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REVIEWER'S REPORT

Manuscript No.: IJAR-50365

Date: 21/2/2025

Title:

Neuromuscular training and its effect on quadriceps activation and ACL protection.

Recommendation:

Accept as it is
 Accept after minor revision. ✓

 Accept after major revision

| Rating | Excel. | Good | Fair | Poor |
|----------------|--------|------|------|------|
| Originality | | Good | | |
| Techn. Quality | | Good | | |
| Clarity | | Good | | |
| Significance | | Good | | |

Reviewer Name: Dr.Sumathi

Date: 21/2/2025

Reviewer's Comment for Publication.

(To be published with the manuscript in the journal)

The reviewer is requested to provide a brief comment (3-4 lines) highlighting the significance, strengths, or key insights of the manuscript. This comment will be Displayed in the journal publication alongside with the reviewers name.

Neuromuscular training is a form of exercise that aims to improve the efficiency and coordination of the nervous and muscular system. It focuses on enhancing the communication between the brain , spinal cord, and muscles to optimize movement patterns and reduce the risk of injury.

Detailed Reviewer's Report

- 1. Neuromuscular training primarily impacts the body by improving coordination, balance, agility and muscle activation by enhancing the communication between the nervous system and muscles.**

REVIEWER'S REPORT

- 2. Effectively reducing the risk of injury while optimizing athletic performance, particularly in sports requiring rapid changes in direction and speed.**
- 3. Neuromuscular training, particularly when using techniques like neuromuscular electrical stimulation can significantly improve quadriceps muscle strength by enhancing nerve activation and muscle recruitment, leading to better muscle contraction and function.**
- 4. Especially in situation where quadriceps weakness exists due to injury or surgery like ACL reconstruction. However while effective, it may not be as potent as traditional resistance training alone for pure muscle mass gain.**
- 5. Quadriceps activation is the process of engaging the quadriceps muscles. We can activate exercises like quad sets, straight leg raises, split squats, banded squats and step ups.**
- 6. ACL protection can include strengthening the muscles around the knees, practicing proper landing technique and wearing a knee brace.**
- 7. This research findings are essentially scientific research.**
- 8. Informations are given very less. Review of points can be added more. Flow charts of topic research should be given. Relevant pictures can be given.**
- 9. Where is results?. There is no tables with results.**
- 10. Summary parts must be included. Discussion points need to include more.**
- 11. This research is value to publish after minor correction.**