

# Sports Medicine and Rehabilitation

Review Report

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**Article Title:** The Effects of Localized Vibration on the Flexibility of the Spine and Lower Extremities

**Reviewer:** Junhao Huang, Guangzhou Sport University, China

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**Review Status:** Revision Required

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## Review Report

The main purpose of the present study was to determine the relationship between LV and flexibility. The study presents an acute effect on flexibility after LV application. The study is in general well written, however, below several issues should be addressed before acceptance.

1. The lack of data for follow-up visits shall be explained.
2. In Table 2, the meaning of the numbers in the brackets is not showed; and the number for all of the individuals participating in the regular exercise program should be 27 but not 57.
3. Figure 1 shall label the positions by numbers which could be corresponding to the description from the Procedures respectively.
4. Figure 2 and Figure 3 shall label the significance if any.
5. The Conclusion part shall be straight forward and concise.
6. In Conclusion, "Although LV increases pre exercise flexibility and may be helpful as an adjunct to pre performance preparaton. Optmal flexibility has not been determined", the full stop should be replaced to the comma.
7. References: all references are before 2013. Recent publications regarding the topic of the manuscript in these three years should be added.

I have read this submission. I believe that I have an appropriate level of expertise to confirm that it is of an acceptable scientific standard, however I have significant reservations, as outlined above.