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: 19 August 2013

Reviewer: Jari Ylinen

Reviewer's report:

Thank you for the interesting and a well-written study report.

The title is too long and dull. You could make it more attractive. Adherence may not be the first one, but the results that interest readers.

The study is clearly described, but the data presentation needs improvement.

The data is presented now only on the baseline table and figures and while you report also subgroup analysis I cannot really figure out all important facts.

The baseline data about pain at the table (VAS is missing from the table) and figures are not on the same level. Which one is right? Most important data i.e. changes should be presented also in numbers.

If you make a subgroup analysis, you have to present the baseline data also for the subgroups, which is now missing. However, this seems to be most important part of the report!

Level of interest: An article of outstanding merit and interest in its field

Quality of written English: Acceptable

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

Declaration of competing interests:

'I declare that I have no competing interests' below