

## REVIEWER'S REPORT

Manuscript No.: IJAR-50912

Date: 07-04-2025

**Title: THE EFFECT OF LOCALISED VIBRATION ON HAMSTRING AND QUADRICEPS MUSCLE IN YOUNG ADULTS TO OVERCOME TIGHTNESS**

### 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

#### General Evaluation:

This manuscript explores a relevant and timely subject within the fields of sports science and physiotherapy. It presents a comparative investigation of localized vibration therapy and traditional static stretching, focusing on flexibility and functional outcomes in young adults experiencing muscle tightness. The research is well-articulated, addressing a pertinent clinical need, and offers compelling data to support the potential benefits of vibration-based interventions.

#### Abstract:

The abstract is well-structured and effectively summarizes the study's background, objectives, methodology, key findings, and conclusion. It clearly communicates the practical relevance of

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the research, the approach taken, and the significance of the results. The inclusion of quantitative results (p-values and measured outcomes) enhances the abstract's scientific clarity and precision.

### **Introduction:**

The introduction provides a strong foundation for the study by contextualizing the problem of muscle tightness among young adults. It addresses the limitations of existing stretching techniques and presents localized vibration therapy as a modern alternative. The narrative is well-supported by relevant references and leads logically to the research objectives. The rationale for exploring vibration therapy in large muscle groups is appropriately highlighted, identifying a gap in the current literature.

### **Research Design and Methodology:**

Although the detailed methodology is limited in the provided text, the description in the abstract offers sufficient insight into the experimental design. The use of randomized assignment, objective assessments (ROM via goniometry, EMG for muscle activation, and TUG for functional performance), and a controlled intervention setup indicates a methodologically sound approach. The inclusion of immediate and 24-hour follow-up evaluations allows for a meaningful assessment of both short-term effects and sustained impact.

### **Results and Analysis:**

The reported results show statistically significant improvements in the intervention group for all measured outcomes. The inclusion of both functional and physiological indicators (ROM, EMG, TUG) offers a comprehensive understanding of the therapy's impact. The clarity in presenting these outcomes strengthens the credibility and relevance of the findings.

### **Conclusion:**

The conclusion is concise and reflects the findings accurately. It reiterates the practical benefits of localized vibration therapy, emphasizing its effectiveness, efficiency, and suitability for integration into physiotherapy protocols. The emphasis on its application in physically active populations reinforces its clinical and performance-enhancing relevance.

### **Contribution to the Field:**

This study contributes meaningful insights into an evolving area of rehabilitation science. By

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focusing on young adults and using a comparative framework, it addresses both practical and theoretical aspects of managing muscle tightness. The integration of technology-based therapy reflects current trends in evidence-based practice, supporting its potential translational value for clinicians and trainers.

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