**Title of the study**

Jan Kowalski[[1]](#footnote-1), Janina Kowalska[[2]](#footnote-2)\*

\*Corresponding author: Department of..., University of..., Address..., Phone number, Fax number, e-mail address

**Acknowledgements**: Here type additional information related to your work, for example, funding, ethical approval, thanks to other people etc.

**Conflict of interest**: Declare (if any) authors' conflict of interest.

**Article type**: full length paper or short communication

I suggest following reviewers: Profesor A... (email@address.com) because of..., Professor B... (email@address.com) due to...

**Title of the study**

**Abstract**

Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract. Text in the abstract.

Key words: Word one; Word two; Word three; Word four; Word five; Word six

**Introduction**

This text is a part of introduction. This text is a part of introduction [1]. This text is a part of introduction [1]. This text is a part of introduction. This text is a part of introduction. This text is a part of introduction.

**Material and Methods**

General information on methods and design of the study. General information on methods and design of the study. General information on methods and design of the study.General information on methods and design of the study.

*Material*

Material description. Material description. Material description. Material description. Material description. Material description.

*Methods*

*Procedures*

*Statistical analysis*

**Results**

**Discussion**

**References**

[1]. Pulkovski N, Mannion AF, Caporaso F, Toma V, Gubler D, Helbling D, et al. Ultrasound assessment of transversus abdominis muscle contraction ratio during abdominal hollowing: a useful tool to distinguish between patients with chronic low back pain and healthy controls? Eur Spine J 2012; 21:750-9. doi:10.1007/s00586-011-1707-8.

1. Department of..., Academy of..., City, Country [↑](#footnote-ref-1)
2. Department of..., Academy of..., City, Country [↑](#footnote-ref-2)