Reviewer's report

**Title:** Efficacy of a whole-body vibration intervention to improve exercise tolerance and functional performance of the lower limbs of people with chronic obstructive pulmonary disease

**Version:** 3  **Date:** 7 September 2012

**Reviewer:** Karin Vonbank

**Reviewer's report:**

**Major Compulsory Revisions**

The aim of this study is to evaluate the efficacy of a whole-body vibration intervention in stable COPD patients GOLD stage II.

First of all, whole body vibration intervention (WBV) could be an interesting additional tool for rehabilitation programs in COPD patients.

It could already be shown that WBV leads to a better muscle function and an increase in oxygen uptake. But to test this hypothesis in COPD patients, a randomized study comparing WBV alone, WBV in combination with exercise training and placebo will be necessary. Moreover maximum oxygen uptake and maximum muscle strength should be measured as outcome parameters as well as evaluation of quality of life to confirm the efficacy of the intervention. The study period of 6 weeks is rather short for significant improvements, so a 12 weeks training period would be better.

**Minor Essential Revisions**

Abstract: Definition of gentle exercise?

Background: The effect of strength training alone is well known in patients with COPD. Pulmonary rehabilitation consisting of moderate-intensity endurance training and strength training does not increase the exacerbation rate. Pulmonary rehabilitation reduces the number of hospital days in COPD patients

**Level of interest:** An article whose findings are important to those with closely related research interests

**Quality of written English:** Needs some language corrections before being published

**Statistical review:** Yes, but I do not feel adequately qualified to assess the statistics.

**Declaration of competing interests:**
i have no competing interests