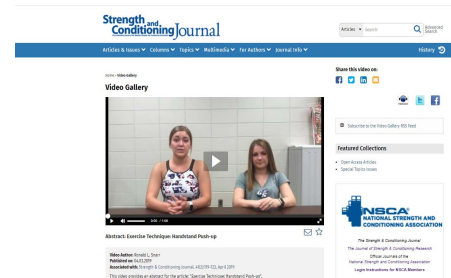# JOURNAL TOOLKIT

HOW TO CREATE A VIDEO ABSTRACT

All LWW journal authors are encouraged to create a Video
Abstract for their accepted article. We highly recommend this,
as it will help to **increase the visibility and profile of your
article**, particularly in the iPad and online versions of the
journal.

A Video Abstract is a short video introduction to your article, outlining **what your article covers,
the issues raised and reasons why it matters**. The aim is to give the reader a short teaser that
will entice them to read the full article. You should not simply read your abstract out; rather, we
ask you to answer important questions about your article.

Key Tips for Creating your Video Abstract

1. Your video abstract should be **3-5 minutes long**. Some authors like to address the
   camera directly, while others prefer to sync PowerPoint slides with some audio
   commentary. However, the format is very flexible and could even involve an interview
   or a report from the field. Ask yourself – what would capture your readers' imaginations
   and intrigue them?

2. Do not read from a script or read out your text abstract – rather, write **a few key points**
   on a piece of paper in front of you and **talk naturally** around those.

PLEASE ADDRESS ONE OR MORE OF THESE KEY QUESTIONS:

1. **Significance**: Why is your research question important or what critical barrier to progress does it address?

2. **Innovation**: What new information do the results of your study present, how does it change concepts related to knowledge or practice, how does it challenge what we thought we knew?

3. **Clinical applicability**: What is the clinical relevance/importance of the findings of your study, how would you apply the results of your study clinically, what barriers might prevent this approach from being applied in clinical practice?

4. **Future work**: What are future directions for research based on your findings?

3. Before recording your video abstract, do **a quick test record for 15 seconds** and review it, just to check your video and audio levels are ok.

4. Try to choose a venue to record that has **little to no loud background noise**. If noise is an issue, consider using a lapel mic rather than using an on-board microphone in your camera or webcam.

5. **Include a question in your video abstract that challenges the viewers** – your video abstract can help start a debate around the subject and where research could go next.

Example of a Video Abstract:

https://journals.lww.com/nsca-scj/Pages/videogallery.aspx?autoPlay=false&videoId=186 or

https://journals.lww.com/nsca-scj/Pages/videogallery.aspx?autoPlay=false&videoId=110

Parent Article -

https://journals.lww.com/nsca-scj/Pages/videogallery.aspx?autoPlay=false&videoId=173

Free Video Editing Software

- o iMovie (Mac): http://www.apple.com/ilife/imovie

- o Windows Movie Maker 2.6 (PC): http://www.microsoft.com/en-us/download/details.aspx?id=34

How do I Submit my Video Abstract?

- If your article is accepted, you will be prompted by email to upload your Video Abstract

- Log in to Editorial Manager and navigate to your manuscript

- Upload the video file (following the instructions) as **Supplementary Digital Content** (SDC)

- Upload an updated manuscript file that includes

  - o an 'SDC call-out' in the abstract, showing where the VA should be inserted, and

  - o an SDC list at the end of the manuscript file, listing the Video Abstract and any other SDC consecutively (the latter will be removed by production staff before publication). For the 'Author Checklist for Supplemental Digital Content' go to https://sites.google.com/site/lwwsdcauthorchecklist/home

Once you receive notification that your article has been accepted, you will have 2 weeks to submit a Video Abstract. If we do not hear from you by that time, your article will move forward to Production without a Video Abstract in place.