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**DEADLINE: MAY 31, 2024**

# **REHABILITATION & RECREATION**



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# **Rehabilitation & Recreation**

To publish an article in the scientific journal "Rehabilitation and Recreation" you should take the following steps before **May 31, 2024** (inclusively):

- fill in an application form at the [link](#) or QR code;



- send the article meeting the specified requirements and a copy of payment confirmation to **health@nuwm.rovno.ua**.  
**! The number of co-authors is limited to three.**

There should be mentioned one author and no more than two co-authors. The list of co-authors includes only those persons who have really taken part in the research and agreed to bear full responsibility for its content.

**Founder:** National University of Water and Environmental Engineering.

"Rehabilitation and Recreation" is accepted to **Scopus** in December, 2023.

The publication is indexed by **ERIH PLUS, Index Copernicus, Google Scholar**.

The journal is included in the **B category** of the List of scientific professional periodicals of Ukraine (Decree of MES No. 735 (Annex 4) dated June 29, 2021; Decree of MES No. 1290 (Annex 3) dated November 30, 2021).

**Subject areas:** 017 Physical education and Sports; 227 Physical therapy, ergotherapy.

**Frequency:** 4 times a year.

**Languages:** Ukrainian, Polish and English.

An electronic version will be publicly available on the official website. An electronic version will be available on the website before **July 31, 2024**.

If desired, the authors can order a printed copy. It costs 800 UAH, which is paid additionally to the publication fee.

Printed journals will be sent to the authors before **August 31, 2024**.

## JOURNAL SECTIONS

- Therapy and rehabilitation;
- Human health, fitness and recreation, physical education for various populations;
- Physical culture and sports.

## REQUIREMENTS FOR ARTICLES

**Language:** Ukrainian, Polish, and English.

Article volume: 10-40 pages. Font: Times New Roman, 14 fs, line spacing 1,5 (1 – for tables), all margins – 2 cm, paragraph indentation – 1.25 cm. Formatting paragraphs using spaces or tabs is not allowed. In the text, quotation marks of the following type “ ” are used. Hyphenation in the text is prohibited. Pages are not numbered. Dashes (–) and hyphens (-) are differentiated.

**Article structure:** article title in the source language and English (italics) is aligned middle; below – the author's surname and initials, affiliation (Ukrainian or Polish/English) ORCID; abstracts and keywords in two languages (Ukrainian or Polish/English).

### **Abstracts:**

The volume of abstracts is 250-300 words (at least 1800 characters). Abstract structure: purpose, data, findings, and conclusions.

An abstract is an information source independent from the article which renders its main content.

The English-language abstract should be written in high-quality English; the use of machine translation tools is prohibited.

The abstracts should meet international standards.

Keywords (4-5 words, comma separated).

### **Article body**

A scholarly article should comprise the following elements:

**Introduction.** Problem statement, its importance, topic relevance, analysis of recent research and publications; specification of previously unsolved parts of the general problem the article is devoted to.

**Material and methods.** Participants, research organization.

**Research results.** Statement of original research data with a detailed description and substantiation of findings (research results with mandatory statistical processing should be presented as tables, graphics, diagrams, or figures. Data in tables should be reliable. A table title and name of graphics should meet their contents). Research results must be analyzed.

**Discussion.** Data obtained should be compared with ones of domestic and foreign scientists.

**Conclusions.** A brief formulation of research results, interpretation and generalization of the topic. Conclusions should be concise, specific, substantiated, correspond to the research purpose, and emerge from the main content..

**Bibliography.** It refers to original sources which are designed following the national standard of bibliographic description DSTU 8302:2015. DOI is mentioned if any. It is recommended to use about 10-20 items (60% published over the last five years) meeting the research problem; each should be referred in the text. References are indicated in square brackets; they are separated from each other by comma, e.g., [3; 4; 15].

**References.** The same list is presented in Latin characters meeting the standards of APA (American Psychological Association).

Foreign publications mentioned in Bibliography are duplicated.

## **PUBLICATION FEE**

All articles recommended by the editorial board are published in the journal on a fee basis. Payment is made after receiving article app The editors conduct an anonymous review of articles and check them for plagiarism, and then the authors receive payment details of the publication fee.

### **Prohibition to refer to the aggressor state's scholarly papers**

It is prohibited citing and including in the reference list russian-language contributions published in any country, incl. papers written in other languages but published in russia and belarus.

### **Academic integrity**

The Editorial Board guarantees high-quality anonymous peer-review of articles and their check for plagiarism using StrikePlagiarism.com by the Polish company Plagiat.pl.

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An author should send payment confirmation (a scanned receipt or its photo) to [\*\*health@nuwm.rovno.ua\*\*](mailto:health@nuwm.rovno.ua)

Example of the name of electronic files: Shevchenko\_I.I.\_article, Shevchenko\_I.I.\_receipt.



**Фізична терапія осіб літнього віку з  
остеохондрозом шийного відділу хребта****Physical therapy of the elderly  
with osteochondrosis of the cervical spine**Шевчук О. А.<sup>1</sup>, Григус І. М.<sup>2</sup>*1Рівненський державний гуманітарний університет,**2Національний університет водного господарства та природокористування,**Навчально-науковий інститут охорони здоров'я, м. Рівне, Україна*

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*Shevchuk O. A.<sup>1</sup>, Grygus I. M.<sup>2</sup>**1Rivne State Humanities University,**2National University of Water and Environmental Engineering,**Educational and Scientific Institute of Health Care, Rivne, Ukraine***Анотації**

На сьогодні остеохондроз шийного відділу хребта – одне з найбільш поширених захворювань... (250–300 слів, не менше 1800 знаків).

**Ключові слова:** фізична терапія, шийний остеохондроз, особи літнього віку, програма.

Today, osteochondrosis of the cervical spine is one of the most common diseases. (250–300 слів, не менше 1800 знаків)

**Key words:** physical therapy, cervical osteochondrosis, elderly people, program.

**Вступ.****Матеріал і методи.****Результати дослідження.****Дискусія.****Висновки.****Література**

1. Гета А.В. Використання засобів фізичної реабілітації для осіб з остеохондрозом шийного відділу хребта. *Актуальні проблеми фізичного виховання різних верств населення: збірник наукових праць*. Харків, 2018. № 5. С. 44–54.

**References**

1. Heta, A.V. (2018). Vykorystannia zasobiv fizychnoi rehabilitatsii dlia osib z osteokhondrozom shyinoho viddilu khrebta [The use of physical rehabilitation for people with osteochondrosis of the cervical spine]. *Aktualni problemy fizychnoho vykhovannia riznykh verstv naseleennia: zbirnyk naukovykh prats*, No. 5, pp. 44–54. [in Ukrainian].

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