

PEER-REVIEW REPORT

Name of journal: World Journal of Orthopedics

Manuscript NO: 54922

Title: Acute ankle sprain in athletes; Clinical aspects and algorithmic approach

Reviewer's code: 00502903

Position: Peer Reviewer

Academic degree: MD

Professional title: Assistant Professor

Reviewer's Country/Territory: United States

Author's Country/Territory: Iran

Manuscript submission date: 2020-02-25

Reviewer chosen by: Jia-Ping Yan

Reviewer accepted review: 2020-07-24 05:36

Reviewer performed review: 2020-07-27 20:35

Review time: 3 Days and 14 Hours

Scientific quality	<input checked="" type="checkbox"/> Grade A: Excellent <input type="checkbox"/> Grade B: Very good <input type="checkbox"/> Grade C: Good <input type="checkbox"/> Grade D: Fair <input type="checkbox"/> Grade E: Do not publish
Language quality	<input type="checkbox"/> Grade A: Priority publishing <input checked="" type="checkbox"/> Grade B: Minor language polishing <input type="checkbox"/> Grade C: A great deal of language polishing <input type="checkbox"/> Grade D: Rejection
Conclusion	<input type="checkbox"/> Accept (High priority) <input checked="" type="checkbox"/> Accept (General priority) <input type="checkbox"/> Minor revision <input type="checkbox"/> Major revision <input type="checkbox"/> Rejection
Re-review	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Peer-reviewer statements	Peer-Review: <input checked="" type="checkbox"/> Anonymous <input type="checkbox"/> Onymous Conflicts-of-Interest: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No



**Baishideng
Publishing
Group**

7041 Koll Center Parkway, Suite
160, Pleasanton, CA 94566, USA
Telephone: +1-925-399-1568
E-mail: bpgoffice@wjgnet.com
<https://www.wjgnet.com>

SPECIFIC COMMENTS TO AUTHORS

The manuscript presents a comprehensive review of acute ankle sprains, from basic anatomy to clinical evaluation and management and follow-up. I really enjoyed reading this review. The article is long enough to encompass a wide variety of topics but difficult to read in one sitting. It might fit well in a mini-series split by (i) anatomy and acute management and (ii) rehab and return to play. As the manuscript is applicable to both orthopedists and general practitioners, a basic anatomy figure to point out relevant ligaments and bones would be helpful. While the title specifies athletes, the information in this article applies to all populations, though with major emphasis on athletes. The Conclusion emphasizes the multiple myths and mistakes in ankle sprain care without referencing athletes. A more fitting title might be, "Acute ankle sprain: Clinical aspects, myths, return to play, and algorithmic approach" A few minor capitalization errors are made early in the manuscript, including "Rice" and "Immobilization" in the abstract, and "The" in the 3rd paragraph of Epidemiology. Please review the manuscript carefully for other errors. A brief definition of syndesmotric injuries could be provided in the 2nd paragraph of Epidemiology. "ADT" under Physical Examination needs to be defined previously. I assume this is anterior drawer test? The statement under Bracing and Immobilization, "Brace should be worn for a minimum of 6 months after an acute ankle sprain..." should include the words "moderate to severe" per the given reference. Under Strengthening Exercises, "PNF" needs to be defined. I think this refers to proprioceptive neuromuscular facilitation, correct? Under Return to Sport, the consensus statement from the American College of Sports Medicine is missing a reference. Under Taking All Together in an Algorithmic Approach, 3) ... "this comparison seems meaningless" might be more reasonably stated, "this comparison may be less meaningful...." The Figures' red title bar with white lettering seems difficult to read. Figure 3's red font against a gray background is difficult to read.



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Figure 3: "Ankle Re-examination" splits into 3 groups that are initially difficult to follow. Instead, the split could be in two parts: Pain & Swelling present or not, then Limited ROM or not in the no Pain & Swelling pathway. Figure 3: "Go to next phase" implies further instruction on the algorithm, which is not given. This might be addressed in a footnote to the Figure or in the body text. The final line "Further assessment" might be more appropriately "Individualized assessment." Again, congratulations on assembling this large amount of work and presenting it in such a cogent manuscript!

