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OPEN PEER REVIEW

The Effect of Eight Weeks of Hand-Selected Strength Exercises and the Cinnamon Supplementation on Inflammatory Biomarkers in Elderly Women with Osteoarthritis

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1 Original submission

2 comments · 6 May 2020 – 7 May 2020

Referee 1 Reviewer

MINOR REVISION 6 May 2020

Review of the article
A)Abstract
1)Title: To shorten the title, it is better to omit the phrase “8 weeks”.
2) Results in the abstract: It is better to indicate quantitative changes in the abstract.
3) Based on which finding have you recommended both variables together instead of each one alone?
Introduction:
1) You should cite articles that have studied the effects of cinnamon, considering the probable anti-inflammatory mechanism.
2) Please indicate whether existing studies have examined the effects of both independent variables together or whether this is the first study of this type.
3) The sampling conditions, including the time of sampling and fasting status, must be noted.

1) Research methodology
Good

2) Results
Good

3) Discussion and conclusion
The probable mechanism of the effect of honey and cinnamon needs further explanation, as do the differences among the three experimental groups.

Referee 2 Reviewer

ACCEPT 7 May 2020

This article is suitable for publication.