Reviewer's report

Title: Effect of a 6-week dynamic neuromuscular training programme on ankle joint function: A Case report

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The authors have prepared an excellent manuscript that is timely, relevant, and serves as an outstanding example for bridging the gap between clinical practice and research. There are only a couple issues I have with the manuscript that are aimed at improving the clarity of the presentation.

1. Neuromuscular training programme - It would be helpful to add a bit of information about the progressions of the program to enhance its replicability. In the table, the activities are described, but could the authors provide number of sets and repetitions, guidelines for progression, levels within each week through which the athlete progressed? Perhaps an appendix with full details of the exercises and progressions would be more appropriate. I think this information is relevant to the case report and provides readers the opportunity to incorporate it into clinical practice or design cohort studies with this as an intervention.

2. Results - There are no effect sizes in Table 2. Only means and standard deviations are presented, which is completely fine. One recommendation for the results section is to change the term "significant" to "meaningful". Right now, the term significant is a bit misleading as it is traditionally associated with statistical findings. I understand what the authors are indicating, but for clarity, "meaningful" might be a more appropriate word.

3. Results and discussion - the authors present a logical argument for the changes in the measures due to the intervention. One of the points that could be added to the discussion that might help add context to the findings is the critical value of the CAIT that has been used to classify those with CAI. Not only did the authors find a 23 point increase in the CAIT after intervention, the score was at the threshold for qualifying for CAI. It would appear that the athlete might be on the cusp of not being classified as CAI. This may lend more weight to the findings of the objective measures used.

Overall, this is an outstanding report and I would like to commend the authors on their work. These types of studies are severely needed in Sports Medicine and provide the foundation for the systematic investigation of interventions to attenuate disability in those with CAI. Outstanding work!!

Level of interest: An article of outstanding merit and interest in its field
Quality of written English: Acceptable