PEER-REVIEW REPORT

Name of journal: World Journal of Orthopedics

Manuscript NO: 54922

Title: Acute ankle sprain in athletes; Clinical aspects and algorithmic approach

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Position: Peer Reviewer

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Scientific quality	<input type="checkbox"/> Grade A: Excellent <input type="checkbox"/> Grade B: Very good <input checked="" type="checkbox"/> Grade C: Good <input type="checkbox"/> Grade D: Fair <input type="checkbox"/> Grade E: Do not publish
Language quality	<input checked="" type="checkbox"/> Grade A: Priority publishing <input type="checkbox"/> Grade B: Minor language polishing <input type="checkbox"/> Grade C: A great deal of language polishing <input type="checkbox"/> Grade D: Rejection
Conclusion	<input type="checkbox"/> Accept (High priority) <input checked="" type="checkbox"/> Accept (General priority) <input type="checkbox"/> Minor revision <input type="checkbox"/> Major revision <input type="checkbox"/> Rejection
Re-review	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Peer-reviewer statements	Peer-Review: <input checked="" type="checkbox"/> Anonymous <input type="checkbox"/> Onymous Conflicts-of-Interest: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

SPECIFIC COMMENTS TO AUTHORS

accepted

PEER-REVIEW REPORT

Name of journal: World Journal of Orthopedics

Manuscript NO: 54922

Title: Acute ankle sprain in athletes; Clinical aspects and algorithmic approach

Reviewer's code: 03676804

Position: Peer Reviewer

Academic degree: MD

Professional title: Doctor

Reviewer's Country/Territory: United States

Author's Country/Territory: Iran

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Scientific quality	<input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Very good <input type="checkbox"/> Grade C: Good <input type="checkbox"/> Grade D: Fair <input type="checkbox"/> Grade E: Do not publish
Language quality	<input type="checkbox"/> Grade A: Priority publishing <input checked="" type="checkbox"/> Grade B: Minor language polishing <input type="checkbox"/> Grade C: A great deal of language polishing <input type="checkbox"/> Grade D: Rejection
Conclusion	<input type="checkbox"/> Accept (High priority) <input type="checkbox"/> Accept (General priority) <input checked="" type="checkbox"/> Minor revision <input type="checkbox"/> Major revision <input type="checkbox"/> Rejection
Re-review	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Peer-reviewer statements	Peer-Review: <input type="checkbox"/> Anonymous <input checked="" type="checkbox"/> Onymous Conflicts-of-Interest: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No



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<https://www.wjgnet.com>

SPECIFIC COMMENTS TO AUTHORS

Thank you for putting together this manuscript (MS). In general, this is a reasonable MS for a variety of sports medicine personnel. I believe, this is too long and makes you to lose your interest in reading. I would recommend making the MS shorter and make it to the point with providing the level of evidence (LOE). I would also encourage the authors to avoid using direct quotations, particularly without using the “”. I just checked one section (see below), so, you need to double check the entire MS to avoid using word by word quotation even if you cite the source. Be consistent with citations. Sometimes you have a space before the “[]” and sometimes you don’t. Follow the journals criteria. Be consistent with your headings/subheadings in terms of using capitals for the first word and second word. Subheadings should be different than the headings. Be consistent. Use “grade 1, 2, 3” or “grade I, II, III.” You have to establish early in the MS what you are going to use for the LOE. Use abbreviations very cautiously. Spell out when you use them first in the MS. For example, you used “ADT” in “Physical Examination” section without spelling it out. Try not to use brand-names unless you have to in order to be very specific of the products. If possible/allowed, I would recommend putting all the important LOE’s in one table, so the readers can easily see them. Specific comments: Abstract Second line; what do you mean about “trauma?” how about non-contact twisting ankle? Is that a traumatic case? Be clear and consistent. Line 8; I would recommend adding “for the majority of cases” at the end of the sentence starting “Imaging is.....” How about the use of “sequential pneumatic compression devices?” Headings I would recommend start your headings with “Introduction.” “Epidemiology” can be a separate heading/subheading, or part of the introduction. Epidemiology Line 17; change “good” with “favorable.” Last paragraph of the “Introduction” should be a sentence discussing the aim of your manuscript. Risk factors Line 2-3; Delete the “(involve individual characteristics)” and “(related to factors

