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REVIEWER'S REPORT

Manuscript No.: IJAR-55459

Title: EFFECTIVENESS OF PROGRESSIVE RESISTANCE TRAINING FOR CHILDREN WITH SPASTIC DIPLEGIC CEREBRAL PALSY

Recommendation:

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

| Rating | Excel. | Good | Fair | Poor |
|----------------|-----------|------|------|------|
| Originality | | Good | | |
| Techn. Quality | Excellent | | | |
| Clarity | Excellent | | | |
| Significance | Excellent | | | |

Reviewer Name: Dr. Sumathi

Detailed Reviewer's Report

1. **Progressive resistance training (PRT) is a method of strength building where you gradually increase the stress (resistance) on your muscles as they adapt, forcing them to grow stronger, bigger, and more resilient. Instead of doing the same workout, you consistently challenge your body by increasing weights, reps, or reducing rest, using equipment like free weights, machines, or bands, to continuously stimulate muscle adaptation and prevent plateaus.**
2. **Pediatric rehabilitation helps children with disabilities or injuries reach their full potential by improving movement, communication, and daily living skills through an interdisciplinary team approach (physical, occupational, speech therapy) to enhance function, independence, and quality of life in a child-focused way, unlike adult rehab which restores lost function.**
3. **Neuro rehabilitation is a specialized medical process helping people recover from nervous system damage (brain, spinal cord, nerves) due to injury or disease, aiming to restore function, reduce symptoms (like poor mobility, speech, cognition), and improve overall quality of life through therapies like physical, occupational, and speech therapy, often using advanced tech like robotics.**

REVIEWER'S REPORT

4. Gross motor function refers to the ability to use the large muscles in your arms, legs, and torso for big, whole-body movements like walking, running, jumping, and balancing. It involves coordination, strength, and balance, forming the foundation for daily activities and even later developing into finer skills, with milestones appearing from infancy (head control) through childhood (running, skipping).
5. Spasticity is a condition of abnormal muscle stiffness or tightness (hypertonia) caused by nerve damage, leading to involuntary muscle contractions, exaggerated reflexes, and difficulty controlling movements, ranging from mild tightness to severe, painful spasms that can hinder walking, speech, and daily activities. It's a common symptom of neurological conditions like stroke, cerebral palsy (CP), multiple sclerosis (MS), and brain or spinal cord injuries.
6. Key words are excellent to understand .
7. Significant points are given.
8. Tables with graphs are good.
9. Summary points needed.
10. References should be in alphabetical order.
11. After those changes good to publish in your journal.