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Enhancing Elderly Well-being: The Impact of Fall-Proof Exercise Programs on Quality of Life

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1. Round 1

1.1 Reviewer 1

Reviewer:

The phrase “balance exercises may range from simple standing exercises to more complex tasks” is too vague. Consider providing specific examples of both simple and complex exercises to give readers a clearer understanding of what these programs entail.

The inclusion of “functional mobility tasks” is crucial, but the section would benefit from elaborating on which daily activities are simulated in these exercises and why they are important.

The claim that "improvements in balance and postural control" are common outcomes should be supported with quantitative data or statistical results from referenced studies to provide a clearer understanding of the degree of improvement.

In the discussion of strength training benefits, it would be helpful to provide more detail on specific muscle groups targeted (e.g., lower body, core) and how improvements in these areas relate to fall prevention.

The phrase "These programs have shown promising results in reducing the fear of falling" would benefit from quantification or examples from specific studies, such as the percentage reduction in fear scores among participants.

When discussing the improvement in cognitive abilities, it would be valuable to specify which cognitive domains (e.g., working memory, attention) are most affected by fall-proof exercises, with supporting evidence from studies.

Author revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Reviewer:

The sentence "Falls not only pose immediate physical risks but can also initiate a cascade of negative outcomes" would benefit from more clarity. Consider specifying the "cascade of negative outcomes" with examples, such as increased dependency on caregivers or prolonged hospital stays.

In the statement "The psychological toll of falls can significantly impair an individual's confidence," it would be helpful to include a reference or data supporting this claim to strengthen its credibility.

The reference to “self-imposed activity restrictions” is vital but lacks depth. It would be beneficial to elaborate on the types of activities that are typically restricted and how this contributes to the cycle of reduced physical function.

In the methods section, the search strategy mentions a “snowballing technique.” This technique requires further clarification—specify how it was applied and the criteria used to identify additional relevant studies.

The time range (2014–2024) for included studies is appropriate, but there is no rationale given for this range. Please include an explanation, such as significant developments in fall-proof exercise research during this period.

In the sentence "These multifaceted benefits contribute to a more fulfilling and satisfying life," the connection between specific aspects of fall-proof exercises and overall life satisfaction should be elaborated on to make the argument more convincing.

The claim that social engagement is improved through group-based fall-proof programs needs more evidence. Consider citing specific studies that measure social interaction or peer support outcomes.

The reference to "gender-specific considerations" is important but underexplored. Discuss potential physiological and psychological differences between men and women that might affect the design and outcomes of fall-proof exercises.

The section discussing the impact of fall-proof programs on individuals with chronic conditions, such as stroke patients, would benefit from more detailed descriptions of adaptations made to these programs for different health conditions.

Author revised the manuscript and uploaded the updated document.

2. Revised

Editor’s decision after revisions: Accepted.
Editor in Chief’s decision: Accepted.