

# Review of: "The Effectiveness of Telerehabilitation in Improving Balance Control Among Older Adults: A Systematic Review & Meta Analyses"

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Potential competing interests: No potential competing interests to declare.

The paper presents the protocol for the meta-analysis aiming to summarize the studies reporting the influence of telerehabilitation on the balance improvement of elderly subjects. Taking into consideration the increasing number of elderly subjects and the difficulty of ensuring the required rehabilitation care for them, such a study, which at the end can provide indications for in-home rehabilitation, can be valuable. Nevertheless, I have some concerns regarding this protocol:

- There is no description of telerehabilitation for the team. This is a wide term, which could mean some instructions given to the patients over the phone or what types of activities they should perform till dedicated, individually designed rehabilitation sessions online with constant control from a physiotherapist.
  - The tests, which according to the authors assess dynamic balance, like TUG, Time to Sit, or 6-minute walk test, are complex tests assessing motor performance, including balance, coordination, strength, metabolic efficiency. Two patients of the same age, the same body dimensions, and the same sex with the same TUG results may have different problems: one with strength, the second with coordination, or one with balance, the second with strength.