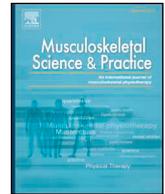




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MSK Science and Practice Editorial New Years Resolutions



A very warm welcome to our first issue in 2019 to all our readers, reviewers and authors, from the editorial team of Musculoskeletal Science and Practice. We wish you all a happy, successful and rewarding 2019. We know that January 1st is almost universally recognised as the start of the New Year but we also recognise that some countries e.g. Afghanistan, Ethiopia, Iran, Nepal and Saudi Arabia have their own calandrical conventions. It is also the case that different religions celebrate their New Years at different times. Whatever country you are from, or which religion you follow, your New Year will have started recently or will be starting at some point in the next few months.

New Year is a good time for all of us to reflect on the year that has passed and plan for the year ahead. As professional musculoskeletal physiotherapists, we should all reflect on our professional activities over the past year. These reflections could include identifying which approaches and activities have worked well for patients, colleagues, your department and organisation. Have you captured the impact that these activities have had locally, nationally or even internationally? This is also a time to review patient data, outcome measures and satisfaction surveys and consider what messages are coming from this information which indicate change is needed. Likewise reflect on continuing professional development activities you have undertaken in the past year and whether these have influenced or changed your practice in any way, and what the benefits have been to you and to others. This

reflection may also indicate to you what additional personal development you may need in the future. Importantly, reflect on your communication skills and your strategy not only in relation to face to face communications, but notably in relation to social media. It is tragic to observe unprofessional communication via these faceless medias.

Use the outcomes of your reflections on the past year to develop resolutions for the year to come which will be useful to share with friends and colleagues. Your resolutions should not only focus on clinical practice developments but also on professional behaviour. This year let us all show full respect for our professional colleagues and their views. We may not agree with everyone's views and approaches which is not unexpected but we should always behave professionally when providing feedback or comments particularly via social media. We should value and respect our colleagues' thoughts and opinions that are well grounded.

We wish you all well in developing your new year resolutions and we wish you a very joyous, meaningful and successful year.

Emeritus Professor Ann P Moore CBE
Editor in Chief
Emeritus Professor Gwendolen Jull AO
Co-Editor