Author's response to reviews

Title: Influence of muscle mass and bone mass on the mobility of the elderly: an observational study

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Author's response to reviews: see over
Relevance of the study

The changes in body composition associated with aging represent potential conditions that favor functional limitations. Alterations in the musculoskeletal trigger limitations in mobility, which also extend to restrictions on participation in daily activities, difficulties in implementing self-care tasks and absenteeism, resulting in higher dependence with negative effects on the quality of life.

Elderly people with restrictions on their mobility have higher rates of falls, chronic disease, dependency, institutionalization and death. Within this framework, we highlight the importance of assessing sarcopenia and bone mineral density through measures of physical performance, with the purpose of preventing or delaying the onset of frailty, disability and mortality among the elderly.
Revised manuscript
Point-by-point description of the changes made.

§ I put the e-mail separated for all authors on the submission system.
§ I put the acknowledgment in the manuscript.
§ I include the tables within the text file of the manuscript.