

# JOURNAL SELECTION

**CURRENT AND FUTURE ADVANCES IN PRACTICE**  
*CERVICAL SPONDYLOSIS AND MECHANICAL NECK PAIN*

### Journal Selection Report

<b>Job code</b>	XXXXXXX
<b>Manuscript title</b>	Current and future advances in practice: cervical spondylosis and mechanical neck pain
<b>Date</b>	XXXXX
<b>Author preferences</b>	<b>Keywords:</b> mechanical neck pain, cervical spondylosis, diagnosis, rehabilitation, physical therapies
<b>Comments on Adherence to Author Preferences</b>	All recommended journals have regularly published articles on topics related to the authors' Area of Research / Idea

### Journal Recommendations

Journal name	Comments
<b>European Spine Journal</b> <i>Publisher: Springer</i> <i>Nature</i>	<p><b>The Reason for the recommendation:</b></p> <ol style="list-style-type: none"> <li><i>The European Spine Journal</i> is a peer-reviewed international journal that publishes high-quality research on spinal disorders across clinical, surgical, and conservative care domains. The journal welcomes review articles, clinical studies, and evidence-based updates related to degenerative spine conditions, including cervical spondylosis and mechanical neck pain. It particularly emphasizes advances in diagnosis, treatment strategies, and clinical outcomes, making it a suitable platform for articles discussing current practices and future directions in spine care.</li> <li>The journal published several articles on topics like authors' Area of Research / Idea, e.g., <ul style="list-style-type: none"> <li>Li, Z., Zhang, Y., Lin, Y., Fan, C., Yang, Y., Sun, Y., Wu, Z., &amp; Liang, Z. (2025). The role of paraspinal muscle degeneration in cervical spondylosis. <i>European Spine Journal: Official Publication of the European Spine Society, the European Spinal Deformity Society, and the European Section of the Cervical Spine Research Society</i>, 34(3), 1187–1197. <a href="https://doi.org/10.1007/s00586-025-08648-9">https://doi.org/10.1007/s00586-025-08648-9</a></li> <li>El-Hajj, V. G., Gustafsson, M. R. V., Clement, B., Staartjes, V. E., Bydon, M., Gerdhem, P., Elmi-Terander, A., &amp; Edström, E. (2025). Weight change patterns following surgery for cervical spondylosis in overweight and obese individuals: a nationwide longitudinal study. <i>European Spine Journal: Official Publication of the European Spine Society, the</i></li> </ul> </li> </ol>

	<p><i>European Spinal Deformity Society, and the European Section of the Cervical Spine Research Society, 34(8), 3421–3429. <a href="https://doi.org/10.1007/s00586-025-09070-x">https://doi.org/10.1007/s00586-025-09070-x</a></i></p>
<p><b>Journal of Orthopaedic &amp; Sports Physical Therapy (JOSPT)</b>  <i>Publisher: Journal of Orthopaedic &amp; Sports Physical Therapy, Inc.</i></p>	<p><b>The Reason for the recommendation:</b></p> <ol style="list-style-type: none"> <li>1. The <i>Journal of Orthopaedic &amp; Sports Physical Therapy</i> is a leading peer-reviewed journal focused on musculoskeletal rehabilitation and evidence-based clinical practice. The journal publishes research and narrative reviews addressing assessment, management, and prevention of musculoskeletal disorders, including neck pain and cervical spine dysfunction. Articles highlighting conservative management approaches, clinical guidelines, and emerging therapeutic practices align well with the journal’s scope.</li> <li>2. The journal published several articles on topics like authors’ Area of Research / Idea, e.g., <ul style="list-style-type: none"> <li>• Minnucci, S., Innocenti, T., Salvioli, S., Giagio, S., Yousif, M. S., Riganelli, F., Carletti, C., Feller, D., Brindisino, F., Faletra, A., Chiarotto, A., &amp; Mourad, F. (2023). Benefits and harms of spinal manipulative therapy for treating recent and persistent nonspecific neck pain: A systematic review with meta-analysis. <i>The Journal of Orthopaedic and Sports Physical Therapy</i>, 53(9), 510–528. <a href="https://doi.org/10.2519/jospt.2023.11708">https://doi.org/10.2519/jospt.2023.11708</a></li> <li>• Pandya, J., Puentedura, E. J., Koppenhaver, S., &amp; Cleland, J. (2024). Dry needling versus manual therapy for patients with mechanical neck pain: A randomized controlled trial. <i>The Journal of Orthopaedic and Sports Physical Therapy</i>, 54(4), 267–278. <a href="https://doi.org/10.2519/jospt.2024.12091">https://doi.org/10.2519/jospt.2024.12091</a></li> </ul> </li> </ol>
<p><b>EFORT Open Reviews</b>  <i>Publisher: Bioscientifica</i></p>	<p><b>The Reason for the recommendation:</b></p> <ol style="list-style-type: none"> <li>1. <i>EFORT Open Reviews</i> is a peer-reviewed, open-access journal published by the European Federation of National Associations of Orthopaedics and Traumatology (EFORT). The journal focuses on comprehensive review articles in orthopaedics and musculoskeletal medicine, emphasizing current evidence, clinical relevance, and future advances. Reviews addressing degenerative cervical spine disorders, mechanical neck pain, and evolving management strategies align well with the journal’s scope and readership.</li> </ol>

