



Readers' Choice Award 2018

The Editorial Board is pleased to announce the winner of the annual Readers' Choice Award, which recognises the paper published in *Journal of Physiotherapy* that generates the most interest by readers of the journal. The winning paper is chosen based on the number of times that each paper published in a given year is downloaded in the six months after its day of publication.

The winning paper from among those published in 2018 is 'Physical exercise improves strength, balance, mobility, and endurance in people with cognitive impairment and dementia: a systematic review' by Freddy Lam from the Hong Kong Polytechnic University and his co-authors from Hong Kong and Yixing.¹

The winning paper expertly summarises the results of 43 randomised trials, which provided data on a total of 4000 participants. The

extensive meta-analyses reveal strong evidence that supervised exercise training improves the performance of people with cognitive impairment or mild to moderate dementia on many tests of physical function, including sit to stand, step length, balance, mobility and walking endurance.

The Editorial Board of *Journal of Physiotherapy* congratulates Dr Lam and his co-authors on their success.

Reference

1. Lam FMH, Huang MZ, Liao LR, Chung RCK, Kwok TCY, Pang MYC. Physical exercise improves strength, balance, mobility, and endurance in people with cognitive impairment and dementia: a systematic review. *Journal of Physiotherapy*. 2018;64:4–15.

Call for applications for membership of the Editorial Board

The Editorial Board currently consists of 13 members: nine local and four international. Applications are invited to fill the following Editorial Board vacancies beginning in 2020:

- two local.

All incumbents are entitled to re-apply in the current round. Editorial Board members are given portfolios with substantial responsibilities. This might involve, for example, soliciting submissions and editing contributions for one of the journal's 'Appraisal' sections. Potential applicants who are not prepared to take on portfolio responsibilities should not apply.

The initial term of office commences on 1 January 2020 and expires on 31 December 2022. Editorial Board members are entitled to renominate for a further two successive terms.

Knowledge and skills required:

1. broad understanding of research methods
2. extensive experience in publication of research
3. excellent written communication skills
4. good working knowledge of the physiotherapy profession and an interest in its future.

To be eligible to apply, Australian applicants must:

5. hold a PhD
6. be a physiotherapist registered in Australia
7. be a financial member of the Australian Physiotherapy Association (APA).

Responsibilities:

- contribute to the establishment of policies that guide the publication of the journal
- participate in the activities of the Editorial Board as a voting member
- manage one of the journal portfolios
- attend regular Editorial Board teleconferences and a two-day face-to-face meeting annually
- meet and liaise with other members of the Editorial Board and the journal Editor as required
- undertake specific tasks from time to time to promote the standing of the journal.

To be considered, physiotherapists applying for positions must submit:

1. a cover letter addressing the numbered criteria, above
2. a brief CV, which includes a clear explanation of the impact of any career interruption(s) over the last 5 years.

Applicants will be assessed against the knowledge and skills listed above and potentially against other criteria.

Applications close 5.00 pm AEST, Friday 27 September 2019 and should be directed to Marko Stechiwskyj at marko.stechiwskyj@australian.physio