Response to Reviewer 2 Comments

Comments and Suggestions for Authors

Review of "Optimizing preoperative preparation of sarcopenic older people: the role of prehabilitation and nutritional supplementation before knee arthroplasty" (nutrients-3217422).

This review article focuses on the effect of pre-rehabilitation exercises and supplementary nutritional on improving functional recovery and performance. The concept itself was interesting and important. Unfortunately, however, this reviewer has several questions and comments.

Thank you very much for taking the time to review this manuscript. Please find the detailed responses below and the corresponding revisions in the re-submitted files.

1. Although this is a narrative review, it would be better to indicate how much of the literature has been narrowed down.

Response 1: We fully agree and believe that clarifying the points suggested makes this review even more valuable and important, as it draws attention to a clinical phase that is often overlooked and underestimated.

2. The numbering of references should be modified. Some references are given only in tables and are difficult to read.

Response 2: Thank you for the suggestion, it is indeed true. We have reorganized the references to provide a clear overview of the scientific sources and to allow readers to easily locate them.

3. In this review, the authors focused on “sarcopenia”, and few studies on sarcopenia were included. From this perspective, the title of this paper was not considered consistent with its content.

Response 3: Thank you for the suggestion, the title was changed

4. Furthermore, the target outcome of Tables was differ from the purpose of this study.

Response 4: Thank you for the suggestion, it is indeed true. We have reorganized the references to provide a clear overview of the scientific sources and to allow readers to easily locate them.

5. SANRA score was not presented. This reviewer would like to see a summary of nutritional supplementation and prehabilitation that would be necessary as a NARRATIVE REVIEW without comprehensive search.

Response 5: we agree with this comment. We added a table on SANRA score (see Material and Methods)