

# Sports Medicine and Rehabilitation

Review Report

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**Article Title:** Relationship between Kayaking Movement on Water and Physical Flexibility Among High-School Canoe Sprint Athletes

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**Review Status:** Revision Required

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## Review Report

Non-traumatic injuries occur in many sports. Kayakers experience repeated overload on the structures of trunk and shoulders which result in specific disorders such as low back pain and should pain.

In this manuscript, the authors studied the relationship between kayaking movement on water and physical flexibility among high-school canoe sprint athletes. They evaluated some kinds of physical flexibility data by measuring the angles of trunk, shoulder and elbow joints during catch phase and middle phase. The authors concluded that the flexibility of hip inner rotators and hamstrings was thought to be a factor of excessive movement of the shoulder and trunk. This study provided some basic data for disorder prevention of kayaking movement.

This is an original and meaningful study. The experiment design is reasonable and the experiment data are generally well done and clear.

However, the manuscript should be improved clearly and concisely especially in the context of methods and results. It's better to illustrate the physical flexibility data and angle data from the kayaking movement in case these data could be easily recognized and understood by the readers.

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.