

CONTENTS

INVITED REVIEW

- Delayed onset muscle soreness (DOMS) management: present state of the art.....** 121
Valentina Contrò, Esamuela Pieretta Mancuso, Patrizia Proia

ORIGINAL ARTICLE

- Trends of changes in structure of physical fitness among young athletes.....** 129
Krzysztof Karpowicz, Jarosław Janowski, Małgorzata Karpowicz,
Ryszard Strzelczyk

- Polyarticular hypermobility and its consequences in rowers and swimmers:
a preliminary report** 141
Magdalena Gębska, Katarzyna Weber-Nowakowska, Michał Oklejak,
Radosław Boćkowski, Jakub Żyźniewski, Ewelina Żyźniewska-Banaszak

- Evaluating the effectiveness of various forms of physical therapy in low back
pain treatment** 147
Magdalena Weber-Rajek, Ewelina Lulińska-Kuklik, Klaudia Orłowska,
Iwona Czerniachowska, Agnieszka Radzimińska, Waldemar Moska

- The relationship between body composition, anthropometry, and physical
fitness in female university students** 155
Eftekhar Mohammadi, Amin Saberi

- NOTES TO AUTHORS..... 159