Reviewer’s report

Title: An integrated approach in a case of Facioscapulohumeral dystrophy

Version: 1 Date: 13 March 2014

Reviewer: La Torre Antonio

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Minor Essential Revisions

The purpose of this study was to report the effects of 6 months of arm cycling and resistance exercise combined with a diet supplemented with bcaa and creatine monohydrate combined with conjugated linoleic acid in a woman with severe FSHD. The authors concluded that an endurance resistance exercise program combined with nutritional supplementation yields beneficial results and therefore can be used for selected patients with FSHD.

This is an interesting case study. Results are clear just a couple of comments:

Bioelectrical impedance analysis is often subject to variability, based upon a number of factors including hydration state. Do the authors have any data supporting its test-retest reliability in this patient or in similar population of subjects?

It is not obvious why resting energy expenditure was measured. Perhaps the authors could comment in the method section or discussion why REE was measured

Level of interest: An article of outstanding merit and interest 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' below.