



REVIEWER'S REPORT

Manuscript No.: IJAR-55535

Title: PAIN MANAGEMENT IN OBSTETRIC ANAESTHESIA & POST-CAESAREAN PHYSIOTHERAPY

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. Maternal recovery, is the crucial 6-8 weeks (or longer) after childbirth when a mother's body heals from pregnancy and delivery, and she adjusts emotionally and physically to motherhood, involving healing from physical trauma, hormonal shifts, and learning to care for a newborn while forming a new family unit.**
- 2. This period requires rest, good nutrition, and strong support for physical recovery (like healing stitches, shrinking the uterus) and mental well-being (managing mood swings, preventing postpartum depression).**
- 3. Multimodal analgesia is a pain management strategy that combines different types of medications, therapies, and techniques (like nerve blocks, acetaminophen, NSAIDs, gabapentinoids, and lower-dose opioids) to target pain at multiple points in the body's pain pathways, providing superior relief while significantly reducing reliance on opioids and their side effects (e.g., sedation, nausea, addiction). It's considered the modern standard for acute pain, especially after surgery, aiming for better recovery and function.**

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- 4. Post-caesarean physiotherapy helps mothers recover from C-section surgery by strengthening core and pelvic floor muscles, improving mobility, managing pain, and addressing issues like diastasis recti through targeted exercises, scar massage, and body mechanics training, guiding a safe return to daily activities and exercise.**
- 5. Therapists use manual techniques for scar tissue, teach proper lifting, and provide personalized plans for strength, posture, and preventing incontinence or back pain, boosting confidence and function.**
- 6. Postoperative pain (POP) is the discomfort experienced after surgery, ranging from expected, temporary acute pain at the surgical site to persistent chronic pain that lasts over three months, often due to nerve changes from the procedure, affecting healing and quality of life.**
- 7. It's a normal part of healing but needs management (medication, movement) to aid recovery and prevent complications like pneumonia, with severity and type (dull ache, stabbing) varying by surgery and person, managed with scales (0-10) and multimodal approaches.**
- 8. Key words are excellent to understand research topic.**
- 9. Abstract and methodology part are awesome.**
- 10. But there is no result and discussion part separately with tables and graphs.**
- 11. Summary points must be added.**
- 12. References should be in alphabetical order.**
- 13. After those corrections good to publish in your journal.**