

Format for ANSWERING REVIEWERS



March 25, 2014

Dear Editor,

Please find enclosed the edited manuscript in Word format (file name: WJO Editorial.doc).

Title: Exercise Awareness and Barriers after Spinal Cord Injury

Author: Ashraf S. Gorgey

Name of Journal: *World Journal of Orthopedic*

ESPS Manuscript NO: 8070

Dear Author, I found this manuscript to very well written, however does not contribute anything new to current literature.

Answer: We would like to thank the reviewer. The editorial is written to emphasize the lack of awareness of different exercise strategies available for the community with Spinal Cord Injury (SCI) as well as to share existing barriers that limit the benefits of exercise after SCI. The editorial is not meant to provide exhausting details about the shift in rehabilitation paradigm or to provide in-depth details to the existing rehabilitation stratagems. The editorial is simply to provide awareness to the medical community about the pros and cons when prescribing exercise after SCI.

I would like to see author address when the exercise program should be started, types of exercise programs and pitfalls (muscle contractors) and patient with other injuries (traumatic brain injury) which limit patient participation.

Answer: I agree with the reviewer and we have provided a detailed section about exercise awareness and this section, we highlighted different exercise strategies the commonly existed as well as provided few of the pitfalls of these applications.

The editorial is primarily written to address awareness and barriers relevant to community with SCI and although including other clinical population similar to with other injuries may sound appealing, however, it will distract from the primary focus of the work. Additionally, exercise awareness and barriers with other clinical population may vary based on their diminished functional needs.

Thank you again for publishing our manuscript in the *World Journal of Orthopedic*.

Sincerely yours,

Ashraf S. Gorgey, PT, PhD
Hunter Holmes McGuire VA Medical Center
Spinal Cord Injury Service and Disorders