

Guidelines for authors

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Concept and objectives of physioscience (scope)

physioscience is a scientific journal that aims to publish research reports from all areas of physiotherapy that are relevant to practice, research, and education. Authors are invited to submit original research articles, systematic literature reviews, case reports, theoretical and methodological groundwork and analyses as well as short reports. In addition, we welcome discussion papers which address professional policy issues and contribute to scientific discourse within and beyond the boundaries of the profession.

physioscience is published by an international team of physiotherapists active in clinical practice, science and education, and organizationally supported by an editorial team of Thieme Group.

physioscience is the official publication organ of Germany's society for physiotherapy science *Deutsche Gesellschaft für Physiotherapiewissenschaft* (DGPTW; www.dgptw.org). The Swiss physiotherapy association *physioswiss* (www.physioswiss.ch) offers *physioscience* to all its members. The journal and several of its editors are members of the International Society of Physiotherapy Journal Editors (ISPJE).

Since 2017, *physioscience* has been registered with the Web of Science Core Collection (Emerging Sources Citation Index, ESCI). A registration with MEDLINE and corresponding inclusion on the PubMed journal list is being targeted for the near future. This underlines the importance of *physioscience* as an attractive scientific forum for physiotherapy and strengthens its international visibility and reputation.

There are no publication charges for authors, unless they want their contribution published as a Gold Open Access. This form of publication is associated with an article publication charge (APC). For this, authors please contact physioscience@thieme.de.

Manuscripts that have been accepted will be published at www.thieme-connect.de in eFirst format prior to the publication of the print version.

Subscribers receive *physioscience* in a print version 4 times a year. In addition, they get access to the digital archives at www.thieme-connect.de. The archives contain all the issues published since the journal was founded in 2005.

The languages of publication are German and English. Titles, abstracts and keywords are always published in both languages.

Principles

Only papers in German and English that have not previously been published either in Germany or abroad will be accepted. They must also not be offered simultaneously to other journals. It is assumed that you, as the corresponding author, own the copyright and that all co-authors have given permission for publication.

All manuscripts received will be peer-reviewed in a process applying single-blinding (no anonymization of authors). After evaluation by the reviewers, you will be informed whether your work is accepted or rejected, or which revisions are recommended so that the work can be considered for publication.

physioscience obliges all authors to adhere to the guidelines of International Committee of Medical Journal Editors (ICMJE).

Manuscript design

Please follow the guidelines for scientific publications published in Thieme's authors' lounge (www.thieme.de/statics/dokumente/thieme/final/de/dokumente/sw_%20autorenounge/ARL_Wiss_Publikation_engl.pdf).

We recommend designing the manuscript according to suitable and internationally recognized reporting guidelines (www.equator-network.org).

Types of articles

Reviews

Reviews are characterized by systematic literature research in scientific databases and should be registered prospectively (e. g. with PROSPERO).

A systematic review contains a maximum of 5000 words (excluding title page, abstract, tables, figures, references, declarations and supplementary material) and a maximum of 70 references.

We recommend that the systematic review be reported according to an appropriate checklist (examples see below; EQUATOR). Please submit the completed checklist together with the manuscript. Checklists are taken into consideration during the peer review process, but they will not be published. Examples of suitable checklists for reporting reviews:

- The PRISMA 2020 statement: Preferred Reporting Items for Systematic Reviews and Meta-Analyses
- PRISMA-S: an extension to the PRISMA Statement for Reporting Literature Searches in Systematic Reviews
- PRISMA Extension for Scoping Reviews (PRISMA-ScR): Checklist and Explanation

Original research

Examples of original research are clinical studies (randomized and non-randomized experimental studies), observational studies, case studies (N-of-1 trials), qualitative studies or surveys.

An original research paper contains a maximum of 4000 words (excluding title page, abstract, tables, figures, references, declarations and supplementary material) and a maximum of 50 references.

We recommend that the original research be reported according to an appropriate checklist (examples see below; EQUATOR). Please submit the completed checklist together with the manuscript. Checklists are taken into consideration during the peer review process, but they will not be published.

