



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 (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)
<u>Compulsory</u> REVISION comments	<p>The manuscript and field of study is an important one and the authors have shown novelty in presenting the findings in the manuscript. However, the following major and minor revisions will improve the overall product of the study. If/when the following revisions are conducted, it allows for further work to be explored by the authors as they will have a good base/depth to work from. I recommend the article for publication, provided the following revisions are addressed.</p> <p>These are the following important/major revisions for the manuscript:</p> <ol style="list-style-type: none"> 1. Grammar and re-structuring of sentences needs to be considered throughout the manuscript and especially in the abstract. 2. There is A LOT of short sentences in this manuscript. The author should concentrate on integrating sentences and keep away from paraphrasing words which are out of place. 3. The manuscript should be 'middle' aligned. At present it is aligned to the left which places an untidy format on the structure. 4. Very few references are utilized between 2011-2014, yet there is a wealth of articles and work published in this area (cryotherapy, pre-cooling, recovery, etc) The author should update and further 	<p>Sentences restructured and rewritten as shown in yellow. Alignment changed as requested.</p>



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	<p>explore references which closely align the content of the paper.</p> <p>PLEASE correct the above major revisions (1 - 4) THROUGHOUT the manuscript</p> <ul style="list-style-type: none">- A MAJOR suggestion is for the authors to consider receiving assistance from an English expert on academic writing as the manuscript is currently reading at times as a magazine article. The content of the paper is definitely apparent. However, this manuscript is pitched at an academic audience, and so a lot of work is needed to be structured and to be amended in order for it to fit this standard accordingly.	
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<p>Minor REVISION comments</p>	<ul style="list-style-type: none"> - Title needs to change from 'Effetc' to 'EFFECT' - Sentence 27 – rephrase and exclude the word 'for' - Sentence 29 – 30 should be part of the hypothesis and should come before the Methodology. - Sentence 41 – 43 should be brought in the discussion as its relating to the current study comparing it to a similar study. - Sentences 41 – 56, comparisons of similar studies are discussed on the subject. However, the rationale of this study needs to come out in a clearer way. Therefore, these studies need to link to each other well, one idea to the next, as it reads as a mini-literature review. - The aim should be listed as a separate heading as its currently 'hidden' in the last paragraph of the introduction. - Sentence 69 – 73 should be listed in the results section under a new heading 'demographics/participants'. - Sentence 74 – 76 should be listed in a new heading 'ethical considerations' - P value for Table 1? - ACADEMIC References for muscle strength and subjective pain measurements as well as the rest of the measurement descriptions? - Where is the statistical analysis for what the author did? This needs to be a separate heading under the methodology after 'procedures'. 	<p>Spelling corrected</p> <p>Rephrased Sentence shortened and corrected added to the hypothesis.</p> <p>It doesn't refer to this study- reference cited</p> <p>Linked done by changing wording</p> <p>I think these sentences should stay under materials and methods</p> <p>added</p> <p>Added</p>
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	<ul style="list-style-type: none">- An introductory paragraph for the results is needed. Don't simply state the figures shown in 1 – 7- Rephrase sentence 302, not making sense.- Rephrase sentence 312.- Sentences 318 – 320, not academic language...- A limitations and strengths section before the conclusion will be beneficial and also add value if further research is to be conducted in this area.	Edited Rewritten Rewritten added
<u>Optional/General</u> comments	<ul style="list-style-type: none">- Consider including a practical/clinical implications heading before the 'conclusions' as well. This can extremely help those professionals working with such individuals/athletes on a daily basis, especially when temperatures are higher than 25 degrees C.	added