. Childs, Robert F. Boyles, Timothy W. Flynn*

## CLINICAL COMMENTARY

- Pharmacology in Rehabilitation: Nonsteroidal Anti-inflammatory Agents 356  
*Ross E. Biederman*

## CASE REPORT

- Use of Lumbosacral Region Manipulation and Therapeutic Exercises for a Patient With a Lumbosacral Transitional Vertebra and Low Back Pain 368  
*Alexander Karl Brenner*

## LITERATURE REVIEW

- The Effects of Hamstring Stretching on Range of Motion: A Systematic Literature Review 377  
*Laura C. Decoster, Joshua Cleland, Carolann Allieri, Pamela Russell*

## DEPARTMENTS

- Letter to the Editor-in-Chief 388  
 Abstracts 389  
 Book Reviews 397  
 Instructions to Authors 400  
 Advertising Index 405  
 Physical Therapy Programs B1  
 Employment Opportunities B3