- Randomized controlled trials: CONSORT
- Observational studies: STROBE
- Case studies (N-of-1 trials): CONSORT extension for reporting N-of-1 trials (CENT) 2015
- Qualitative studies: COREQ or SRQR

Please divide original research papers into the following sections:

- **Introduction:** Please explain the background and aim of the study in the context of existing evidence and relevant literature.
- **Methods:** This section should contain information about the design, setting, inclusion and exclusion criteria of study participants, description of all relevant processes, interventions, measurements and statistical analyses.
- **Results:** Please report all study results based on the analysis described above, in text and/or tables/figures.
- **Discussion:** In this section, you should first summarize the results and then discuss them in the context of relevant literature. Describe strengths and weaknesses (limitations).
- **Conclusions:** Briefly summarize the main conclusions of the study in this section. Derive consequences or recommendations for clinical (physiotherapeutic) care and/or further research questions.

Case reports

A case report describes a physiotherapeutic issue in detail on the basis of one patient or several individual patients.

A case report contains a maximum of 2000 words (excluding title page, abstract, tables, figures, references, declarations, and supplementary material) and a maximum of 20 references.

Please refer to the CARE Guideline for writing and submitting the manuscript. Please submit the completed checklist together with the manuscript. Checklists are taken into consideration during the peer review process, but they will not be published.

Please divide case reports into the following sections:

- **Introduction:** explanation of the background including literature, justification of the case report
- **Information about the case/the cases:** e. g. description of the patient(s), diagnosis, examination results (please note that all personal data must be removed from text and images for manuscript submission → see sub-item “Code names/fake names/fictional personal data” in Thieme’s authors’ lounge)
- **Intervention:** detailed description of the intervention(s)

- **Outcome** and/or result, follow-up assessment
- **Perspective of the patient(s):** if appropriate, the perspective of the cases described, informed consent of the patient(s)
- **Discussion:** strengths and weaknesses (limitations), discussion with relevant literature
- **Conclusion:** conclusion for physiotherapeutic practice

Theoretical and methodological groundwork and analyses (analyses of potential, concepts, study protocols, narrative reviews)

Theoretical and methodological groundwork and analyses are based on profound literature research and contain a maximum of 4000 words (excluding title page, abstract, tables, figures, references, declarations, and supplementary material) and a maximum of 50 references.

The publication of the study protocols of (major) research projects contributes to transparency, reduces publication bias and promotes the reproducibility of studies. The structure of a study protocol should correspond to SPIRIT.

Short reports

The results of an original research paper can be submitted as a short report with a maximum of 2000 words (excluding title page, key message, tables, figures, references, declarations, and supplementary material) and a maximum of 20 references.

The structure of the short report corresponds to a detailed abstract with a maximum of 2 figures/tables. In the place of an abstract, please formulate 2 to 4 key messages and a maximum of 5 keywords at the beginning of the text.

Short reports contain a title, key messages and keywords in German and English.

Guest editorials

The editors can invite experts to contribute a subject-specific guest editorial (total max. of 1000 words excluding bibliography, max. of 15 references).

Current research: summarized and commented

Current publications relevant to physiotherapy can be summarized and commented in this category (total max. of 1000 words excluding references, max. of 10 references).

Perspectives

Discussion papers can deal with scientific and professional policy issues, for example, or topics relating to education, training and further education (total max. of 2000 words excluding references, declarations, max. of 20 references).

Manuscript structure

Title page

Title: The title should be short, informative and concise and, if possible, include the study design. Please avoid abbreviations. Examples: “A versus B in the treatment of C: a randomized controlled trial”; “X is a risk factor for Y: a case-control study”; “What is the impact of factor X on subject Y: a systematic review”.

Author(s): Please give your full name, affiliation (university, clinic, practice, etc. at which the work/study was performed) and the e-mail addresses of all authors.

Corresponding author: Please declare a responsible person for the manuscript, who will be the point of contact during the publication process. Please list the full postal and e-mail address of this person.

Abstract

The abstract should not contain more than 300 words and summarize the most important contents of the manuscript. The structure of the abstract corresponds to that of the manuscript: background, objective method, results, conclusion. Please don't use any references or unusual abbreviations in the abstract (or if you do, please explain them). The abstract has to be submitted in both German and English, and both versions must be equivalent in contents.

If the study was registered, this should be mentioned at the end of the abstract (register, registration number, date of registration). This information does not count towards the 300 word maximum.

Keywords

Please give a maximum of 3–5 keywords directly after the abstract. If possible, these keywords should be taken from the Medical Subject Headings (MeSH) of the Medcus index (MEDLINE) and adequately reflect the contents of the manuscript.

Main body of text

With regard to file format, general requirements and spellings please adhere to the specifications for scientific publications in the authors' lounge.

