Reviewer's report

Title: A Meta-analysis of the effects of Exercise Training on Left Ventricular Remodeling Following Myocardial Infarction: Start early and go longer for greatest exercise benefits on mortality

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Reviewer: Francesco Giallauria

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Dr. Mark Haykowsky and colleagues, a distinguished group of investigators, performed a systematic review and meta-analysis to assess the overall effects of exercise training on LV remodeling in clinically stable postinfarction patients. LV remodeling is a strong predictor of cardiovascular mortality following myocardial infarction but it is still not clear how exercise affects LV remodeling. Recent guidelines on physical activity after myocardial infarction are dramatically poor of recommendations regarding “when” exercise should be initiated after myocardial infarction and “how long” should be continued to ensure and maximize benefits.

Authors found that in order to achieve maximal anti-remodeling benefits, clinically stable patients after uncomplicated myocardial infarction should begin aerobic exercise training earlier after hospital discharge (from one week) and should continue training for up to 6 months.

This is an interesting work, well written, concise and complete.

Level of interest: An article of importance 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.