








The effect of whole body Electromyostimulation exercises on improving static balance and self-efficacy in the elderly

Maedeh Ahmadpour^{1*}, Meysam Rezaei¹

¹ Department of Physical Education and Sport Sciences, Mashhad Branch, Islamic Azad University, Mashhad, Iran

* Corresponding author email address: M.ahmadpour_architect@yahoo.com

Editor	Reviewers
Seyed Hadi Seyed Alitabar  Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada. Email: hadialitabar@kmanresce.ca	Reviewer 1: Seyed Milad Saadati  Department of Laboratory Medicine and Pathobiology (LMP), University of Toronto, Canada. Email: m.saadati@mail.utoronto.ca Reviewer 2: Farzaneh Mardani  Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada. Email: farzanehmardani@kmanresce.ca

1. Round 1

1.1 Reviewer 1

Date: 22 August 2023

Reviewer:

The introduction succinctly outlines the relevance of EMS exercises for the elderly. Major revisions could include a broader overview of aging-related challenges, specifically focusing on static balance and self-efficacy. Incorporating statistics on falls and their impacts on the elderly's health and well-being could underscore the study's significance.

Strengthen the connection between the literature review and your study's specific aims. Highlight how your research extends or challenges existing knowledge, particularly concerning the elderly population.

The methodology outlines the EMS exercise regimen but lacks detailed specifications such as frequency, intensity, duration, and the type of EMS devices used. Providing this information would enhance the replicability of your study.

Clarify the criteria for participant selection, including any inclusion or exclusion criteria. A detailed demographic profile of the participants (age range, health status, baseline physical activity level) would also be valuable.

The discussion should more explicitly compare and contrast your findings with those from the literature review. Discuss any discrepancies and offer potential explanations based on the study design or participant characteristics.

Elaborate on the practical implications of your findings for geriatric care, physical therapy, or elderly fitness programs. How can EMS exercises be integrated into existing programs, and what considerations should be made?

Review the manuscript for consistency in terminology, formatting, and style. Ensure that the writing is accessible to a broad audience, avoiding jargon where possible and explaining terms when necessary.

Conduct thorough proofreading to correct typographical, grammatical, and punctuation errors. Consider engaging a professional editor to ensure the manuscript meets the highest standards of academic writing.

Authors revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Date: 25 August 2023

Reviewer:

Provide more context and clear definitions of key terms.

Broaden the scope and depth, and directly link to your study's aims.

Offer comprehensive details on the EMS protocol and participant characterization.

Use visual aids effectively and clarify statistical analyses.

Compare findings with existing literature and discuss practical implications and limitations.

Ensure the conclusion is impactful, and the manuscript is well-edited and formatted.

Authors revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.