Author’s response to reviews

Title: Effects of two exercise protocols on postural balance of elderly women: a randomized controlled trial

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Author’s response to reviews:

Dear Editor,

We have revised our manuscript in accordance with your suggestions. Modifications are shown in green highlighted text. If any further modifications are required before our paper is published in BMC Geriatrics, please do not hesitate to contact me.

1. “Thank you for adding the sample size calculation. However, the information is incomplete: what does the 0.50 effect size mean and can you back the choice for this expected effect size up with literature? What was the expected mean and SD and what where these based on? Was this calculation based on one primary outcome only or on all outcomes (in which case I would have expected a range)? Please clarify whether 54 participants were required per group or in total?"

Response:
• The sample size calculation has been redone in accordance with the new suggestions. (lines 135-140).

2. “As suggested, you have revised the methods (lines 113-116 and lines 229-230) so that women who missed more than 2 sessions were excluded from the analyses (rather than the study), but it seems that the results section (lines 248-250) and Figure 1 were not amended accordingly. Please check that the changes are made consistently throughout the paper.”

Response
• We have made all the changes suggested above (lines 131-132, 252-253, Figure 1).

Yours sincerely,