

REVIEWER'S REPORT

Manuscript No.: IJAR-52351

Date: 20-06-2025

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.....**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*)
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Reviewer's Comment / Report

General Comments:

This case report presents a focused and clinically relevant investigation into the effectiveness of the Spencer technique when applied as a part of the rehabilitation program for a patient with shoulder impingement syndrome. The study is contextualized well within the current understanding of shoulder pathologies and offers a rationale for applying the Spencer technique, traditionally used for adhesive capsulitis, to impingement syndrome.

Abstract and Background:

The abstract clearly outlines the clinical problem, prevalence data, and the motivation for exploring Spencer technique in this context. The background is well-referenced and gives sufficient justification for the intervention used. It appropriately identifies similarities between shoulder impingement and frozen shoulder, providing a logical foundation for extending the use of Spencer technique to this condition.

Study Design and Case Description:

The report employs a case study design, which is suitable for exploring the application of a specific therapeutic technique. The case description is concise and provides the necessary demographic and

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diagnostic details about the subject. The inclusion of standard measures such as NPRS, SPADI, and goniometric ROM assessment enhances the objectivity and clinical relevance of the findings.

Intervention and Outcome Measures:

The use of both conventional therapy and Spencer technique as a combined intervention reflects practical, real-world rehabilitation strategies. The selected outcome measures—NPRS for pain, SPADI for disability, and goniometry for ROM—are standard, validated tools that support the reliability of the results.

Results:

The improvements reported over the four-week period are significant and clinically meaningful. The detailed presentation of pre- and post-intervention scores for each outcome measure adds clarity and supports the conclusion that the Spencer technique contributed to improvements in shoulder function, mobility, and pain levels.

Conclusion:

The case report contributes valuable preliminary evidence to the potential role of Spencer technique in managing shoulder impingement syndrome. It invites further research and provides clinicians with a practical intervention option for similar cases.

References:

The references cited are appropriate and support the scientific rationale of the report.

Overall Evaluation:

The case report is well-structured, clinically relevant, and clearly presented. It adds to the body of knowledge on manual therapy techniques and their applicability in musculoskeletal shoulder conditions.