**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

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

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

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**Title of the study**

**Abstract**

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

**Introduction**

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**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)