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Aging, Exercise, and Injury: Integrative Approaches for Maintaining Mobility and Preventing Falls

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1. Round 1

1.1 Reviewer 1

Reviewer:

This claim would benefit from more specific statistical evidence or effect sizes from the cited studies to underscore the impact of proprioceptive decline on postural stability.

It would strengthen the argument to briefly mention the relative risk reduction percentages of integrative vs. exercise-only interventions, if available.

Suggest elaborating on the potential interventions for improving muscle quality, such as protein supplementation or neuromuscular electrical stimulation.

Consider expanding on how “perception of fall-prevention programs as necessary” translated into actual participation or behavior change.

You could further emphasize the role of comprehensive assessment tools (e.g., Berg Balance Scale, Timed Up and Go) to operationalize this understanding.

Recommend mentioning any age-specific contraindications or safety guidelines for resistance training in frail populations.

Please specify which types of flexibility exercises (e.g., dynamic vs. static stretching) have shown the most benefit in the studies reviewed.

The term “integrative” here may overlap with its later usage in multidisciplinary contexts. Consider specifying “multimodal” to avoid ambiguity.

Consider noting that visual correction can sometimes increase fall risk if adaptation is not supported by training or adjustment time.

Author revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Reviewer:

You may wish to state the specific research question or hypothesis guiding this review to better frame the reader's expectations.

Please explain why the exclusion of grey literature was necessary, especially given the narrative design which often incorporates policy reports or guidelines.

Elaborate briefly on how inter-rater reliability was ensured during thematic categorization, as this adds transparency and rigor to the analysis.

Clarify whether intrinsic foot muscle training is generalizable to broader populations or mostly applicable to high-fall-risk cohorts.

Suggest including a figure or table summarizing these integrative elements and their associated evidence strength.

Author revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.