



# International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

*www.journalijar.com*

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## REVIEWER'S REPORT

The outcome section is clear and impressive: By week 6, the athlete was pain-free and fully mobile. By 3 months, he resumed advanced lifts. By 9 months, he returned to national competition symptom-free and with improved performance metrics.

### Clarity and Organization:

The manuscript is clearly written and logically structured. Minor grammar and formatting corrections are needed, but the overall presentation is strong.

### Overall Assessment:

This is a well-prepared, clinically valuable case report that demonstrates the successful use of multimodal, non-surgical rehabilitation in an elite young athlete. The manuscript can be accepted for the publication.