



PEER-REVIEW REPORT

Name of journal: World Journal of Orthopedics

Manuscript NO: 46866

Title: Exercise as medicine to be prescribed in osteoarthritis

Reviewer's code: 00784262

Reviewer's country: Canada

Science editor: Ying Dou

Reviewer accepted review: 2019-03-27 11:05

Reviewer performed review: 2019-03-27 11:13

Review time: 1 Hour

SCIENTIFIC QUALITY	LANGUAGE QUALITY	CONCLUSION	PEER-REVIEWER STATEMENTS
<input type="checkbox"/> Grade A: Excellent	<input type="checkbox"/> Grade A: Priority publishing	<input type="checkbox"/> Accept	Peer-Review:
<input checked="" type="checkbox"/> Grade B: Very good	<input type="checkbox"/> Grade B: Minor language	(High priority)	<input checked="" type="checkbox"/> Anonymous
<input type="checkbox"/> Grade C: Good	polishing	<input type="checkbox"/> Accept	<input type="checkbox"/> Onymous
<input type="checkbox"/> Grade D: Fair	<input checked="" type="checkbox"/> Grade C: A great deal of	(General priority)	Peer-reviewer's expertise on the
<input type="checkbox"/> Grade E: Do not	language polishing	<input checked="" type="checkbox"/> Minor revision	topic of the manuscript:
publish	<input type="checkbox"/> Grade D: Rejection	<input type="checkbox"/> Major revision	<input type="checkbox"/> Advanced
		<input type="checkbox"/> Rejection	<input checked="" type="checkbox"/> General
			<input type="checkbox"/> No expertise
			Conflicts-of-Interest:
			<input type="checkbox"/> Yes
			<input checked="" type="checkbox"/> No

SPECIFIC COMMENTS TO AUTHORS

This is a good editorial underlying the importance of physiotherapy or appropriate exercise for most illnesses but especially for osteoarthritis. Although I see that an English certificate has been obtained, the English is not good and detracts from the message of the paper. The manuscript has to be rewritten by a native English speaker.



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INITIAL REVIEW OF THE MANUSCRIPT

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PEER-REVIEW REPORT

Name of journal: World Journal of Orthopedics

Manuscript NO: 46866

Title: Exercise as medicine to be prescribed in osteoarthritis

Reviewer's code: 03887097

Reviewer's country: Singapore

Science editor: Ying Dou

Reviewer accepted review: 2019-03-27 09:25

Reviewer performed review: 2019-03-27 11:26

Review time: 2 Hours

SCIENTIFIC QUALITY	LANGUAGE QUALITY	CONCLUSION	PEER-REVIEWER STATEMENTS
<input type="checkbox"/> Grade A: Excellent	<input type="checkbox"/> Grade A: Priority publishing	<input type="checkbox"/> Accept	Peer-Review:
<input type="checkbox"/> Grade B: Very good	<input checked="" type="checkbox"/> Grade B: Minor language	(High priority)	<input checked="" type="checkbox"/> Anonymous
<input checked="" type="checkbox"/> Grade C: Good	polishing	<input type="checkbox"/> Accept	<input type="checkbox"/> Onymous
<input type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade C: A great deal of	(General priority)	Peer-reviewer's expertise on the
<input type="checkbox"/> Grade E: Do not	language polishing	<input type="checkbox"/> Minor revision	topic of the manuscript:
publish	<input type="checkbox"/> Grade D: Rejection	<input checked="" type="checkbox"/> Major revision	<input type="checkbox"/> Advanced
		<input type="checkbox"/> Rejection	<input checked="" type="checkbox"/> General
			<input type="checkbox"/> No expertise
			Conflicts-of-Interest:
			<input type="checkbox"/> Yes
			<input checked="" type="checkbox"/> No

SPECIFIC COMMENTS TO AUTHORS

1. The general style and writing of the paper should be more formal and avoid superfluous language, e.g. "renowned for being beneficial for the entire body" and "there was a time where it was intended as a way of life rather than thought as working out".
2. Please omit unscientific and subjective comments such as "What can be caught from this



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brief overview is how astounding is the process that leads us to be seated eight hours a day, in office chairs, in order to provide food and essential goods." 3. The introduction provides a lot of historical perspective that may not be relevant or useful for readers. The introduction would benefit from further development in a few ways. First, the authors did not define "exercise" in the introduction. There would be value in doing that and fleshing out the distinction between acute exercise effects (i.e., transient effects tied to a bout of exercise/activity) and chronic exercise effects. Will mechanisms for the respective effects be distinct? Second, more information on the evidence-based health benefits of exercise would be useful. For example, exercise benefit patients with heart failure (citation: Pandey A, Parashar A, Kumbhani DJ, Agarwal S, Garg J, Kitzman D, Levine BD, Drazner M, Berry JD. Exercise training in patients with heart failure and preserved ejection fraction: meta-analysis of randomized control trials. *Circulation: Heart Failure*. 2015 Jan;8(1):33-40), improves mood symptoms (citation: Ng QX, Venkatanarayanan N, Loke W, Yeo WS, Lim DY, Chan HW, Sim WS. A meta-analysis of the effectiveness of yoga-based interventions for maternal depression during pregnancy. *Complementary therapies in clinical practice*. 2019 Feb 1;34:8-12), and it may also have cognitive benefits and even improve ADHD symptoms (citation: Ng QX, Ho CY, Chan HW, Yong BZ, Yeo WS. Managing childhood and adolescent attention-deficit/hyperactivity disorder (ADHD) with exercise: a systematic review. *Complementary therapies in medicine*. 2017 Oct 1;34:123-8). 4. So what constitutes an "active lifestyle"? 5. The article appears rather one-sided at the moment. The potential drawbacks to exercise should be briefly discussed, for e.g. exercise for which a skeletal muscle is not adequately conditioned results in focal sites of injury distributed within and among the fibres. Exercise can cause physical injuries and exercise with eccentric contractions can be particularly damaging. 6. Several caveats require further discussion: it is important to emphasize that exercise must be tailored in terms of its intensity,



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frequency and duration of exercise, especially in special patient populations e.g. the elderly who struggle with frailty and patients with heart failure. Second, most of the published literature in support of this contention are pilot studies or non-randomized with generally small numbers. There are no direct comparisons and many studies did not examine the long-term effects of exercise.

INITIAL REVIEW OF THE MANUSCRIPT

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