

REVIEWER'S REPORT

Manuscript No :IJAR-54296

Date: 11/10/2025

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

Recommendation:

Accept after the minor changes

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

Reviewer Name: Mrs. Shreya Vaz

Date: 11/10/2025

Reviewer's Comment for Publication.

The article presents a brief report of to Improve Balance and Reduce Fall Risk in Young-Old Individuals

Detailed Reviewer's Report

This article is based comprises a brief contents.

The manuscript evaluates a six-week combined balance training intervention in 58 young-old adults (65–74 years). Pre- and post-intervention assessments using the Falls Efficacy Scale (FES) and the Timed Up and Go (TUG) test demonstrated statistically significant improvements in balance confidence (FES: 15.40 ± 2.77 vs. 11.79 ± 1.37 ; $p < 0.001$) and functional mobility (TUG: 11.76 ± 1.47 s vs. 9.76 ± 1.56 s; $p < 0.001$). The progressive protocol incorporated basic, moderate, and advanced phases combining motor and cognitive dual tasks. The authors conclude that the program effectively enhances postural control and reduces fall risk in young-old adults.

Major Comments

1. Study Design and Control Group

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- The one-group experimental design limits causal inference. Inclusion of a randomized control or comparison group (e.g., generic exercise) is essential to attribute improvements specifically to the combined balance protocol.

2. Gender Imbalance

- The sample comprises 89.7% males (n=52) and 10.3% females (n=6). Given known sex differences in fall risk and balance, analysis and discussion should address generalizability across sexes or justify the imbalance.

3. Statistical Reporting

- The manuscript reports p-values but omits effect sizes (e.g., Cohen's d) and confidence intervals. Effect sizes are crucial for assessing clinical significance beyond statistical significance.

4. Protocol Detail and Reproducibility

- While phases and exercises are listed, intensity, progression criteria, and individual adherence data are not described. Detailed protocols (e.g., duration/repetitions per exercise) and adherence rates are needed for reproducibility and interpretation of dose-response relationships.

5. Long-Term Follow-Up

- No follow-up assessments beyond the immediate post-intervention period are reported. Sustained effects on balance and fall incidence over months would strengthen the clinical utility of the findings.

Minor Comments

1. SPSS Version Specification

- Replace "SPSS software (version XX)" with the actual version used for analysis.

2. Literature Coverage

- Several relevant recent meta-analyses on balance training in older adults are missing from the introduction (e.g., Lesinski et al. 2015 is cited but newer studies could be included).

3. Typographical Errors

- Table labels and headings contain minor formatting inconsistencies (e.g., "Falls Efficacy Scale" lacking spaces). Standardize terminology throughout.

4. Clarity in Methods

- Specify inclusion/exclusion criteria and recruitment setting (e.g., community centers, clinics).

5. Ethical Approval Details

- Provide the ethics committee name, approval number, and date in the Declaration section.

6. Figures or Graphs

- Consider adding figures illustrating pre- vs. post-intervention group means with error bars to enhance data presentation.

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Recommendations for Revision

- Introduce or discuss a control/comparison group to strengthen causal claims or clearly acknowledge design limitations.
- Balance participant demographics or discuss implications of sex imbalance.
- Report effect sizes and confidence intervals alongside p-values.
- Expand the Methods section with precise exercise parameters, adherence monitoring, and recruitment details.
- Include a longer-term follow-up assessment or outline plans for future research on durability of effects.
- Address minor issues in statistical software citation, formatting, and ethics statement.

Conclusion: The study addresses an important clinical challenge and shows promising results. However, methodological refinements and enhanced reporting are required to substantiate the efficacy and reproducibility of the combined balance training protocol.

References; All the references are provided