Author's response to reviews

Title: Rationale, design, and protocol for the prevention of low back pain in the military (POLM)

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Thank you for accepting our manuscript, pending formatting changes. The changes made to the manuscript are highlighted below in bold font.

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Title - Please ensure this is identical in both the manuscript and submission system.
The titles are now identical in the manuscript and submission system.

Author list - Please do not put each author on a separate line.
The author list is now on two lines, not a separate line for each author.

The Corresponding author should be denoted with the use of a symbol, e.g. *, in the author list.
The corresponding author is now listed with an asterisk.

Affiliations - Please remove the parentheses from the USA, e.g.
1 Department of Physical Therapy, Brooks Center for Rehabilitation Studies, PO Box 100154, University of Florida, Gainesville, FL, 32610-0154, USA etc.
E-mail addresses - Please remove all the e-mail addresses from the affiliations. Please list all the e-mail addresses (after the Corresponding author details) by using initials and a colon in the following way. For example, GSF: g.s.feder@qmul.ac.uk HS: hsohal@yahoo.co.uk SE: s.eldridge@qmul.ac.uk
These edits were completed.

Abstract - Please include title 'Abstract' to the Abstract section.
Abstract was added as title of abstract section.

Abstract - The trial registration number must be mentioned in the abstract. The last section of the abstract must be titled 'Trial registration:' listing the trial registry and the unique identifying number. Please note that there must be no space between the letters and numbers of the trial registration number, e.g. ISRCTN12345678.

Methods (in the Abstract) - Please rename this section 'Methods/Design'
These changes were made.

Introduction - Please rename this section 'Background'
This section was renamed.

Underlining - Please remove the underlines from page 7.
This was done.

Underlining - Please do not underline any section headings.
Underlining was removed from all section headings. They now are identified by (in order of heading): Bold, italics, regular font.

Methods - Please rename this section 'Methods/Design'
This section was renamed.

Headings and sub-headings - Please use sentence case for all headings and sub-headings in the manuscript (i.e. remove all unnecessary capitals). For example, Data Analysis -> Data analysis
This was done.

Abbreviations Used - Please rename this section 'Abbreviations'
Abbreviations - Please do not put each abbreviation on a separate line. Please use a comma and a semi-colon to separate each abbreviation in the following way. For example, LBP, low back pain; AIT, Advanced individual training; CSEP, Core stabilization exercise program; etc.
This was done.
Competing Interests -> Competing interests
Competing interests - If there are none to declare, please write 'The authors declare that they have no competing interests.'
This was done.

Author Contributions -> Authors' contributions
Authors' contributions - Please do not put each sentence on a separate line.
This was done.

Acknowledgements - Please do not put each acknowledgement on a separate line. Please may we suggest that it is written in a sentence. For example, We thank Donna Cunningham for her administrative assistance.
This was done.

Reference List - Please rename this section 'References'
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Website addresses - Websites must be removed from the text, and cited from the main reference list only. If you are using referencing software such as EndNote or Refman, please ensure that your references are entered through the software rather than included in the manuscript reference list manually. Please present your reference in the following structure, e.g.17. Website title [www.website.com].
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References - We note that reference 47 is cited in the text before reference 1. References should be cited in the text in ascending numerical order, using numbers in square brackets, before the full stop or comma or semi-colon. Please do not use superscript numbers.

EndNote or Ref Manager references - Please ensure that the data in your Ref Manager software is entered correctly. This is to ensure that the references are displayed correctly. Please ensure that you format your reference list before re-submitting your revised manuscript. Currently, the reference list does not have the same sequence as the extracted reference list.

Reference list and database was updated and checked for accuracy.

Tables - Please use sentence case in the tables (i.e. remove all unnecessary capitals). For example, Abdominal Drawing-In Maneuver Crunch -> Abdominal drawing-in maneuver crunch Measure of LBP Severity -> Measure of LBP severity (16 Companies) -> (16 companies) etc.
All tables now have sentence case.

Table 1 - Please may we suggest that the abbreviations be placed in
the table legend as the following: TEP, traditional exercise program; CSEP, core stabilization exercise program.
Table legends added to all tables.
Table 1 - Please ensure that text alignment in columns is clear and consistent. Please may we suggest that the text in columns 2 and 3 are aligned to the left (not centre).
All text in all tables is now aligned to the left.
Figure legends - Please move these to a position after the References
This was done.
Thank you for accepting our manuscript for publication. Please contact us if there are any more issues that need to be resolved before going to press.
Sincerely,

John D. Childs, PT, PhD, MBA
Assistant Professor and Director of Research
US Army-Baylor University Doctoral Program in Physical Therapy