Author's response to reviews

Title: Home based exercise to improve turning and mobility performance among community dwelling older adults: Protocol for a randomised controlled trial

Authors:

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RESPONSE TO REVIEWERS COMMENTS

Ms. Ref. No.: MS: 1744265392113964 - Title: Home based exercise to improve turning and mobility performance among community dwelling older adults: Protocol for a randomised controlled trial

Authors: Asmidawati Ashari, Tengku Aizan Hamid, Mohd Rizal Hussain, Keith Hill.

The authors would like to thank the editor and reviewers for their constructive comments. Responses to comments are described in the Table below.

<table>
<thead>
<tr>
<th>Comments requiring action</th>
<th>Response/comment</th>
<th>Action</th>
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<tbody>
<tr>
<td>Editor</td>
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<td>1. Why did you choose the HAPAAS? Why not add sensor based measurement to assess indoor PA. If this could have gyroscope you would assess turning at home.</td>
<td>We acknowledge the debate around self report versus objective measurement of physical activity using devices such as accelerometers. Physical activity is a secondary outcome in this study, and the selected tool (the Human Activity Profile, Adjusted Activity Score) has been extensively used in research, and has been shown to be reliable and valid.</td>
<td>We have added a paragraph in the discussion section that provides more detailed explanation regarding the use of a self report measure of physical activity as a study limitation. Also, we have provided an additional reference. (p. 30, lines 352-356)</td>
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<td>2. Why is the follow up for falls not 12 months?</td>
<td>Where falls is a primary outcome, we agree that 12 month followup is the gold standard, and should be utilized. In our study, falls is a secondary outcome, and was being measured to calculate a rate of falls which could guide future larger scale studies that could be powered to have falls as a primary outcome (we acknowledge in the methods section of the submitted paper that the study is not powered to identify a significant effect on falls).</td>
<td>We have added text in the limitations section of the discussion regarding the limitation of not using a 12 month followup for the falls data collection. (p. 29, lines 356-358)</td>
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<td>3. Otago has not focus on turning. How will this aspect be trained.</td>
<td>In the submitted paper, we have described that while the exercise program is based on the Otago program, that we “will include additional exercises selected to to improve impairment of turning”, and that “Two exercises of the 6-8 exercises prescribed will be selected to improve turning ability.”</td>
<td>As this point has been addressed in the original submission, no changes have been made to the submitted manuscript.</td>
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(p. 8, line 224-228)