Reviewer’s report

Title: The Effect of Chair Massage on Muscular Discomfort in Cardiac Sonographers: A Pilot Study

Version: 1 Date: 26 February 2010

Reviewer: Peter A Mackereth

Reviewer’s report:

Review

Thank you for asking me to review this interesting paper reporting on an investigation of an innovative pilot project to evaluate chair massage / plus stretching

Specific points

Abstract

Background – 2 aims here – sentence rather long

Introduction

The authors mention several surveys – references required to support these statements

Given that Chair Massages was the main focus of the evaluation work the paper needs a short review of published peer reviewed work in this area. Dr Tiffany Field and others have published work on chair massage.

The presentation of results is satisfactory and discussion appropriate.

Limitations

I think it would be useful to recognise that massage can have an effect on mood and interest in self-care - there may have been an impact of how participants adjust and manage their work to avoid/minimise strain. I think this needs to be acknowledged/ discussed briefly.

I would recommend the paper be revisited to address the areas above – these are minor changes but would improve the presentation of the work.