Reviewer's report

Title: The Effect of Warm-up, Static Stretching and Dynamic Stretching on Hamstring Flexibility

Version: 1 Date: 8 December 2008

Reviewer: ann Marie swank

Reviewer's report:

Major compulsory revisions:

1. Provide a more detailed rationale for the statistical methods used including the reason for the separate one way ANOVA to analyse differences between groups and repeated measures ANOVA to find time and group by time interactions. I believe a one way repeated measures ANOVA with post hoc could be effective. Also provide rationale for using change scores rather than considering an analysis of co-variance (ANCOVA) given the group differences in baseline scores.

2. When presenting results only present differences that are statistically different. Since you chose P < 0.05 a-priori you need to stay with this cutoff as your level for significance. In other words variables are either statistically different or they are not.

3. Make sure that all statements made in the conclusion section can be supported by your statistical procedures.

4. Label statistical differences in Table 1; be sure to clarify time effects, group effects and interaction effects.

5. Use either Figure 1 (with statistical differences labelled) or table 1, but not both as duplicative data is presented.

Minor essential revisions:

1. Clarify on all tables, figures and in the text whether you are talking about between group or within group (time effect) differences.

2. On page 11 consider adding a sub-title "Impact on performance"

thanks for the opportunity to review this manuscript.

Level of interest: An article of importance in its field

Quality of written English: Acceptable

Statistical review: Yes, and I have assessed the statistics in my report.

Declaration of competing interests:
"I declare that I have no competing interests"

ann m swank