

Peer Review

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

Umair Ahmed¹

1. University Institute of Physical Therapy, University of Lahore, Pakistan

Peer Review – Manuscript: "The Effectiveness of Telerehabilitation in Improving Balance Control Among Older Adults: A Systematic Review & Meta-Analyses"

This manuscript addresses an increasingly relevant topic: the effectiveness of telerehabilitation in improving balance among older adults. The authors have undertaken a comprehensive systematic review and meta-analysis of randomized controlled trials (RCTs), a commendable approach given the growing reliance on remote interventions in aging populations.

Strengths of the manuscript include its adherence to PRISMA guidelines, protocol registration in PROSPERO, and incorporation of both primary (balance control) and secondary (fall risk, fear of falling) outcomes. The methodology is clearly structured, and outcome measures are appropriately selected, including validated tools such as the Berg Balance Scale and Timed Up and Go Test. The dual analysis approach—quantitative (meta-analysis) and qualitative (thematic synthesis)—adds depth to the findings.

However, several points require attention:

Reviewer Experience and Oversight: Given that much of the review process appears student-led, the manuscript would benefit from clarifying how methodological supervision was maintained—particularly during risk of bias appraisal, data extraction, and meta-analytic synthesis.

GRADE Framework: Although mentioned, the manuscript currently lacks detailed reporting of GRADE ratings. This should be included to enhance confidence in the certainty of the findings.

Data Interpretation: Greater attention should be given to the clinical heterogeneity across studies (e.g., variability in interventions, session frequency, and patient characteristics) and its impact on effect size interpretation.

In summary, the manuscript addresses an important clinical question and is largely well-conceived. With improved transparency regarding reviewer supervision, clearer reporting of evidence certainty (via GRADE), and a more nuanced discussion of heterogeneity, this paper has the potential to make a meaningful contribution to the geriatric rehabilitation literature.

Declarations

Potential competing interests: No potential competing interests to declare.