

Manuscript Title: *Adaptive Wakeboarding: A Case Report on Equipment Modifications and Strength Training for Improved Performance*

Dear Editor and Reviewers,

We would like to thank you for the time and effort you devoted to reviewing our manuscript. Your thoughtful feedback has been invaluable in strengthening the clarity, rigor, and overall quality of this case report. We have carefully addressed all major and minor concerns raised by both reviewers, and we outline our revisions below.

Reviewer 1

Major Concerns

1. Data Analysis/Results

- All inferential statistics (t-tests, Cohen's d, SD, CV) have been removed.
- Data are now reported descriptively, with pre- and post-intervention mean values and change scores.
- The Results section emphasizes clinically meaningful improvements rather than statistical significance.

2. Informed Consent

- We clarified in the *Client Profile* and *Methods* sections that informed consent was obtained prior to data collection.

Minor Concerns

- Abstract revised to highlight the gap in self-direction and motivation; in-text references removed.
- Introduction retitled and terminology clarified (“modifications” instead of “adaptations”). Environmental vs. financial barriers distinguished; note added that most individuals with disabilities do not meet minimum physical activity guidelines. Gap introduced more strongly.
- Client profile phrasing revised; frustration and reduced quality of life clarified as participant-reported.
- Table terminology changed to “ride time”; tables moved to Results.
- Figures added: unmodified and modified wakeboard, labelled modifications, captions included.

- Statement about further gains moved to Limitations.
- Fitness intervention expanded: frequency, duration, exercise types, progression, supervision, and clarified that there were **no costs** (program supervised by PI/research team; non-profit recreation center did not charge for sessions).
- Discussion strengthened with references.
- The term *biomechanical training* was replaced throughout with *strength and conditioning* or *functional performance* to improve clarity and align with reviewer feedback.

Reviewer 2

- Abstract revised to note single-case design and percentage improvement.
- Language copyedited for conciseness; repetition reduced.
- Figures and tables expanded with detailed captions and labelled modifications.
- Discussion edited for clarity and smoother transitions.
- Conclusion expanded to note future research directions.
- References confirmed current and sufficient; additional citations added to connect adaptive wakeboarding to assistive technology frameworks and single-case methodology.

Summary

We believe these revisions fully address the reviewers' concerns and strengthen the manuscript. We are grateful for the opportunity to revise and resubmit, and we look forward to your consideration.