

Response Letter

Reviewer #1:

Scientific Quality: Grade B (Very good)

Language Quality: Grade B (Minor language polishing)

Conclusion: Minor revision

Specific Comments to Authors: Dear Author, this is a very informative and clearly formulated editorial regarding an important topic, with conflicting evidence-base. In my view, this submission meets all criteria for an editorial. It can serve as an introduction to a special issue or a topical series, and provides insightful analysis and inspiring ideas. I have no comments except the use of the term 'rehabilitation' for preventive exercises in terms of muscle fatigue. For me, the term has a much wider and more complex meaning and usage. In the title you properly use the clause 'muscle fatigue treatment.', while in the text (Conclusion) you include a phrase 'rehabilitation of muscle fatigue'. I also have some minor tips as regards vocabulary, namely '...should be significantly done.', 'raising rest periods', and 'intensity of loads', and other small language ambiguities, which in my view require refinements.

Response: Thank you for this valuable recommendation and comments. We did all mentioned issues. We highlighted these issues in red color. Additionally, we revised this editorial for minor grammar issues.

Reviewer #2:

Scientific Quality: Grade D (Fair)

Language Quality: Grade C (A great deal of language polishing)

Conclusion: Major revision

Specific Comments to Authors: This editorial is too general to guide readers or relevant clinicians. I suggest that the author should include specific methods of proprioceptive exercise. Some sentences need to be reorganized, such as the first paragraph of “signals from the motor cortex to α -motor neurons, and the motor cortex, adenosine triphosphate (ATP) and depletion of calcium ions (Ca^{+2})”, and the second paragraph of “permit more quantity of Ca^{+2} ions and ATP”, these sentences are difficult to understand. Language needs to be well polished.

Response: Thank you for this valuable comments. We did all mentioned issues. We highlighted these issues in red color. Additionally, we revised this editorial for minor grammar issues.