

## **Author's response to reviews**

**Title:** The biomechanical demands of standing yoga poses in seniors: The Yoga Empowers Seniors Study (YESS)

### **Authors:**

Man-Ying Wang ([mwang@usc.edu](mailto:mwang@usc.edu))  
Sean S-Y Yu ([sean.yu@usc.edu](mailto:sean.yu@usc.edu))  
Rami Hashish ([rhashish@usc.edu](mailto:rhashish@usc.edu))  
Sachithra D Samarawickrame ([ssamaraw@usc.edu](mailto:ssamaraw@usc.edu))  
Leslie Kazadi ([lkazadi@ihpnet.usc.edu](mailto:lkazadi@ihpnet.usc.edu))  
Gail A Greendale ([ggreenda@mednet.ucla.edu](mailto:ggreenda@mednet.ucla.edu))  
George Salem ([gsalem@usc.edu](mailto:gsalem@usc.edu))

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### **Author's response to reviews:**

Dear Editors,

We appreciate your initial review. Below please find our responses to the revisions requested.

1. Please state in the Methods section whether written informed consent for participation in the study was obtained from participants or, where participants are children, a parent or guardian.

This information was originally stated in the Methods-Study Design section (page 7).

"The USC and UCLA Institutional Review Boards approved the study protocol and all participants provided informed, written consent. "

2. Please include a consent statement in the manuscript to publish Figures 1 and 2.

An endnote is now added to the Fig. 1 and Fig. 2 in the manuscript.

"ENDNOTES

'a' Participants have provided their written consent for the use of the stills from the video for scientific and educational purposes."

Thanks again for your time and assistance. If further information is needed, please feel free to contact us.

Sincerely,

George Salem