



### REVIEWER'S REPORT

Manuscript No.: IJAR-56626

**Title:** *EFFECTIVENESS OF MANUAL THERAPY ON PAIN AND POSTURAL MODULATION IN INDIVIDUAL PRESENT 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		Good		
Techn. Quality	Excellent			
Clarity	Excellent			
Significance	Excellent			

Reviewer's ID: Dr. Sumathi

### *Detailed Reviewer's Report*

- 1. Forward head posture (FHP) is a common condition where your head is positioned with your ears in front of your body's vertical midline. In normal or neutral head posture, your ears line up with your shoulders and midline. FHP can cause neck pain, stiffness, an unbalanced gait, and other side effects.**
- 2. Manual therapy is a hands-on physical therapy technique where trained practitioners (physiotherapists, chiropractors) use their hands to apply pressure to muscles and manipulate joints. It is used to reduce pain, increase range of motion, decrease muscle spasms, and improve tissue repair, often paired with exercise for better outcomes.**
- 3. Postural modulation is the nervous system's continuous adjustment of muscle activity and sensory input to maintain balance (postural control) while moving or standing, involving sensory integration (vision, vestibular, proprioception) and motor responses to shift the center of mass. It involves anticipatory actions before voluntary movement and reactive adjustments to prevent instability.**

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- 4. Soft tissue mobilization (STM) is a hands-on physical therapy technique that uses deep pressure and stretching to release muscle tension, break up adhesions, and improve tissue flexibility. It targets muscles, fascia, and ligaments to treat injuries, reduce pain, increase blood flow, and restore normal function, often assisting with recovery from strains.**
- 5. Myofascial release is a safe, hands-on manual therapy technique that involves applying gentle, sustained pressure to the fascia—the connective tissue wrapping muscles and organs—to eliminate pain, increase range of motion, and restore postural balance. It treats chronic pain, fibromyalgia, headaches, and movement restrictions by releasing tight, stiff, or "stuck" areas.**
- 6. Musculoskeletal dysfunction refers to conditions affecting muscles, bones, joints, ligaments, and tendons, resulting in pain, reduced mobility, and functional impairment. Affecting over 1.7 billion people globally, these disorders range from acute strains to chronic diseases like arthritis, causing significant disability and reduced quality of life. Treatment involves physical therapy, exercise, and pain management.**
- 7. Rehabilitation is a comprehensive, multidisciplinary process aimed at restoring, improving, or maintaining physical, mental, and cognitive functions lost due to injury, illness, surgery, or chronic conditions. It optimizes independence and quality of life through tailored therapies, including physical, occupational, and speech therapy.**
- 8. Key words are given excellent!**
- 9. Methodology part is good.**
- 10. Result part is awesome with tables and graphs.**
- 11. Summary points can be included.**
- 12. References should be in alphabetical order.**
- 13. After a small changes good to publish in your journal.**