

REVIEWER'S REPORT

Manuscript No.: IJAR-50873

Date: 04-04-2025

Title: EFFECTIVENESS OF PNF AND PROGRESSIVE RESISTANCE EXERCISE ON STRENGTHENING AND BALANCE IN PATIENTS WITH DIABETIC NEUROPATHY TYPE 2

Recommendation:

Accept as it is.....**YES**.....
 Accept after minor revision.....
 Accept after major revision
 Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality	√			
Techn. Quality		√		
Clarity		√		
Significance			√	

Reviewer's Name: Dr Aamina

Reviewer's Decision about Paper: **Recommended for Publication.**

Comments (*Use additional pages, if required*)

Reviewer's Comment / Report

The study titled “*Effectiveness of PNF and Progressive Resistance Exercise on Strengthening and Balance in Patients with Diabetic Neuropathy Type 2*” presents a well-structured investigation into physiotherapy interventions for diabetic neuropathy (DN). The research is methodically designed, incorporating a quasi-experimental pre-test and post-test model, and provides valuable insights into the comparative efficacy of Proprioceptive Neuromuscular Facilitation (PNF) and Progressive Resistance Exercise (PRE) in improving strength and balance among DN patients.

The **Abstract** effectively summarizes the study, outlining the background, objectives, methodology, results, and conclusions. The prevalence of DN and its associated complications are well-articulated, and the rationale for exploring PNF and PRE as rehabilitation strategies is clearly established. The inclusion of statistical significance ($p < 0.001$) reinforces the credibility of the findings, and the distinction between the specific benefits of each intervention is well highlighted. The structured format and concise presentation ensure clarity and coherence.

The **Introduction** provides a comprehensive overview of diabetic neuropathy, its pathophysiology, and its impact on neuromuscular function. The discussion on the role of chronic hyperglycemia, oxidative stress, and vascular damage in neuropathy progression adds depth to the background. The explanation of

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PNF and PRE, along with their respective mechanisms in neuromuscular rehabilitation, is well-articulated. The rationale for investigating both techniques, individually and in combination, is logically presented, reinforcing the significance of the study. The introduction successfully establishes the need for further research on their comparative and combined effects in DN rehabilitation.

Overall, the study is well-structured, with a clear research focus, strong methodological framework, and compelling statistical evidence supporting its conclusions. The integration of both PNF and PRE in rehabilitation protocols appears to be a valuable approach for improving strength, balance, and overall quality of life in DN patients.