Author's response to reviews

Title: Effect of standing posture during whole body vibration training on muscle morphology and function in older adults: a randomised controlled trial

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Author's response to reviews: see over
Dear Editor

Re: MS: 5333082713385789
Research article
Effect of standing posture during whole body vibration training on muscle morphology and function in older adults: a randomised controlled trial.
Monica Mikhael, Rhonda Orr, Fleur Amsen, David Greene and Maria A Fiatarone Singh
BMC Geriatrics

We thank the editors for the opportunity to make a revision to the most recent manuscript. We also thank the reviewers for their comments

Please find attached the authors’ rejoinder to the reviewers’ comments and a second revised manuscript (Version 3). I have placed the rejoinder in blue below each individual question. The emendations made to the manuscript have been made in track changes for ease of location.

Please do not hesitate to contact me if there are queries arising from this revised submission..

Sincerely,

Rhonda Orr
Reviewer re-reviews

Reviewer 2 - T J Hazell

Reviewer's report General Comments

The author?s revisions have improved this paper and it now reads well and clearly introduces the study, explains what was done, and discusses the results appropriately. The author?s should be commended on their work to improve the manuscript. With that said I do have a few small issues that require the author?s attention detailed below.

Minor Essential Revisions

Abstract
- Can remove the sentence ?We report interim 3 month measures? from the methods section
- There is a comma needed after 3.7cm2 in the results
These have been done

Background
Paragraph 7 ? continual references to bone should be removed since the current study is focused on physical activity and muscle morphology (ln 2, 3, 4, 6, 8, 12-13)
This has been done

Methods
Pg 9 ? last line there are two periods
Pg 10 paragraph 2 ? this section could be moved up and be incorporated into the WBV intervention section
The additional period has been removed. The section has been moved as suggested

Results
Pg 15 paragraph 1 ? can remove the words ?this interim? from the second last line of the recruitment paragraph so the line reads ?One participant had not completed three months of exposure by the time of analysis (FK=1) and was not included in this report.? 
Pg 17 paragraph 1 - the last line talking about no changes in peak power refers to Table 3, should this not be referring to table 4 that demonstrates the interventions had no effect on peak muscle power?
These have been done

Discussion
Pg 19 paragraph 2 ? the first sentence should say ?after 3 months? instead of ?at 3 months?
This has been done

Table 1 ? the WBV and unlocked knees sentences can be removed as they are not in the table
This has been done

Level of interest An article of importance in its field
Quality of written English Acceptable
Statistical review No, the manuscript does not need to be seen by a statistician.
Declaration of competing interests I declare that I have no competing interests.

Reviewer 3 - Prof Stephen R Stannard

Reviewer's report Thank you for emending the manuscript. I believe it is now much improved. I have only one small comment. You should consider removing the last sentence in the ?Methods? paragraph of the Abstract. Then in the 2nd sentence of that same paragraph, end with "...for 13 weeks".
These have been done

Level of interest An article of importance in its field
Quality of written English Acceptable
Statistical review No, the manuscript does not need to be seen by a statistician.
Declaration of competing interests I have no competing interests