|  |
| --- |
| **General Instructions**Template to help authors to format their texts for submission to the journal. The yellow squares will help you and guide you in the organization of the text. The template covers the following topics:1 - Instructions for Description - Include your title, abstract, keywords and the translated version of the same information. At least one English version must be inserted. Supported languages ​​are English, Portuguese and Spanish.2 - Instructions on Contributors - Include information about authors in the document and in the online submission form.3 - Instructions for the Main Text - Include the main text with figures, tables and graphs. Use only one language for the main text.4 - Instructions on Additional Information - Include any acknowledgments, conflicts of interest and confirm that all legal procedures have been considered.5 - Instructions for Bibliographic References - The final part of the template includes the references. Use structured references, with line spacing and include a link to the references (the URL or DOI if available).When the publication is ready to submit, delete all instructions in this document.For any questions, contact us by email: journalsporl@gmail.com |

|  |
| --- |
| **1 - Instructions for Description**In the following elements, replace the current text with information about your publication.All information is mandatory. Provide the elements in the main language of the publication and in addition the English version, or the Portuguese version if the original text is in English. If you are not a native Portuguese speaker, please insert a comment to the editor during the submission processAbstracts must have a maximum of 150 words in the following sequence: Objectives, Study Design, Material and Methods, Results and Conclusions. The abstract of clinical cases will only describe the case in an abbreviated form |

Main Title

Translated title

 (Author's Version - Draft))

## Abstract

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Nibh nisl condimentum id venenatis a condimentum vitae sapien. Auctor elit sed vulputate mi sit amet. Faucibus et molestie ac feugiat sed lectus vestibulum mattis ullamcorper. Volutpat commodo sed egestas egestas fringilla phasellus faucibus.

***Keywords***: tag1; tag2;

## Translated Abstract

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Nibh nisl condimentum id venenatis a condimentum vitae sapien. Auctor elit sed vulputate mi sit amet. Faucibus et molestie ac feugiat sed lectus vestibulum mattis ullamcorper. Volutpat commodo sed egestas egestas fringilla phasellus faucibus. Ultrices gravida dictum fusce ut.

***Translated Keywords***: tag1; tag2;

## Contributors

|  |
| --- |
| **2 - Contributor Instructions** Include the information about the authors and contributors of the work..Enter the names of the authors, affiliation, country and ORCID (create your [ORCID herei](https://orcid.org/)!). ORCID is represented by an identifier as a URL, for example: <https://orcid.org/0000-0002-1825-0097>. The main contact author for correspondence is identified by an asterisk (\*). This information must also be entered in the online submission form.  |

Name, Affiliation, Country,  ORCID (\*)

Name, Affiliation, Country,  ORCID

Name, Affiliation, Country,  ORCID

\* Main contact for correspondence

*Example*:

John Doe, University of Maryland, USA, <https://orcid.org/0000-0002-1825-0097>

## Main Text

|  |
| --- |
| **3 - Main Text Instructions**Insert the main text with the figures, tables and graphs in the right context. If necessary, for technical or visual aspects, attach additional components.The text of the manuscript (maximum 12 numbered pages) must also be divided into: Introduction, Material and Methods, Results, Discussion, Conclusions (one paragraph only).The clinical cases will be structured in: Introduction, Description of the Case (s), Discussion and References. |

## Introduction

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Nibh nisl condimentum id venenatis a condimentum vitae sapien. Auctor elit sed vulputate mi sit amet. Faucibus et molestie ac feugiat sed lectus vestibulum mattis ullamcorper. Volutpat commodo sed egestas egestas fringilla phasellus faucibus. Ultrices gravida dictum fusce ut. Mauris vitae ultricies leo integer. Donec pretium vulputate sapien nec sagittis.

## Material and Methods

Varius quam quisque id diam vel. Urna cursus eget nunc scelerisque. Lectus arcu bibendum at varius vel pharetra vel. Facilisis mauris sit amet massa vitae tortor condimentum lacinia quis. Duis convallis convallis tellus id interdum velit laoreet id donec. Aliquet nibh praesent tristique magna. Mus mauris vitae ultricies leo integer. Ac ut consequat semper viverra nam libero justo laoreet. Penatibus et magnis dis parturient. Eu mi bibendum neque egestas congue quisque egestas diam.