Declarations

All manuscripts must contain the following sections under the heading “Declarations”. Please insert those at the end of the manuscript between the main body of text and the references.

- Ethical aspects
- Consent for publication
- Availability of data and materials
- Registration
- Funding
- Competing interests
- Authors' contributions
- Acknowledgements

If one of these sections is not relevant for your manuscript, please specify the heading and state “not applicable” in the corresponding paragraph.

Details of the information to be included in these sections are provided below and all required forms can be obtained in the authors lounge.

Ethical aspects

Manuscripts which report studies involving human beings, health-related personal data or human biological material (e.g. tissue, blood, urine) must contain

- a declaration of ethical approval and consent (even if the need for approval has been waived) or a jurisdictional clarification
- the name of the ethics committee that approved the study and the committee reference number, if applicable.

In the absence of a vote, please write in this section, “No ethical approval was obtained for this study”. Also include a brief explanation or rationale at this point.

In such cases you will also have to describe in the methods section of the manuscript, to what extent the study was performed in line with national law as well as the principles of the Declaration of Helsinki. Below, please find model phrases for the depiction of ethical aspects in the manuscript:

- “All procedures were performed in accordance with the Declaration of Helsinki or comparable ethical standards.”
- “All procedures were performed in line with national law.”
- “All procedures were performed in accordance with the ethical standards of the institutional and/or national research committee.”
- “All study participants have given (written) informed consent to participate in the study.”
- “No formal approval of an ethics commission was required for this type of study.”

If your study does not use health-related personal data or human biological materials – or if your manuscript does not report about it – please state the following in this section: “This article does not cover studies with human beings or human biological materials and no health-related personal data is reported.”

Please also refer to the notes in the authors' lounge.

Permission to publish

If your manuscript contains data of an individual person in any form (including individual photos, x-ray images, etc.), you have to obtain permission to publish from that person or – in case of minors – from their guardian(s). Please always use the forms provided by Thieme for that purpose.

Templates for printout can be found here: www.thieme.de/de/autorenounge/journals-158774.htm

All case reports need to be approved for publication by the patient(s) and/or study participants in question. Please always use a consent form for this purpose. You should not submit this consent form with your manuscript, but we reserve the right to request a copy of those documents at any time, including after publication.

Even with consent, data concerning real people has to be systematically anonymized according to Thieme specifications, in order to protect privacy rights and to make code names identifiable as such. If you need to assign fake names to one or several persons in images or text, please refer to the corresponding specifications provided in the authors' lounge.

If you want to publish photographs, the following rules apply: To safeguard the rights of use, copyright and privacy rights, the consent of the persons depicted has to be submitted at the same time as the manuscript. Please be sure to observe the information on images in the authors' lounge.

If your manuscript does not contain any personal data, please state "not applicable" in the corresponding section.

Availability of data and materials

All manuscripts should contain a declaration on the availability of data and materials. Data availability statements should give information on where the data on the results presented in the article can be found or obtained. Data in this context refers to the minimum data set that would be required to interpret, replicate or build on the results reported by the article.

Please use one of the following options for your declaration:

- *The data generated and/or analyzed in this study is available in the [NAME] repository [PERMANENT INTERNET LINK TO THE DATA].*
- *The data generated and/or analyzed in this study can be obtained from the corresponding author upon reasonable request.*
- *All data generated or analysed during this study are included in this published article [and its supplementary information files].*
- *If your manuscript does not contain any data, please state "not applicable" in this section.*

Registration

To promote transparency, we support the prospective registration of clinical trials, reviews and research projects with the appropriate registers.

Clinical trials: In Germany and Austria, clinical trials can be registered for free with *Deutsches Register Klinischer Studien* (DRKS; www.drks.de). In Switzerland, the free register *Kofam – Portal zur Humanforschung* (www.kofam.ch) is available. You may also use an international study register, such as *EU Clinical Trials Register* (www.clinicaltrialsregister.eu), *ClinicalTrials.gov* (www.clinicaltrials.gov) or the *International Clinical Trials Registry Platform* (ICTRP) provided by the WHO (www.who.int/clinical-trials-registry-platform).

If your clinical trial has been registered with a study register, please specify the register, the corresponding registration number and the date of registration. Please also state explicitly, whether the trial was registered *prospectively* or *retrospectively* (after the start or completion of the trial).

Example: "This clinical trial was registered prospectively with *Deutsches Register Klinischer Studien* (DRKS: #####) on DD.MM.YYYY."

