

## REVIEWER'S REPORT

Manuscript No.: IJAR-55460

**Title:** *THE EFFECTS OF COMBINED DYNAMIC AND STATIC EXERCISE PROTOCOLS IN TREATMENT OF CHRONIC NECK PAIN*

### 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		Good		
Clarity	Excellent			
Significance	Excellent			

Reviewer Name: Dr. Sumathi

### *Detailed Reviewer's Report*

- 1. Dynamic exercise involves rhythmic, continuous movements that take muscles and joints through a full range of motion, unlike static stretching where you hold a pose; it's used for warming up, improving flexibility, and enhancing performance by increasing blood flow, muscle temperature, and nerve activation, with examples like leg swings, walking lunges, and running.**
- 2. Physiotherapy rehabilitation is a healthcare field focused on restoring, maintaining, and maximizing movement and function after injury, surgery, or due to chronic conditions, using exercises, manual therapy, education, and other techniques to reduce pain, improve strength, flexibility, balance, and overall well-being, helping people regain independence in daily life. It's a core part of the broader rehabilitation process, often involving tailored exercise programs, stretches, and physical treatments like heat, cold, or electrical stimulation.**
- 3. Isometric training involves contracting muscles without changing their length or the joint's angle, holding a static position against resistance (like pushing a wall or holding a plank) to build strength,**

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improve stability, and enhance mobility, often with less joint stress than dynamic exercises, and can even help lower blood pressure over time. It's a gentler yet effective way to work muscles, perfect for rehab, older adults, or anyone seeking functional strength gains without bulking up.

4. The cervical spine is the neck region of your backbone, made of seven vertebrae (C1-C7) that support your skull, protect the spinal cord, and allow for head movement like nodding and turning. These bones (vertebrae) are cushioned by discs, surrounded by muscles and ligaments, and house the spinal cord, which carries messages to your brain and body. It's a complex and flexible structure crucial for head movement but is also vulnerable to injury.
5. "Lessen pain" means to reduce the intensity, severity, or strength of pain, making it feel weaker, more tolerable, or even disappear, often through actions, medicine, or time, similar to easing, alleviating, or diminishing discomfort.
6. Key words are excellent to understand.
7. Pictures, tables and graphs are excellent with significant points.
8. Summary points can be added.
9. References should be in alphabetical order.
10. After a small changes good to publish in your journal.