Author’s response to reviews

Title: Exercise prescription for patients with multiple sclerosis; Potential benefits and practical recommendations.

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Author’s response to reviews:

Dear Editor,

I revised this manuscript according to the points of honorable reviewers.

Answers to reviewer 1:

We tried to remove repetitive informations and summaries two parts as much as possible.
Table 1 was removed.
Table 2 was summarized and listed for specific exercises.
Grammatical errors were corrected according to your valuable points.
You can see in the following responses to your valuable comments.

Line 100: the word "in" should be placed between result and significant
Line 105: frequently rather than frequent
Line 107: unpredictable not unpredicted
Line 108: not clear what is meant by "proceed beyond expected time - requires clarification
Line 112: change from to of and remove "of the"
Line 113-114: use commas not semi colons

Line 125: add that comorbidities are also associated with further neurologic risks (e.g., stroke, etc)

Line 126-127: remove "from any"

Line 132: remove "the"

Line 142: remove "ly" from severely and add comma after impairments

Line 154-157: this is a run on sentence that needs to be revised

Line 165: the phrase "not be induced to" is awkward

Line 186: add "been shown to have" after has and before beneficial

Line 189: add "most" before "patients with MS"

Line 204: remove period and add "and" after fitness

Line 225-227: does "affects" mean improve? and the last part of the sentence regarding men and women is unclear

Line 270-271: remove "the" prior to exercise and add "improving" balance and "reducing" falling risk

Line 318: "is" instead of "will be" and "when" instead of "for"

Reply: The recommended modification were applied in manuscript.

Line 396: change "which may be" to "such as", and "and so on" to "etc."

Line 414-416 and 420-422: somewhat repetitive and unclear

Line 441: Change "and so on" to "etc."

Line 506-507: please include reference for this statement

"programme" should be "program"

Reply: The recommended modification were applied in manuscript.
Answers to reviewer 2:

Dear reviewer,

I must explain that, this manuscript is a narrative review and this is why you don’t see well-organized information on exercise prescription for MS patients as the result of a systematic review, criteria for literature search and papers selection, a table reporting synthetically the main outcomes of the cited papers and discussion and conclusion parts.

We tried to remove repetitive informations and summaries two parts as much as possible and some data about exercise were added.

Grammatical errors were corrected as much as possible.

You can see in the following responses to your valuable comments.

53. you should be very clear about PA and exercise, your manuscript focuses on exercise not on PA;

Reply: we focused on exercise in this manuscript and physical activity was removed.

46-83. abstract is not well organized and written;

Reply: Abstract was written according to the structure of a narrative review if it is not acceptable we will change it according to your valuable comment.

127. change "we", it is not your opinion, it is the literature suggesting this;

Reply: This change was applied.

132. PA/exercise, see my previous comment;

Reply: we focused on exercise in this manuscript and physical activity was removed.

184. decide, aerobic or endurance;

Reply: Aerobic exercise was applied.
188. it is not reported what EDSS is, and the acronym is not in the list of abbreviation at line 652;

Reply: This change was applied. The acronym was written in the list of abbreviation at line 652;

209-210. you describe here what RT is, you didn't the same about endurance exercise in the previous section;

Reply: we explained about aerobic training in aerobic exercise section.

230. change "these types of exercise", it is singular;

Reply: This change was applied.

242. check the word extremities, there is a mistake.

Reply: This change was applied.

288-289. the part about fatigue is banal;

Reply: This part was corrected.

317-318. citation is missing;

Reply: It was added.

321-325. I would suggest to use exercise (as it is in the great part of the literature) instead of exercise therapy;

Reply: this change was applied.

330-387. what it is reported in the section "Basic Concepts of Exercise Prescription" is banal and doesn't add to knowledge. Moreover, there are not citations so that it is not clear what the theoretical model Authors are looking for is. I would suggest to cancel the section;

Reply: This section was cancelled.

340. what do you mean with "type of exertion"?

368. the formula 220-age to predict max HR is the most appropriate for MS patients;

Reply: These two parts were deleted as the result of above recommendation.

389-436. the section on pre-exercise evaluation is more for a book chapter than for a paper;

Reply: It was summarized, as applicable.

Reply: Two recent articles were cited including the mentioned one.

459. why aquatic exercise is a "good example of an integrated exercise”? Report the reasons;

Reply: The reason was added.

463-464. this should be in part I;

Reply: It was deleted and added in part 1.

469-471 this is redundant;

Reply: This was deleted.

474. what is the difference between arm-leg and arm ergometer?

Reply: In arm-leg ergometer both arms and legs are recruited in machine. In arm ergometry only arms are used.

544-545. what is the evidence for stretching practice, particularly before the training session?

550. why "ballistic stretch or bouncing with the stretch" is not recommended? What is the supporting literature?

Spastic muscles should be targeted for gentle stretching before and after exercise sessions. Each stretch should develop slowly, without bouncing. (White et al. 2004). It seems reasonable due to risk of injury in tight muscles as a reason of uncontrolled ballistic movements.

593-595. check the sentence;

Reply: It was modified.

980-982, Table 1, what is the ratio of the table contents? What is the supporting literature? Report the meaning of the arrows.

Reply : Table 1 was removed because we described contents of the table in the text.

Thank you very much for your kind considerations.