Reviewer's report

Title: What is the ideal dose and power output of low-level laser therapy (810 nm) on muscle performance and post-exercise recovery? Study protocol for a double-blind randomized placebo-controlled trial

Version: 3 Date: 24 January 2014

Reviewer: Kelli Allen

Reviewer's report:

This is a clearly written protocol manuscript. I have only a few recommendations.

Minor essential revisions:

1. Introduction, paragraphs 2 and 3: it is not clear how these paragraphs fit into the flow of the introduction and set-up of the study. They are well written and obviously related to the general topic, but they may be better placed in the methods section or otherwise tied in better within the introduction.

2. Provide a brief description of identification and recruitment of participants - e.g., how will they be invited, and what screening procedures will be used to identify inclusion / exclusion criteria?

3. Composition of groups...section: there seems to be a misplaced ""with a." at the end of the 2nd sentence, or something is missing from the sentence.

4. The data analysis section should be placed earlier, before the Discussion section.

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.