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International Journal of Advanced Research

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REVIEWER' S REPORT

Manuscript No.: IJAR-52307 **Date: 17/06/2025**

Title: Case Report: Multimodal Rehabilitation in a Young Olympic Weightlifter with Chronic Lumbosacral Pain and Lower Limb Neurological Deficits

Recommendation:	Rating	Excel.	Good	rair	roor
Accept as it is	Originality		1		
Accept after minor revision Accept after major revision	Tochn Ouglitz		1		
Do not accept (Reasons below)	Clariter	✓			
	Significance	✓			

Reviewer Name: Sakshi Jaju Date: 17/06/2025

Reviewer's Comment for Publication.

Abstract

The abstract presents a concise and well-structured summary of the case. The abstract successfully highlights the main message: conservative multimodal rehabilitation can prevent surgery and fully restore performance in elite adolescent athletes.

Introduction

The introduction provides a strong context for the growing concern of lumbar disc pathology in adolescent weightlifters. The rationale for using the McKenzie method and neurodynamic approaches is well explained, supported by relevant literature.

Data and Methodology:

This section follows a systematic layout typical of a clinical case report, including detailed history, patient demographics, and assessment findings.

Results and Discussion:

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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.