Please ensure that you follow the below format and instructions for your submission. **All blue and example text should be removed from your submission**.

Title of submission [Arial 16, bold, centred, sentence case]

**Author1\*, Author2 [name(s) of author(s); Arial 11, bold, centred]**

1. Affiliation, Country [Arial 10, regular, centred]

2. Affiliation, Country

[one line per number/affiliation; the corresponding author indicated with \*]

[The abstract must be written in the format of: background and aims, methods, results, conclusion and must not exceed 350 words excluding headings, tables, diagrams, disclosures]

**Background and aims** [Arial 10, bold, sentence case, aligned left, Heading 1]

Text: [Arial 10, regular, justified; indentation: none; line spacing: single; paragraph spacing: none.]

**Methods** [Arial 10, bold, sentence case, aligned left, Heading 1]

Text: [Arial 10, regular, justified; indentation: none; line spacing: single; paragraph spacing: none.]

**Results** [Arial 10, bold, sentence case, aligned left, Heading 1]

Text: [Arial 10, regular, justified; indentation: none; line spacing: single; paragraph spacing: none.]

**Conclusion** [Arial 10, bold, sentence case, aligned left, Heading 1]

Text: [Arial 10, regular, justified; indentation: none; line spacing: single; paragraph spacing: none.]

References [Arial 10 bold, Heading 1]

Text: [Arial 10, regular, justified; indentation: none; line spacing: single; paragraph spacing: none.]

[References are optional, maximum of 3. Using the following (abbreviated) style]

1. Frontera WR et al. Phys Med Rehabil Clin N Am. 2012;23:201-7

 [Arial 10, regular, justified; indentation: none; line spacing: single; paragraph spacing: none.]

## TABLES, FIGURES, AND DIAGRAMS

Including tables are subject to the following parameters: maximum of 2 black and white figures/tables (up to 10 rows x 10 columns) can be included