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## REVIEWER'S REPORT

Manuscript No.: IJAR-56626

Title: "Effectiveness of Manual Therapy on Pain and Postural Modulation in Individuals Presenting with Forward Head Posture"

### 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

### *Detailed Reviewer's Report*

#### Strengths of the Study

- The research addresses a relevant and contemporary clinical issue related to forward head posture and musculoskeletal pain.
- The study employs a randomized controlled trial design, which enhances the validity of the findings.
- The intervention combines manual therapy techniques with conventional physiotherapy, adding an innovative and integrative approach.
- The outcome measures such as visual analog scale (VAS), craniovertebral angle (CVA), and neck disability index (NDI) are standardized, reliable, and valid.
- The statistical analysis, including effect size calculation, supports the robustness of the results.
- The study contributes valuable evidence supporting manual therapy as an effective non-invasive intervention for FHP.

#### Weaknesses of the Study

- The sample size of 30 participants is relatively small, which may limit the generalizability of the findings.
- The recruitment method using convenience sampling might introduce selection bias.
- Short-term follow-up is absent; the study does not assess the long-term sustainability of the treatment effects.
- Details regarding blinding and allocation concealment are missing, raising concerns about potential bias.
- The absence of a control group receiving placebo or sham treatment limits the ability to attribute improvements solely to the interventions.
- The methodology description lacks clarity on the standardization of manual therapy techniques, including therapist qualifications and treatment protocols.
- The discussion could better contextualize findings within existing literature, including limitations and potential confounding factors.
- The presentation of tables and figures could be improved for clarity and consistency.
- No mention of ethical approval, informed consent, or trial registration, which are critical for clinical research standards.

## **REVIEWER'S REPORT**

### **Reviewer Comments**

- The title accurately reflects the study's focus. The abstract effectively summarizes the purpose, methods, and key findings. However, it would benefit from clearer emphasis on the clinical importance of the results.
- The introduction provides a comprehensive overview of forward head posture and its implications, establishing a sound rationale for the study.
- The objectives are clearly stated but could be more explicitly aligned with the research hypotheses.
- The methodology section details the intervention protocols and assessment measures. Including more information on therapist training, treatment standardization, and blinding procedures would improve reproducibility.
- The statistical methods are appropriate but should include checks for inter-rater reliability if multiple assessors were involved.
- Results are presented clearly with statistical significance and effect sizes; however, the inclusion of confidence intervals for primary outcomes would strengthen interpretation.
- The discussion appropriately relates findings to prior research but should address limitations more directly and cautiously interpret the results given the sample size.
- The conclusion appropriately summarizes key findings but overstates the potential long-term impact without supporting follow-up data.
- Ethical considerations such as approval by an ethics committee, informed consent, and trial registration are not explicitly documented, which is crucial for publication standards.
- Language and grammar are generally acceptable but could benefit from careful proofreading to correct minor typographical and grammatical issues.
- Tables and figures are informative but should be formatted professionally for clarity and consistency.
- References are relevant and current; however, updates or additional recent literature could provide better contextualization.