If a clinical trial has not been registered, please state in this section: "This clinical trial has not been registered with a study register."

Non-clinical trials: Reviews may be registered for free with the International Prospective Register of Systematic Reviews (PROSPERO;

www.crd.york.ac.uk/prospero). Alternative registers for original research papers and research projects are also available, such as the free Open Science Framework (OSF; www.osf.ifo).

For all non-clinical trials please indicate, if applicable, the register, the registration number and the date of registration.

If a trial has not been registered, please state in this section: "This trial has not been registered."

If a registration is not possible or inapplicable, please state "not applicable" in this section.

Funding

Under this heading, please specify whether and, if so, by whom the study and/or its publication was funded.

If the study did not receive funding, please state verbatim in this section: "This research received no specific funding from public, commercial, or nonprofit entities."

Competing interests

physioscience aims to enable all readers to assess potential conflicts of interest of the author(s) of an article. Therefore, please declare all competing financial and non-financial interests in this section. If you are uncertain whether you or your co-authors have competing interests, please consult the authors' lounge or the editors.

Please use initials to indicate the competing interests of the individual authors in this section.

If you have no competing interests, please state verbatim in this section: "The authors declare that they have no competing interests." Please fill in the Conflict of interest declaration (COI).

Authors' contributions

In this section, the authors' individual contributions to the manuscript are indicated.

physioscience obliges all authors to comply with the guidelines of the ICMJE (International Committee of Medical Journal Editors).

Please use initials to indicate each individual author's contribution in this section and use the following categories:

- Conception or design of the work
- Data collection
- Data analysis
- Data interpretation
- Drafting the manuscript
- Critical revision of the manuscript with regard to important intellectual content
- All authors give final approval of the version to be published.
- All authors declare that they are responsible for all aspects of the work and they will ensure that issues related to the accuracy or integrity of any part of the work are adequately investigated and resolved.

This section can be structured as follows:

Conception or design of the work: AA, BB. *Data collection, analysis and interpretation:* CC, DD. *Drafting the manuscript:* AA. *Critical revision of the manuscript with regard to important intellectual content:* BB, CC, DD. *All authors have read and approved the final version of the manuscript. All authors declare that they are responsible for all*

aspects of the work and they will ensure that issues related to the accuracy or integrity of any part of the work are adequately investigated and resolved.

Acknowledgements

Please mention anyone in this section, who contributed to your article, but does not meet the criteria of authorship, including anyone who provided professional writing services or materials. Authors should seek permission for attribution from all persons mentioned in this section. If there are no other people to mention, please state “*not applicable*” in this section.

References

Please be sure to observe citation rules for Scientific articles in the authors' lounge.

Tables

Please be sure to adhere to the guidelines on tables and other sound, video and design elements for Scientific articles in the authors' lounge.

Please insert the tables at the end of the manuscript in editable text format, not as an image. Tables do not count towards the maximum number of words for the article. Extensive tables might be published online as additional material/attachment and not in the print version. Please number the tables consecutively, corresponding to their place in the text, add a title (above the table) and – if necessary – an explanatory legend (below the table). Avoid duplication of information in the text and in the tables.

Figures

Please be sure to adhere to the guidelines on tables and other sound, video and design elements for Scientific articles in the authors' lounge.

Supplementary material (online only)

The maximum permissible word count is sometimes insufficient to ensure complete and transparent reporting. We therefore invite you to provide data, tables, figures or other information as supplementary material/attachments.

All attachments will be published online with the accepted article. Do not submit files such as patient consent forms, requests for ethical approval or ethical votes, data of individual participants or similar documents as additional material. Files containing personal data are not permitted under any circumstances. The maximum size for additional files is 8 MB each. All additional files should be referenced in the appropriate place in the main text.

If you provide additional materials, please list the following information in a separate section of the manuscript:

- File name (e. g. “Supplementary Material 1”)
- File format including the correct file extension, e. g. .pdf, .xls, .txt (pdf files preferred)
- Title of data

Additional files should be named “Supplementary Material 1”, etc. and should be explicitly referenced by the file name in the main body of the article, e. g. “*An additional figure in the appendix shows this in more detail (see Supplementary Material 1).*”

Supplementary materials are exclusively made available on Thieme's website. The authors alone are responsible for the contents of their supplementary material; it is not subject to any review by the editors, reviewers or the publisher.

Please submit manuscripts via e-mail to:

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