

REVIEWER'S REPORT

Manuscript No.: IJAR- 54296

Title:

Recommendation:

Accept as it is Yes
 Accept after minor revision.....
 Accept after major revision
 Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		Yes		
Techn. Quality			Yes	
Clarity		Yes		
Significance		Yes		

Reviewer Name: Dr.T.Karthikeyan

Date: 11-10-25

Detailed Reviewer's Report

Reviewer Report

Title: A Combined Balance Training Approach to Improve Balance and Reduce Fall Risk in Young-Old Individuals: An Experimental Investigation

Type of Article: Original Research

Journal: [Not specified in file]

1. Overall Assessment

The study explores the impact of a combined balance training program on improving balance and reducing fall risk among young-old adults aged 65–74 years. The research topic is timely and relevant, particularly in the context of geriatric rehabilitation and fall prevention. The manuscript is clearly structured, scientifically sound, and contributes meaningfully to clinical practice in physiotherapy and geriatrics.

2. Strengths

- **Relevance:** The study addresses a crucial public health concern—fall prevention among older adults.
- **Clarity:** The paper is well-organized with logical progression from background to conclusion.
- **Intervention Design:** The inclusion of progressive phases (Basic, Moderate, Advanced) provides a clear, replicable training structure.
- **Statistical Significance:** Findings demonstrate clear improvement ($p < 0.001$) in both the Falls Efficacy Scale and Timed Up and Go Test.
- **Ethical Transparency:** Ethical approval and declarations of no conflict of interest are clearly stated.

3. Weaknesses / Areas for Improvement

Section	Issue	Recommendation
Abstract	Lacks detail on sample characteristics and duration	Include participant demographics and specify

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	of intervention.	training duration (6 weeks).
Introduction	The introduction is comprehensive but somewhat lengthy with overlapping citations.	Condense background information and emphasize research gaps clearly.
Methodology	Sampling method (convenience sampling) limits generalizability.	Discuss limitations of sampling in the discussion section.
Statistical Analysis	Version of SPSS and effect size not mentioned.	Include SPSS version and report effect size (Cohen's d).
Results Presentation	Tables are text-based and lack graphical representation.	Add figures or bar charts for pre-post comparisons.
Discussion	Needs deeper comparison with recent literature (post-2020).	Integrate newer studies to strengthen contextual relevance.
References	Most references are appropriate but dated (many pre-2017).	Update with at least 2–3 recent systematic reviews (2020–2024).

4. Ethical and Scientific Validity

- Ethical approval obtained.
- Methods appropriate for research question.
- Limited sample diversity (89.7% male) may affect gender generalizability.
- Statistical analysis is suitable for a pre-post design.

5. Language and Formatting

The manuscript is written in clear and professional English. Minor grammatical corrections and formatting consistency (e.g., spacing, numbering) are needed before publication. Ensure uniform citation style as per journal requirements (e.g., APA or Vancouver).

6. Recommendation

Decision: Accepted

The study design, execution, and analysis are methodologically sound. Minor improvements in clarity, literature update, and graphical presentation will significantly enhance readability and scientific value.

7. Summary of Required Revisions

1. Add detailed demographic characteristics in the abstract.
2. Shorten introduction—avoid repetitive content.
3. Mention SPSS version and report effect sizes.
4. Include visual data (graphs/tables).
5. Add recent references (2020–2024).
6. Address sample bias (gender imbalance) in discussion.
7. Proofread for minor language corrections.

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