Reviewer's report

Title: Efficacy of pre-exercise low-level laser therapy on isokinetic muscle performance in individuals with type 2 diabetes mellitus: Protocol for a double-blind randomized controlled trial

Version: 1 Date: 10 January 2014

Reviewer: Maxi Holland

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Comments
The submitted protocol provides a detailed account of the study design and methodology planned. It is well written, easy to understand and therefore allow replication of the work and comparison with related research. However, some additional considerations might be helpful to rule out possible misunderstandings or misleading conclusions:

1. How will the listed exclusion criteria be determined (self-reporting questionnaire, medical tests, etc.) and which biochemical data will be collected during the initial screening?

2. Patients with liver disease and pernicious anemia for example are known to have elevated levels of activity of LDH. Since LDH activity will be a secondary outcome it might be helpful to extend the exclusion criteria for patients with those conditions?

3. Activity of LDH and CK are rather unspecific biomarkers for tissue damage, therefore it might be worth considering to also quantifying the isoenzyme forms which are found predominantly in skeletal muscle?

4. Some Figures of the planned eccentric fatigue protocol and the maximum voluntary isometric contraction of the quadriceps muscle might provide a much easier approach to the stated tests?