Reviewer's report

Title: Implementation of specific strength training among industrial laboratory technicians: Long-term adherence and effect on back, neck and upper extremity pain

Version: 1 Date: 24 June 2013

Reviewer: David Behm

Reviewer's report:

Abstract

Minor Essential Revision: Authors state in second line: “However, long-term adherence and consequently effects remains a challenge.” The meaning of this sentence is unclear. Do the authors want to say the long-term effects are also a challenge? If so, then the term consequently makes the comprehension of this phrase difficult and I would suggest removing it.

Introduction

Minor Essential Revision: First occurrence of citation [4] is a smaller font than other citations.

Minor Essential Revision: 2nd paragraph: “…evidence of an effect on pain in shoulder …. is negative or limited. Do the authors mean that strength training caused more weakness (negative ???)? I am not sure what the authors mean with the term “negative”.

Methods

Minor Essential Revision: Authors state “monotonous and repetitive work tasks” While I am sure the authors are correct in their description, was the degree of boredom measured in this study? Did you scientifically measure that all participants felt the tasks were monotonous? I think this is an opinion whereas the repetitiveness of the task is an objective measure which can be defended with numbers and values.

Minor Essential Revision: Where did the training take place? At the lab or in a training room?

Results

Discretionary Revisions: Authors report that pain in left shoulder elbow and hand was very low with no significant changes. Would it not have been better to report dominant versus non-dominant limbs rather than right and left?

Discussion
Minor Essential Revision: Authors state, “we would expect an increase in pain in the autumn, due to normal seasonal variation [23].” Although you provide a citation could you still give a short one sentence reason to the reader why pain increases in the autumn.

Discretionary Revisions: Dash paragraph: Are there no DASH studies with which to compare the present results?

Discretionary Revisions: Pain participation paragraph: Is there only one pain participation/adherence studies with which to compare the present results?

Any limitations to the study?

Minor Essential Revision: Figure 5: Please define ITT

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

**Quality of written English:** Acceptable

**Statistical review:** No, the manuscript does not need to be seen by a statistician.