



Journal of
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EDITORIAL

The first stone

La primera piedra

*"Many think that having talent is lucky;
nobody reflects that luck may
have to do with having talent"*
Jacinto Benavente

It is with great pleasure that we present the Journal of Invasive Techniques in Physical Therapy (English edition) and the revista *Fisioterapia Invasiva* (Spanish edition) to the scientific community. Edited by Elsevier, this biannual scientific on-line publication aims to promote and disseminate knowledge in the field of invasive techniques in physical therapy on a global scale.

Over recent years, invasive techniques in physical therapy have increased considerably worldwide. This has led hundreds of professionals to take interest in these techniques, and as a result, numerous patients have received these treatments. The accumulated knowledge warranted a specific channel for the dissemination of the same, serving as a sounding board for research in this area.

This journal welcomes original and review articles related with techniques such as dry needling, percutaneous needle electrolysis, neuromodulation, mesotherapy, acupuncture, injection therapy or neural therapy, among others, applied in the context of the clinical practice of physiotherapists around the world.

In this journal, the *needle* will be at the core of the contents, as an extension of the physiotherapist's hands and a tool that enables clinicians to evaluate, diagnose and treat dysfunctions affecting the neuromusculoskeletal system; together with other tools, such as ultrasound, thermography or electromyography, often associated with invasive techniques.

Our vision is to make the Journal of Invasive Techniques in Physical Therapy a landmark in the field of health in years to come, by uncovering new knowledge and therapeutic options which enable us to offer our patients improved and better quality health care.

Besides presenting this journal and sharing our vision, in this first editorial we wish to explicitly, albeit briefly, grant well-deserved recognition to Spanish physiotherapy, which

has been and remains a global reference in this field for several reasons: 1) the creation of the term "*Fisioterapia Invasiva*" in Spanish and its English equivalent: "Invasive techniques in Physical Therapy"; 2) the large number of physiotherapists who use these techniques; 3) the high standards of technical qualifications among many professionals which provides them with a respected international standing; 4) techniques such as percutaneous needle electrolysis, dry needling or neuromodulation, which have been created and/or developed in Spain; 5) the pioneering use of musculoskeletal ultrasound or electromyography to guide interventions; 6) the first book published in both Spanish and English on invasive techniques in physical therapy is by Spanish authors; 7) the first Official University Master's Degree in Invasive Techniques in Physiotherapy, organized since the 2012-13 academic year by CEU San Pablo University (Madrid), integrating the ensemble of procedures; and lastly, the current journal.

At this point we would like to extend our most sincere gratitude towards all those individuals and institutions who have collaborated towards overcoming the difficulties faced and that have enabled Spain to succeed in becoming a global reference over these past years in the development of invasive techniques in physical therapy.

This first issue represents a cause for celebrating the onset of a project that is full of hope, and which can be compared to the laying down the first stone of a building. This would not have been possible without the participation of the various individuals on the Editorial Committee, all of whom are renowned for their national and international prestige. Thanks also to the present and future contributions by health professionals, especially physiotherapists. May this editorial also serve to invite readers to participate in this journal.

Without science there is no future.

Prof. Dr. Fermín Valera Garrido
Editor-in-Chief