

# KJPMR – AUTHOR GUIDELINES

*Kerala Journal of Physical Medicine & Rehabilitation*  
*Official Journal of IAPMR Kerala Chapter*

## 1. Scope of the Journal

KJPMR publishes scientific, clinical, educational, community-oriented, and humanities-based articles related to Physical Medicine & Rehabilitation. Submissions may include research papers, reviews, case reports, innovation briefs, resident contributions, and creative or narrative pieces relevant to disability and rehabilitation.

## 2. Manuscript Format

### 2.1 Document layout

- Submit manuscripts in Microsoft Word (.doc/.docx) as well as in pdf.
- Page size: A4 size
- 1 inch margins on all sides.
- Line spacing: 1.2 lines throughout.

### 2.2 Fonts

- Article titles: Times New Roman 14 pt bold
- Author names: Calibri, 12 pt Italics
- Main text: Times New Roman, 11 pt
- Headings: Calibri, 12 pt bold
- Sub-headings: Calibri, 11 pt bold
- Figure captions: Times New Roman, 10 pt

## 3. Structure of the Manuscript

All manuscripts must include the following in order:

1. Title of the article
2. Author names, qualifications, and institutional affiliations
3. Corresponding author email ID
4. Abstract and keywords (required for scientific articles only)
5. Main body of the text
6. References
7. Short author biography (3 – 4 lines)

## 4. Tables, Figures & Images

- Submit images separately in JPEG/PNG, minimum 300 dpi.

- Include clear placeholders / mark anchoring points for tables and figures in the manuscript (e.g., “Insert Figure 1 here”).
- Provide a short caption for every table/figure.
- Limit up to three images per article unless otherwise approved.

## 5. Referencing

KJPMR follows:

- Vancouver style (recommended), or
- A simplified numbered citation style
- References must be numbered in the order they appear and inserted as superscripts in the text.

## 6. Ethical Requirements

- Interventional studies must include institutional ethics committee approval.
- All studies shall preferably have ethics committee approval.
- Case reports must include declaration that patient consent is obtained.
- It is not advisable to include AI generated content
- All manuscripts should include declarations of “No ethics violation”, “No plagiarism” and “No Conflict of interest”

## 7. Submission Method

- Manuscripts must be submitted to: [submissions.kjpmr@gmail.com](mailto:submissions.kjpmr@gmail.com)
- Only Submissions shall be sent to the above mail.
- For further details and queries mail to: [editor.kjpmr@gmail.com](mailto:editor.kjpmr@gmail.com)

## 8. Review Process

All scientific articles undergo internal editorial review. External or specialist review may be sought at the discretion of the editorial board. The final decision rests with the editorial board.

## 9. Final Submission Checklist

Authors must ensure that:

- The manuscript follows all formatting rules
- References are correctly styled
- Images are high-resolution and separately attached
- Author bios and ethical declarations are included
- Corresponding author contact is provided

## 10. Specific Instructions for Each Type of Article

### A. Original Article / Short Study

- Word limit: 2000–3000 words
- Should include:
  - Structured abstract (Background, Methods, Results, Conclusion)
  - 3–6 keywords
  - Introduction
  - Methods (with ethical considerations)
  - Results
  - Discussion
  - Conclusion
  - References (> 10)
- Include clear tables/figures where needed

### B. Narrative Review / Systematic Review

- Word limit: 1500–2500 words
- Should include:
  - Unstructured abstract
  - Keywords
  - Thematic sections with sub-headings
  - Summary/conclusion
  - References

### C. Case Report / Clinical Insights

- Word limit: 600–1000 words
- Must include:
  - Short abstract (optional)
  - Background
  - Case description
  - Discussion
  - Learning points
  - Patient consent required
  - References:

### D. Evidence Update / Guideline Snapshot

- Word limit: 500–1000 words
- Summarise latest guidelines or evidence

- May include a short table

### E. Main Feature Article (Invited)

- Word limit: 1500–2500 words
- Structure:
  - Optional unstructured abstract
  - Introduction
  - Thematic sections with sub-headings
  - Practical or clinical implications
  - Conclusion
  - Tables/Figures: Up to 2–3
  - References:

### F. Guest Specialty Article

- Word limit: 1200–1800 words
- Structure:
  - Brief introduction
  - Specialty perspective on the chosen topic
  - Relevance to PMR practice
  - Key clinical pearls or take-home messages
  - Tables/Figures: Optional (1–2)
  - References:

### G. Public Health / Policy Perspectives

- Word limit: 800–1500 words
- Structure:
  - Overview or background
  - Description of policy or public health concern
  - Implications for persons with disabilities or rehabilitation practice
  - Actionable recommendations or future directions
  - References: 5–10
  - Tone: Clear, analytical, and policy-oriented

### H. Disability & Society Commentary

- Word limit: 600–1200 words
- Structure:
  - A short introduction
  - Main commentary or reflection
  - Insights relevant to disability studies or societal context
  - Optional concluding note
  - References: Optional

- Tone: Engaging, thoughtful, and perspective-driven

#### **I. Innovation & Implementation Brief**

- Word limit: 400–800 words
- Brief description of the innovation or implementation strategy
- May include one figure or diagram
- Should focus on practical utility

#### **J. Imaging Pearls / Spot Diagnosis**

- Word limit: 200–300 words
- Submit one high-quality image
- Include a short explanation and interpretation

#### **K. Newer Drugs / Drug Spotlight**

- Word limit: 400–700 words
- Include:
  - Mechanism
  - Indications
  - Dosage
  - Adverse effects & precautions
  - Rehab relevance

#### **L. Humanities / Reflections / History of PMR**

- Word limit: 600–1000 words
- May be reflective, narrative, or historical
- Avoid promotional or personal content

#### **M. Resident Forum**

- Word limit: 500–1000 words
- Based on conference posters, case reflections, or mini reviews
- Should follow scientific tone but may be simplified

#### **N. Community Stories / Department Visit**

- Word limit: 400–800 words
- Can include photographs
- Should highlight achievements, milestones, or events in a department

#### **O. Patient Journey**

- Word limit: 300–700 words
- May be written by clinician, relative, caregiver, or patient
- Must maintain confidentiality and dignity

**Editorial Board**