***Table 1 – Name of the table***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Table** | **Table** | **Table** | **Table** | **Table** |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

## Results

Sit amet dictum sit amet. Massa sed elementum tempus egestas sed sed risus pretium. Purus non enim praesent elementum facilisis leo vel fringilla. Amet porttitor eget dolor morbi non arcu risus quis. Justo nec ultrices dui sapien eget. Tristique senectus et netus et malesuada fames ac turpis. Viverra accumsan in nisl nisi scelerisque. Suspendisse interdum consectetur libero id faucibus nisl tincidunt. Nisl suscipit adipiscing bibendum est ultricies. Tempus quam pellentesque nec nam aliquam sem et tortor.

***Figure 1 - Name of the figure***



## Discussion

Bibendum at varius vel pharetra vel turpis nunc eget. Sed vulputate mi sit amet mauris commodo quis imperdiet massa. Fames ac turpis egestas integer. Imperdiet nulla malesuada pellentesque elit eget. Maecenas volutpat blandit aliquam etiam erat velit scelerisque in. Eu augue ut lectus arcu bibendum at varius. Velit sed ullamcorper morbi tincidunt ornare massa eget egestas purus. Turpis massa sed elementum tempus egestas sed sed risus pretium. Urna molestie at elementum eu.

## Conclusion

Ac auctor augue mauris augue neque gravida. Elit eget gravida cum sociis natoque penatibus et magnis dis. Eget felis eget nunc lobortis mattis aliquam faucibus. Leo duis ut diam quam nulla porttitor massa id. Sodales ut etiam sit amet nisl purus in mollis nunc.

|  |
| --- |
| **4 - Additional Information Instructions** This information can be used as a default or changed if necessary. |

## Acknowledgments

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Nibh nisl condimentum id venenatis a condimentum vitae sapien. Auctor elit sed vulputate mi sit amet.

## Conflicts of Interest

The authors declare that there is no conflict of interests regarding the publication of this paper.

## Data Confidentiality

The authors declare having followed the protocols in use at their working center regarding patients’ data publication.

## Protection of humans and animals

The authors declare that the procedures were followed according to the regulations established by the Clinical Research and Ethics Committee and to the 2013 Helsinki Declaration of the World Medical Association.

## Privacy policy, informed consent and Ethics Committee Authorization

## The authors declare that they have written consent for the use of photographs of patients in this article.

## Funding Sources

This work did not receive any contribution, funding or scholarship.

## Availability of scientific data

There are no datasets available, publicly related to this work.

|  |
| --- |
| **5 - Instructions for** **Bibliographic References**Include bibliographic references, up to a maximum of 25, based on the Vancouver format (<https://www.ncbi.nlm.nih.gov/books/NBK7256/>). Use structured references and always include the link for the publication of bibliographic references (the URL or DOI if available), with a line spacing between each reference. Authors must be cited up to 6, and if more than 6 the first 6 are mentioned followed by et al.  |

## Bibliographic References

Insert your references here ...

Examples:

1 - O'Campo P, Dunn JR, editors. Rethinking social epidemiology: towards a science of change. Dordrecht: Springer; 2012. 348 p.

2 - Schiraldi GR. Post-traumatic stress disorder sourcebook: a guide to healing, recovery, and growth [Internet]. New York: McGraw-Hill; 2000 [cited 2006 Nov 6]. 446 p. Available from: http://books.mcgraw-hill.com/getbook.php?isbn=0071393722&template=#toc DOI: 10.1036/0737302658

3 - Halpen-Felsher BL, Morrell HE. Preventing and reducing tobacco use. In: Berlan ED, Bravender T, editors. Adolescent medicine today: a guide to caring for the adolescent patient [Internet]. Singapore: World Scientific Publishing Co.; 2012 [cited 2012 Nov 3]. Chapter 18. Available from: http://www.worldscientific.com/doi/pdf/​10.1142/9789814324496\_0018

4 - Stockhausen L, Turale S. An explorative study of Australian nursing scholars and contemporary scholarship. J Nurs Scholarsh [Internet]. 2011 Mar [cited 2013 Feb 19];43(1):89-96. Available from: http://search.proquest.com.ezproxy.lib.monash.edu.au/docview/858241255?accountid=12528

5 - Kanneganti P, Harris JD, Brophy RH, Carey JL, Lattermann C, Flanigan DC. The effect of smoking on ligament and cartilage surgery in the knee: a systematic review. Am J Sports Med [Internet]. 2012 Dec [cited 2013 Feb 19];40(12):2872-8. Available from: http://ajs.sagepub.com/content/40/12/2872 DOI: 10.1177/0363546512458223