

REVIEWER'S REPORT

Manuscript No.: IJAR-55197

Title: Effect of Cryotherapy on Cardiac Recovery and Sprint Performance in Young Senegalese Football Players

Recommendation:

Accept as it is

Accept after minor revision.....x.....

Accept after major revision

Do not accept (*Reasons below*)

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

Reviewer Name: Dr. Mohammad Nadeem Khan

Detailed Reviewer's Report

The manuscript addresses a relevant and practical topic in sports science, focusing on recovery strategies for young football players in an underrepresented African context. The study is well-structured, methodologically sound, and supported by appropriate statistical analysis. The findings contribute meaningful regional evidence to the existing literature on cryotherapy and athletic recovery.

Title and Abstract

The title accurately reflects the content and objectives of the study. The abstract is clear, concise, and well-structured, presenting the background, methodology, key findings, and conclusions effectively. No major revisions are required.

Introduction

The introduction provides adequate background on cryotherapy and its physiological rationale. The authors appropriately highlight the lack of African and Senegalese data, which justifies the study. The research objective and hypothesis are clearly stated. Minor improvement could include briefly stating the practical implications earlier in the introduction.

Methodology

The methodology is clearly described and allows reproducibility.

Strengths:

- Clear inclusion and exclusion criteria
- Appropriate division into control and experimental groups

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- Use of validated heart rate monitoring equipment (Polar H10)
- Logical experimental phases (pre-test, intervention, post-test)
- Randomization procedures could be described more explicitly.
- Ethical approval or institutional consent should be explicitly stated, if obtained.

Statistical Analysis

The statistical methods used (paired and independent t-tests, descriptive statistics) are appropriate for the study design. The significance threshold ($p < 0.05$) is standard and acceptable. Results are clearly reported with p-values.

Results

The results are clearly presented and logically organized. The distinction between intra-group and inter-group comparisons is appropriate. Findings convincingly demonstrate the positive effect of cryotherapy on heart rate recovery and sprint performance.

Discussion

The discussion is well-developed and appropriately linked to existing international literature. Physiological mechanisms are clearly explained, and interpretations are scientifically sound. The authors correctly acknowledge study limitations, including sample size and lack of biochemical markers.

Conclusion

The conclusion is consistent with the results and emphasizes the practical applicability of cryotherapy in resource-limited sports settings. The recommendations for future research are relevant and realistic.

References

The reference list is extensive, relevant, and up to standard. Minor formatting consistency checks may be required, but no major issues are noted.

Minor Revisions:-

1. Explicitly mention ethical approval/consent procedures.
2. Clarify the randomization method used for group allocation.
3. Perform minor language polishing for consistency in tense and style.