	<p>2. The journal published several articles on topics like authors ‘Area of Research / Idea, e.g.,</p> <ul style="list-style-type: none"> <li>Fasinella, M. R., Benato, A., Creatura, D., Morgado, A., &amp; Barrey, C. Y. (2025). Degenerative cervical myelopathy: timing of surgery. <i>EFORT Open Reviews</i>, 10(6), 403–415. <a href="https://doi.org/10.1530/EOR-2025-0070">https://doi.org/10.1530/EOR-2025-0070</a></li> <li>Schleicher, P., Pingel, A., &amp; Kandziora, F. (2018). Safe management of acute cervical spine injuries. <i>EFORT Open Reviews</i>, 3(5), 347–357. <a href="https://doi.org/10.1302/2058-5241.3.170076">https://doi.org/10.1302/2058-5241.3.170076</a></li> </ul>
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**Journal Comparator**

Key Parameters		European Spine Journal	Journal of Orthopaedic & Sports Physical Therapy (JOSPT)	EFORT Open Reviews
<b>Publisher</b>		Springer Nature	JOSPT, Inc.	Bioscientifica
<b>Similar research published</b>		Yes	Yes	Yes
<b>Indexing database</b>		UGC CARE, Scopus, SCIE, PubMed, Embase	PubMed/MEDLINE and CINAHL	PubMed Central, Science Citation Index, Science Citation Index Expanded, SC Imago and Scopus
<b>Impact factor</b>		2.8	6.2	5.1
<b>Review duration</b>		2.6 months (Total Handling Time)	55 days (median time to first decision)	13 weeks from submission to first decision
<b>Publication type</b>		Hybrid Open-access, peer-reviewed journal	JOSPT (main)-Peer reviewed, Hybrid model JOSPT(Open)- Peer reviewed open-access model.	Peer-reviewed gold open-access scientific journal
<b>Rejection rate</b>		75%-85%	90%	50%-60%
<b>Acceptance rate</b>		15%-25%.	10%-12%	40%-50%
<b>Article processing charges</b>		£4,590 for Open Access	\$3000 for JOSPT (main) and \$3000 for JOSPT(Open)	€1,500
<b>Limit</b>	<b>Word count</b>	2,500 words	3000 words	3500 words
	<b>Figure/Ta</b>	6-10	Maximum 5 total	Maximum 10 figures

	<b>bles</b>			
	<b>Reference s</b>	Maximum 25	Not specified	Maximum 50

**Supporting Information - Rationale for Inclusion and Scope**

**European Spine Journal**

Rationale for inclusion	A peer-reviewed, internationally recognized journal that publishes high-quality research on spinal disorders, including cervical spondylosis and mechanical neck pain, providing a platform for advancing clinical knowledge and practice in spine care.
Scope	Covers all aspects of spinal health, including degenerative disorders, trauma, surgical and conservative management, spinal biomechanics, rehabilitation, clinical outcomes, and evidence-based advances in spine practice.

**Journal of Orthopaedic & Sports Physical Therapy (JOSPT)**

Rationale for inclusion	A leading peer-reviewed journal focused on musculoskeletal rehabilitation and evidence-based clinical practice, offering a platform for research that improves patient care in mechanical neck pain and cervical spine disorders.
Scope	Covers assessment, treatment, and prevention of musculoskeletal conditions; physical therapy and rehabilitation interventions; clinical trials; exercise therapy; manual therapy; and emerging evidence-based approaches for neck pain and cervical dysfunction.

**EFORT Open Reviews**

Rationale for inclusion	An open-access, peer-reviewed journal that publishes comprehensive reviews in orthopaedics and musculoskeletal medicine, providing accessible, high-quality evidence for advancing clinical practice in cervical spine disorders.
Scope	Covers review articles and evidence-based summaries on musculoskeletal conditions, including degenerative cervical spine disorders, cervical trauma, surgical and nonsurgical management, rehabilitation strategies, and emerging advances in orthopaedic practice.

## **Appendix: Frequently Asked Questions**

### **Q1: Why is this journal suitable for cervical spine research?**

**A:** European Spine Journal focuses on cervical spine disorders, neck pain, and spinal care. JOSPT emphasizes musculoskeletal rehab and physical therapy.

EFORT Open Reviews publishes evidence-based orthopaedic and cervical spine reviews.

### **Q2: What article formats are most relevant for this topic?**

**A:** Systematic/narrative reviews, clinical trials, case reports, meta-analyses, and practice guidelines.

### **Q3: How quickly are submissions typically reviewed?**

**A:** European Spine Journal: 3–6 months; JOSPT: 4–7 months; EFORT Open Reviews: 2–3 months.

### **Q4: How widely are the journals indexed?**

**A:** All three are indexed in major databases including PubMed, Scopus, and Web of Science.

### **Q5: How does publishing here impact academic reach?**

**A:** Provides international visibility, citation potential, and dissemination of evidence-based cervical spine research to clinicians and researchers.