Qeios

Peer Review

Review of: "Swiss Ball Exercises for Constipation: Mechanistic Hypothesis, Evidence Quality Assessment, and Clinical Translation Framework"

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Nooshin Abbasi presents a well-structured, well-written narrative review entitled "Swiss Ball Exercises for Constipation: Mechanistic Hypothesis, Evidence Quality Assessment, and Clinical Translation Framework." The author demonstrates deep expertise and introduces an interesting alternative to pharmacological treatment for functional constipation, specifically by proposing a mechanistic hypothesis, assessing the quality of existing evidence, and outlining a framework for translating these findings into clinical practice.

Alternative therapies for constipation, such as Swiss Ball Exercises, are welcome, especially as dietary fiber implementation can take time. Easy-to-apply and low-cost therapies should be used.

The text is organized into sub-items, which concentrate the information and facilitate reading.

The title is structured to highlight the key novel aspects and contributions of the manuscript.

Enter at least 5 keywords for indexing and searchability.

In the introduction, the author describes the current state of the field, citing relevant references to provide the necessary background for the study.

The aims of the study are described in the initial part of the manuscript (text in bold) and are clearly articulated, along with the hypothesis.

The Methods section accurately describes the techniques employed and provides adequate detail to support replication.

In the Results section, Tables 1, 2, and Figure 1 are readable.

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In the Discussion, the authors present the work's contributions in the context of the established literature, supporting the stated conclusions and implications.

The Reference section contains sources relevant to the study and is appropriate for the publication date, with most references being recent.

Declarations

Potential competing interests: No potential competing interests to declare.