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## REVIEWER'S REPORT

**Manuscript No.: IJAR-57505**

**Title: An Observational Study on correlation between Y Balance test and calf Muscle Isometric Endurance and Agility among Athletes with Chronic Ankle Instability**

**Recommendation:**

Accept as it is .....

Accept after minor revision.....

Accept after major revision .....✓.....

Do not accept (*Reasons below*) .....

Rating	Excel.	Good	Fair	Poor
Originality		✓		
Techn. Quality			✓	
Clarity			✓	
Significance		✓		

**Reviewer's ID: JPR-170**

### *Detailed Reviewer's Report*

The manuscript investigates the relationship between dynamic balance, calf muscle isometric endurance, and agility among athletes with chronic ankle instability (CAI), a topic that is clinically relevant in sports rehabilitation and injury prevention. The study employs commonly used functional assessment tools such as the Y-Balance Test and T-Agility Test, which strengthens the practical relevance of the investigation.

However, the manuscript still contains several major weaknesses that must be addressed before it can be considered for publication.

First, the Introduction remains predominantly descriptive and does not sufficiently establish the specific scientific gap underlying the study. Although the authors discuss CAI, proprioception, balance, and agility, the conceptual linkage among these variables is not adequately developed. The novelty and contribution of the study should be articulated more clearly.

Second, important methodological clarifications are required. The participant characteristics are insufficiently detailed, particularly regarding sports discipline, athletic level, and diagnostic confirmation of chronic ankle instability. The use of convenience sampling introduces potential bias, yet this limitation is not critically addressed. In addition, the procedural descriptions—especially for calf muscle endurance assessment—lack technical clarity and

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reproducibility. The statistical analysis section also requires stronger justification regarding the use of Pearson's and Spearman's correlation tests. Third, the Results and Discussion sections require deeper analytical interpretation. The manuscript mainly reports the absence of significant correlations without adequately explaining the biomechanical or neuromuscular mechanisms that may account for these findings. The discussion of previous literature remains limited and insufficiently critical, while some interpretations appear speculative without direct empirical support from the study.

Furthermore, the manuscript contains numerous grammatical inaccuracies, awkward sentence constructions, and inconsistent terminology that reduce readability and scientific clarity. Careful academic language editing is necessary throughout the paper.

Finally, the References section requires technical revision to ensure consistency with IJAR formatting standards. Several citations contain formatting inconsistencies, incomplete bibliographic information, and irregular DOI presentation.

and, the study addresses a meaningful topic with potential clinical relevance; however, substantial revisions are necessary in terms of methodological rigor, analytical depth, academic writing quality, and reference formatting before the manuscript can be considered suitable for publication.