

Exploring Musculoskeletal Injuries and Personalized Recovery Management in Athletes [Response to Letter]

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Dear editor

We appreciate Dr. Hao Rao's thoughtful comments¹ and valuable insights regarding our article, "Personalizing Injury Management and Recovery: A Cross-Sectional Investigation of Musculoskeletal Injuries and Quality of Life in Athletes".² We welcome the opportunity to address the points raised in the letter and to clarify the scope and methodology of our study.

Study Design and Sample Selection

We acknowledge that the cross-sectional design limits causal inference. Our objective was to provide a snapshot of the associations between musculoskeletal injuries and quality of life among athletes in Eastern Saudi Arabia. While longitudinal studies can provide deeper insights into long-term effects, our study lays the groundwork for such future research. Regarding the regional scope, we agree that broader population studies are necessary to enhance generalizability. However, our localized focus provides meaningful insights relevant to this demographic.

Applicability of Data Collection Tools

The OSTRC Overuse Injury Questionnaire and the RAND SF-36 are well-validated tools in sports medicine. While cultural differences might influence responses, studies have supported the validity of these tools in diverse populations. Future research could include additional validation for Saudi athletes, and we agree that incorporating objective measures, such as imaging or biomechanical assessments, would complement self-reported data.

Definition and Assessment of Overuse Injuries

Your suggestion to refine the definition and evaluation of overuse injuries is well-taken. While our study utilized standard clinical criteria for identifying such injuries, a more detailed elaboration and incorporation of standardized scales will be considered in subsequent research.

Personalized Treatment Recommendations

We appreciate the emphasis on practical application. While our study highlighted the potential of personalized medicine, we agree that more detailed, actionable recommendations could have enhanced the manuscript. Future investigations may focus on integrating psychological and biomechanical factors into personalized recovery plans.

Assessment of Quality of Life

Incorporating additional tools, such as the Athlete Psychological Health Inventory, as suggested, could indeed provide a more holistic assessment of athletes' psychological and social well-being. This is a valuable direction for our future work.

We are grateful for Dr. Rao's comments, which underscore the importance of advancing the scientific and practical aspects of injury management in athletes. His feedback provides direction for refining and expanding our future studies.

Disclosure

The authors declare no conflicts of interest in this communication.

References

1. Rao H. Exploring musculoskeletal injuries and personalized recovery management in athletes [Letter]. *Orthop Res Rev.* 2024;16:271–272.
2. Aldanyowi SN, AlOraini LI. Personalizing injury management and recovery: A cross-sectional investigation of musculoskeletal injuries and quality of life in athletes. *Orthop Res Rev.* 2024;16:137–151. doi:10.2147/ORR.S460748

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