outside the body)." History Line 7; "point tenderness" and "ecchymosis/hematoma" are objectives (signs) and should be moved to physical examination sections. Alternatively, you can use "bruise" here. Physical Examination First sentence; you cannot R/O fracture by physical exam! Line 3; "hemorrhaging" is not an appropriate term here! What is that mean here? Line 5; How about "medial ankle sprains?" Line 23; I personally do not like the term "tear." It is not a medical term. What is that mean? Grading Line 2; what is "no" mean here? "No tear?" what is the different between normal ligament/no sprain and grade I? Line 11; what is "hematoma" mean here? Plain radiography Line 7; Change "lateral" to "medial." Line 18; Change "valid" to "validated." Ultrasound You need a reference for your second sentence. Treatment & rehabilitation How about cryotherapy for vasoconstriction in very acute phase (first hour) to decrease the amount of bleeding and swelling. Line 16; please explain why "thermotherapy" may cause "injury exacerbation." Add a sentence before starting the "Analgesic and anti-inflammatory medications" discuss about RICE being likely safe to do. Opioid analgesics 2nd line; Change "meaningfully." Other pharmaceutical agents Line 6; No need to spell out PRP for the second time. Bracing and immobilization Line 48; How about "maximum?" Foot orthosis Line 6; Change "authorities." Strengthening exercises Line 15; Spell out "PNF." Neuromuscular and proprioceptive exercises Line 28; Change "depending to" to "depending on." Sports-specific exercises Line 2; delete "mean." Surgical therapy Last sentence; Change "its greater financial cost" Return to sports You should not use word by word of the ACSM guideline. IN general, if you are using word by word, you should use direct quotation marks. I would recommend summarize these recommendations into 2-3 sentences rather than multiple bullets. Self-reports variables Line 11; be consistent. Either you use abbreviation for a "tool" or you don't use abbreviation at al. Figure 1 & 2 should be combined into "figure 1" as I don't see a reason to splint them. Figure 3. • I disagree with referring to



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“orthopedic surgeon” with + malleolar fractures. I would change it to “treat appropriately and refer to orthopedics if indicated.” Primary care sports medicine physicians are able to manage a majority of these fractures nonoperatively. • The same for “navicular fracture...”

RE-REVIEW REPORT OF REVISED MANUSCRIPT

Name of journal: World Journal of Orthopedics

Manuscript NO: 54922

Title: Acute ankle sprain in athletes; Clinical aspects and algorithmic approach

Reviewer's code: 03676804

Position: Peer Reviewer

Academic degree: MD

Professional title: Doctor

Reviewer's Country/Territory: United States

Author's Country/Territory: Iran

Manuscript submission date: 2020-02-25

Reviewer chosen by: Han Zhang (Part-Time Editor)

Reviewer accepted review: 2020-10-07 13:08

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Scientific quality	<input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Very good <input type="checkbox"/> Grade C: Good <input type="checkbox"/> Grade D: Fair <input type="checkbox"/> Grade E: Do not publish
Language quality	<input type="checkbox"/> Grade A: Priority publishing <input checked="" type="checkbox"/> Grade B: Minor language polishing <input type="checkbox"/> Grade C: A great deal of language polishing <input type="checkbox"/> Grade D: Rejection
Conclusion	<input type="checkbox"/> Accept (High priority) <input checked="" type="checkbox"/> Accept (General priority) <input type="checkbox"/> Minor revision <input type="checkbox"/> Major revision <input type="checkbox"/> Rejection
Peer-reviewer statements	Peer-Review: <input checked="" type="checkbox"/> Anonymous <input type="checkbox"/> Onymous Conflicts-of-Interest: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

SPECIFIC COMMENTS TO AUTHORS

Authors responded to my comments and edits. I have no further comments.