



SDI Review Form 1.6

Journal Name:	Advances in Research
Manuscript Number:	2014_AIR_9723
Title of the Manuscript:	EFFETC OF COLD WRAPS ON MUSCLE RECOVERY AFTER EXERCISE INDUCED MUSCLE SORENESS
Type of the Article	Original Research Article

General guideline for Peer Review process:

This journal's peer review policy states that **NO** manuscript should be rejected only on the basis of '**lack of Novelty**', provided the manuscript is scientifically robust and technically sound.

To know the complete guideline for Peer Review process, reviewers are requested to visit this link:

(<http://www.sciencedomain.org/page.php?id=sdi-general-editorial-policy#Peer-Review-Guideline>)



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PART 1: Review Comments

	Reviewer's comment	Author's comment <i>(if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)</i>
<u>Compulsory</u> REVISION comments	The effect of cold on muscle recovery after exercise is certainly an important area for research. However, some minor revisions are needed before publication.	Spelling error in title corrected
<u>Minor</u> REVISION comments	<p>The introduction is too long and presents irrelevant information eg between line 31 to 56 cold hidrotherapy, contrast baths and cold water immersion when it is not part of your methodology.</p> <p>Material and methods #Line73 What is "NSAID"? Full form of each abbreviation should be given in parentheses at first use in the text. #Line 74 "Tables 1" or "Table 1"?</p> <p>Results #Line 204 "days 12" is incorrect! Check please.</p> <p>Discussion #Line 303 and 304 "In other studies" where are the references? #Line 309 What is "dc"?</p> <p>References All authors must be included to maximum of 6 authors followed by et al. Please check all the references.</p>	<p>Contrast baths removed but cold hydrotherapy is basically the same treatment as cold packs so some of it was left in</p> <p>NSAID spelled out</p> <p>Table corrected</p> <p>Comma inserted as suggested</p> <p>References added</p> <p>DC defined</p> <p>fixed</p>



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<u>Optional/General</u> comments		
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