



**JANINE MARGARITA R. DIZON, MSPT, PTRP**

***Editor – in – Chief***

Director, Center for Research on Movement Science, UST  
Assistant Professor, College of Rehabilitation Sciences, UST  
Faculty, Master of Science in Physical Therapy, UST

***Dreams do come true...***

It was in the year 2001 when the Master of Science in Physical Therapy program was offered by the University of Santo Tomas Graduate School, in collaboration with the University of South Australia, through the efforts of Dr. Consuelo Suarez, Dean of the College of Rehabilitation Sciences (AY 1996-2006).

There were 13 students (4 medical doctors and 9 physiotherapists) in the first batch and I was president of the class. It was a big task to handle all other 12 classmates and all visiting professors from the University of South Australia but it was a worthwhile and memorable experience. In class, we were all loaded with updated theories of practice and current treatment techniques, but most of all, we were flabbergasted (if that's the best word to describe it) with our beloved professor, Dr. Karen Grimmer, now Dr. Karen Grimmer- Somers.

It was in that class when we were introduced to a whole new world of research - evidence based practice. In simple terms, it may mean practice with evidence; that whatever technique we use to treat our patients, may have supporting evidence to say that it works. But it is not as simple as that. Evidence does not just come from a person saying "hey, this technique really works and my patients say so too"; nor does it come from one poor quality research claiming that the technique administered is indeed effective. Evidence comes from a well documented, critically analyzed pool of current information that comes up high in the level of hierarchy of evidence. Upon learning this and undergoing the process of searching for the current best evidence in practice, we all had a shift of focus.

Our search for quality research and current best evidence became more ardent. In February 2003, the Center for Research on Movement Science was formally launched, with Dr. Anna Lea Enriquez as the officer in charge. Its mission is to produce quality researches on fitness and exercise that will enhance athletic performance, promote wellness in the prevention of lifestyle diseases, and improve function in physically challenged individuals. A core group of researchers (I was one of them that time) was also identified to spearhead researches in the Philippines focusing on exercise and human movement. Research projects on physical fitness, hydration, endurance, and treatment patterns have been keeping the researchers very busy for almost three years now.

---

---

That same year, the Master of Science in Physical Therapy program was first offered to the public by the UST Graduate School, still in collaboration with the University of South Australia. The students who took the program also shared the same quest for current best evidence in practice and quality in research. They also shifted their focus.

Our desire for more evidence and quality research did not stop when we launched the center and have conducted several research projects. We wanted more... we wanted to link research and evidence based practice in the allied health professions in the country and in the world as well... we had a dream and a mission to fulfill.

When the year 2006 came, we were all set to make another dream come true. We were eager to start up our own publication. It was our way of linking quality research and best practice evidence; and what better way to do it than to make use of the internet as a medium of information for all who thirst for knowledge in the country and in the world.

With the launching of the Philippine Journal of Allied Health Sciences – the official publication of the Center for Research on Movement Science, once again, we can attest that dreams do come true; with a vision and hard work, and of course guidance from Almighty God.

It was very tough to start and conceptualize the making of an electronic journal. There were times when uncertainty besets us; when plans may not be going on smoothly as designed and when things seem not to fit in the right place and time. Thank God, all went well through the help of key persons involved in this endeavor. In behalf of the Editorial Board, I would like to thank everyone, especially the following who made this all possible:

Dr. Consuelo Suarez – Dean of the College of Rehabilitation Sciences,  
University of Santo Tomas (AY 1996-2006)

Rev. Fr. Winston F. Cabading, OP – Director  
- Santo Tomas E-Service Providers (STEPS)

Review Board – Center for Research on Movement Science  
Core Group of Researchers

Professors and Peer Reviewers from the School of Physiotherapy,  
University of South Australia

Local Peer Reviewers

And lastly,

Dr. Karen Grimmer-Somers – Director  
Centre for Allied Health Evidence (CAHE)  
University of South Australia

***Thank you for all your support!***