Reviewer's report

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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Reviewer: Jun Iwamoto

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Mikhael et al. performed a RCT to examine the effects of standing posture during low magnitude WBV training on muscle function and muscle morphology in older adults. They showed that WBV improved muscle strength and contraction velocity in some muscle groups in older adults, but that differential adaptation to standing posture was observed only for upper body contraction velocity. The study is well done, and the paper is well written.

Comments
1. First of all, please clarify the reason why the authors need to report the 3-month effects of WBV training on muscle function (strength, power and velocity), body composition and physical performance, despite the 6-month RCT being designed.
2. Please show scientific reason for choosing 12 Hz in performing WBV training.
3. The 3-months effects of WBV could be attributable to hormones and growth factors. Please discuss this point.
4. Limitation ought to be discussed regarding the sample size.

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.