

## 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.....

Accept after major revision .....

Do not accept (*Reasons below*) .....

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

Reviewer Name: Dr. Amina

### Reviewer's Comment for Publication.

The manuscript addresses a relevant and practically significant issue in sports science by examining recovery strategies for young football players, with particular emphasis on an underrepresented African context. The topic is timely, and the study contributes valuable regional evidence to the existing body of literature on cryotherapy and athletic recovery. Overall, the manuscript is well organized, methodologically sound, and supported by appropriate statistical analyses, making it a meaningful addition to the field. The title accurately reflects the scope and objectives of the study, and the abstract is clear, concise, and well structured, effectively summarizing the background, methods, principal findings, and conclusions without requiring major revision. The introduction provides adequate background on cryotherapy and its physiological basis, and the authors successfully justify the study by highlighting the scarcity of data from African and Senegalese populations. The research objectives and hypotheses are clearly articulated, although briefly introducing the practical implications earlier in the introduction could further strengthen reader engagement. The methodology is clearly described and reproducible, with well-defined inclusion and exclusion criteria, appropriate division into control and experimental groups, use of validated heart rate monitoring equipment (Polar H10), and logically structured experimental phases encompassing pre-test, intervention, and post-test assessments. While the design is robust, the description of the randomization procedure could be made more explicit, and the manuscript should clearly state whether ethical approval or institutional consent was obtained. The statistical analysis, including the use of paired and independent t-tests with a standard significance threshold of  $p < 0.05$ , is appropriate for the study design, and the results are clearly reported with relevant p-values. The results section is well organized, clearly distinguishing between intra-group and inter-group comparisons, and convincingly demonstrates the beneficial effects of cryotherapy on heart rate recovery and sprint performance. The discussion is comprehensive and well integrated with existing international literature, offering sound physiological explanations for the observed findings while appropriately acknowledging limitations such as the small sample size and absence of biochemical markers. The conclusion aligns well with the results, emphasizing the practical applicability of cryotherapy in resource-limited sports settings and offering realistic directions for future research. The references are extensive, relevant, and generally well formatted, requiring only minor consistency checks. In summary, the manuscript is suitable for

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publication after minor revision, specifically to clarify ethical approval and consent procedures, provide a more detailed explanation of the randomization method, and undertake minor language polishing to ensure consistency in tense and sty