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| Book Name: | [Medical Science: Recent Advances and Applications](https://bookstore.bookpi.org/product/medical-science-recent-advances-and-applications-vol-1/) |
| Manuscript Number: | **Ms\_BPR\_5177** |
| Title of the Manuscript: | **The Science of Recovery: Optimizing Post-Exercise Muscle Healing** |
| Type of the Article | **BOOK CHAPTER** |

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| PART 1: Comments | | |
|  | Reviewer’s comment **Artificial Intelligence (AI) generated or assisted review comments are strictly prohibited during peer review.** | Author’s Feedback *(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)* |
| **Please write a few sentences regarding the importance of this manuscript for the scientific community. A minimum of 3-4 sentences may be required for this part.** | **Human body is anatomically & physiologically designed and composed for movement. This requires muscle activities and muscle works which increase in exercise situations depending on the volume of the exercise and degree of exertion with muscle fatigue setting in, in the process of the exercise. It is thus scientifically needful to study, discusss and provide elaborate proven scientific basis for recovery of these muscles for their subsequent optimal performance. This opens up way for critical thinking on future post exercise muscle recovery and healing.** |  |
| **Is the title of the article suitable?**  **(If not please suggest an alternative title)** | **The title is suitable and addresses the discuss ‘The Science of Recovery: Optimizing Post-Exercise Muscle Healing’** |  |
| Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here. | **The abstract of the article comprehensive** |  |
| **Is the manuscript scientifically, correct? Please write here.** | **This manuscript is scientifically correct and well coherently stated with internal consistency.** |  |
| **Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.**  **-** | **The references were particularly checked for their relevance to the discuss and whether they are recent. I hereby confirm that they are both sufficient and recent.** |  |
| Is the language/English quality of the article suitable for scholarly communications? | **The language employed in this manuscript are scholarly inclined and acceptable.** |  |
| Optional/General comments | **This manuscript seek to provide solution to everyday problem encountered by nearly all and is quite relevant to the scientific work.**   * **In-text citations may be considered if it is consistent with the style of article in this book writing.** |  |

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| **PART 2:** | | |
|  | Reviewer’s comment | Author’s comment *(if agreed with the reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)* |
| **Are there ethical issues in this manuscript?** | *(If yes, Kindly please write down the ethical issues here in detail)* |  |

**Reviewer details:**

**Babatunde Gbolahan Ogundunmade, Jos University Teaching Hospital, Nigeria**