

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		✓		
Techn. Quality		✓		
Clarity			✓	
Significance	✓			

Reviewer Name: Dr S. K. Nath

Date: 26.12.25

Detailed Reviewer's Report

Strengths of the Study

- The study addresses an important clinical problem, chronic neck pain, which has significant implications for health and quality of life.
- The intervention combines both dynamic and static exercises, reflecting a comprehensive and potentially more effective approach.
- Utilizes a robust randomized controlled trial design, enhancing internal validity.
- The outcome measures include both subjective (VAS, NDI) and objective (ROM, muscle strength) assessments, providing a comprehensive evaluation.
- The statistical analysis employs ANCOVA with baseline adjustment and reports large effect sizes, strengthening the validity of the findings.
- The study demonstrates both statistical and clinical significance, with improvements exceeding MCID thresholds.
- Clear description of exercise protocols facilitates reproducibility and clinical application.

Weaknesses of the Study

- The sample size, although calculated via power analysis, remains relatively small with 30 participants per group, which may limit generalizability.
- The inclusion criteria restrict participants to a narrow age range (18–25), reducing applicability to broader populations with chronic neck pain.
- The study does not report long-term follow-up data to assess sustained effects of the intervention.
- Details regarding ethical approval or institutional review board clearance are not explicitly mentioned.
- The discussion could better contextualize findings within existing literature and address limitations explicitly.
- Some formatting inconsistencies are present, such as spacing and heading styles.
- Minor language issues and typographical errors are present but do not impair understanding.

Reviewer Comments

- The manuscript clearly presents a relevant research question and employs an appropriate study design.
- The abstract effectively summarizes the objectives, methods, and key findings.

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- The introduction provides adequate background, but could benefit from a more focused articulation of specific hypotheses and the rationale for combining exercises.
- The methodology is detailed, especially regarding exercise protocols and outcome measures. However, explicit mention of institutional ethical approval is needed to confirm adherence to ethical standards.
- The statistical methods are suitable; however, discussion about assumptions for ANCOVA should be included.
- Results are well-organized, and the presentation of data in tables is clear. Inclusion of confidence intervals alongside effect sizes would strengthen interpretation.
- The discussion appropriately interprets significant findings but should address potential limitations such as the small sample size and short follow-up period.
- The conclusion succinctly summarizes the main outcomes, endorsing the combined exercise protocol as effective.
- Ethical considerations such as informed consent are mentioned but should specify whether approval was obtained from an ethics committee, including the name and approval number.
- The language is generally clear, but certain sections could benefit from proofreading to improve clarity and eliminate minor typographical errors.
- The formatting of tables and headings needs consistency; standardizing font and spacing is recommended.
- References are comprehensive and relevant, but adherence to journal citation style should be confirmed.