

## Review Form 1.6

Journal Name:	<a href="#">Journal of Pharmaceutical Research International</a>
Manuscript Number:	Ms_JPRI_78602
Title of the Manuscript:	Effectiveness of Myofascial Release Vs High frequency TENS for Pain Relief and Functional improvement in College Students with Trapezius Myalgia: A Comparative Study
Type of the Article	Study Protocol

### **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:

<https://www.journaljpri.com/index.php/JPRI/editorial-policy>

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**PART 1: Review Comments**

	<b>Reviewer's comment</b>	<b>Author's comment</b> (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)
<b>Compulsory</b> REVISION comments	<p>Interesting work. Needs tweaking, please see my comments.</p> <p><b>1# INTRODUCTION</b> - The first paragraph of the introduction lacked information about the connection between the trapezius muscle and the stomatognathic system and the possible influence of myalgia on the temporomandibular joint.</p> <ul style="list-style-type: none"> <li>doi:<a href="https://doi.org/10.3390/diagnostics11040580">10.3390/diagnostics11040580</a></li> </ul> <p>Another shortcoming is the lack of explanation for the onset of myalgia in patients. Add a broader etiopathology of the phenomenon. For example, myalgia can occur after a wiplash injury.</p> <ul style="list-style-type: none"> <li>doi: <a href="https://doi.org/10.1007/s11916-005-0008-5">10.1007/s11916-005-0008-5</a></li> </ul> <p>Please complete the information.</p> <p><b>2#</b> "Trigger points can be located by palpation over the muscle." - This is not complete information please refer to the literature below and correct the sentence.</p> <p>"The current gold standard for the diagnosis of Trigger points is the physical examination as described in <i>The Trigger Point Manual</i>: 1) palpation of a taut band; 2) identification of an exquisitely tender nodule (MTrP) in the taut band; and 3) reproduction of the patient's symptomatic pain with sustained pressure."</p> <ul style="list-style-type: none"> <li>doi: <a href="https://doi.org/10.1016/j.pmrj.2015.01.024">10.1016/j.pmrj.2015.01.024</a></li> </ul> <p>or</p> <p><input type="checkbox"/> ISBN-10 : 9780781755603  <input type="checkbox"/> ISBN-13 : 978-0781755603</p> <p><b>3#</b> Please add a null hypothesis after the purpose of the study.</p> <p><b>4#</b> "Ethical Committee of Datta Meghe Institute Of medical sciences, Deemed to be university." - Please provide the bioethics committee consent number, approval number or resolution number. This will be confirmed by this sentence.</p> <p><b>5#</b> " The design of the study is cross sectional study enrolling 45 participants." - There is a lack of clear information on how many women there were and how many men. Please add this information.</p> <p><b>6#</b> " 1. Patients who are willing to participate." and "6. Those who intend to participate in the study ". - Similar in meaning, reword or delete one.</p> <p><b>7#</b> "4. those who had history of any upper limb surgery" - it should be stated how many months/years until the examination. Was the surgery an exclusion regardless of time ?          " Those who were healing from fractures" - same recommendations as above</p>	

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	<p><b>8#</b> " Those who had history of referred pain." - By whom was this investigated and by what method ?</p> <p><b>9#</b> "Each participant will undergo the measurement of cervical range of motion prior to starting the treatment." - How will the range of motion be tested? Will it be a manual or computerized measurement? Describe the procedure accurately.</p> <p><b>10#</b> " The participants in this group will undergo Myofascial Release Technique for the trapezius muscle, 5-10 minutes per day for 4 days per week for 4 weeks. Deep Transverse friction will be given first which will be followed by myofascial stretching of the upper trapezius muscle, all together for around 10 minutes. It will include use of techniques such as thumb after thumb pattern, ulnar border of palm and forearm to apply pressure and glide medially towards the base of neck or towards upper scapular region. It will be followed by application of cold pack over the trapezius to reduce the chances of soreness of the muscle. Daily this same procedure will be performed on the subjects to get the desired results." There is a lack of reference to literature. Who described this technique? Was it standardized?</p> <p><b>11#</b> DATA COLLECTION AND MANAGEMENT - Information on statistical analysis is missing. What tests will be used. What will be the significance threshold, etc. Please complete this.</p>	
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<p><b>Minor</b> REVISION comments</p>	<p>1# Add missing dots at the end of sentences:</p> <p><b>" PARTICIPANTS-</b></p> <p>The inclusion criteria of participants are under-</p> <ol style="list-style-type: none"><li>1. Patients who are willing to participate.</li><li>2. Age group 18-25 years old</li><li>3. Both males and females</li><li>4. Those who complain of excess pain and stiffness of neck</li><li>5. Those who have tight upper trapezius muscle</li><li>6. Those who intend to participate in the study</li></ol> <p>Exclusion criteria for participants are under-</p> <ol style="list-style-type: none"><li>1. Those who are more than 25 years of age</li><li>2. Those who suffered from structural abnormalities like torticollis, scoliosis</li><li>3. Those who had any wound over the neck area</li><li>4. those who had history of any upper limb surgery</li><li>5. Those who had history of referred pain.</li><li>6. Those who were healing from fractures</li><li>7. Those who had any skin disease over their back</li><li>8. Those who are registered in another clinical trial"</li></ol> <p>2# " Numerical Pain Rating Scale (NPRS) and Neck Disability Index (NDI)." - Just expand the shortcuts once, no need to do it again.</p>	
<p><b>Optional/General</b> comments</p>	<p>Not applicable.</p>	

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**PART 2:**

	<b>Reviewer's comment</b>	<b>Author's comment</b> <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>
<b>Are there ethical issues in this manuscript?</b>	<i>(If yes, Kindly please write down the ethical issues here in details)</i>	

**Reviewer Details:**

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