

Review Form 1.7

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Journal Name:	Journal of Complementary and Alternative Medical Research
Manuscript Number:	Ms_JOCAMR_114695
Title of the Manuscript:	Enhancing Vascular Adaptations: A Comprehensive Review on the Impact of Theraband Training with Blood Flow Restriction in Women
Type of the Article	

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)
<p>Compulsory REVISION comments</p> <ol style="list-style-type: none"> 1. Is the manuscript important for scientific community? (Please write few sentences on this manuscript) 2. Is the title of the article suitable? (If not please suggest an alternative title) 3. Is the abstract of the article comprehensive? 4. Are subsections and structure of the manuscript appropriate? 5. Do you think the manuscript is scientifically correct? 6. Are the references sufficient and recent? If you have suggestion of additional references, please mention in the review form. <p><u>(Apart from above mentioned 6 points, reviewers are free to provide additional suggestions/comments)</u></p>	<ol style="list-style-type: none"> 1. BFR training is new and interesting method for all fitness community. There is a bunch of publication about this subject and this is one of this. Today the task is to narrow down scientific research in the study of this training technique. Probably such a study will set the right direction for further research. 2. Maybe it is better to name the women field of interest like “..women training/ fitness/ health”. But it is okey with in original title. 3. Yes. 4. Yes. 5. Yes, but there is some question about the Literature research. 6. I think that 10 references in this type of research isn't enough. BFR method in quite common in female training. There is examples: <ul style="list-style-type: none"> - Eccentric and blood flow restriction exercises in women induce hypertrophy/ January 2020The Journal of sports medicine and physical fitness 59(12); - Efficacy of Blood Flow Restricted Low-Load Resistance Training in Women with Risk Factors for Symptomatic Knee Osteoarthritis/ October 2014- PM&R 7(4); - Acute Effects of Resistance Exercise With Blood Flow Restriction in Elderly Women: A Pilot Study/ December 2020 / Journal of Aging and Physical Activity 29(3):1-11 - Let's talk about sex: Where are the young females in blood flow restriction research? / October 2016 / Clinical Physiology and Functional Imaging 38(1) And this is just fast search on researchgate.com. <p>My opinion that the author needs to study the issue in more detail and deeply.</p>	
<p>Minor REVISION comments</p> <ol style="list-style-type: none"> 1. Is language/English quality of the article suitable for scholarly communications? 	<ol style="list-style-type: none"> 1. Language quality is good 	
<p>Optional/General comments</p>	<p>Qualitatively structured and described work, but not sufficiently disclosed scientific method of literature analysis</p>	

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PART 2:

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

Reviewer Details:

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