

REVIEWER'S REPORT

Manuscript No.: IJAR-52351

Date: 18/06/2025

Title: A case report on effectiveness of Spencer technique on pain, ROM, and disability in a subject with shoulder impingement syndrome

Recommendation:

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

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

Reviewer Name: Dr. S. K. Nath

Date: 18/06/2025

Reviewer's Comment for Publication:

The study concludes that the Spencer technique, when combined with conventional physiotherapy, is effective in reducing pain, enhancing shoulder range of motion, and decreasing disability in a patient with shoulder impingement syndrome. The positive outcomes suggest potential benefits of this manual therapy approach, but larger-scale, controlled trials are necessary to validate these findings. Overall, this case report provides valuable clinical insights into the application of Spencer technique for shoulder impingement, demonstrating promising results. However, due to its design as a single case study, further research with larger sample sizes and controls is needed to establish definitive efficacy.

Reviewer's Comment / Report

Strengths of the Study

- **Focused Intervention:** The report clearly details the combined treatment protocol, emphasizing the Spencer technique and its integration with other physiotherapy modalities.
- **Quantitative Outcomes:** Use of standardized measures such as SPADI scores and ROM assessments provides objective evidence of improvement.
- **Clinical Relevance:** Addresses a common shoulder condition with practical therapeutic approaches, which can inform physiotherapy practice.
- **Detailed Case Description:** The patient's history, examination findings, and intervention steps are thoroughly documented, enhancing reproducibility.
- **Follow-up Data:** Post-treatment follow-up (2 weeks after intervention) adds insight into the durability of the treatment effects.

Weaknesses and Limitations

- **Single Case Study:** Findings are based on one subject, limiting generalizability; no control group for comparison.
- **Short Follow-up Duration:** Only 2 weeks post-treatment follow-up; long-term effects of the intervention remain unassessed.
- **Lack of Blinding:** Potential bias exists as both the practitioner and patient were aware of the intervention.
- **Absence of Electrophysiological or Imaging Data:** No objective imaging or neuromuscular assessments were provided beyond clinical measures.
- **Limited Literature Context:** The paper mentions limited evidence for Spencer technique efficacy in shoulder impingement, indicating a need for further research.