Reviewer's report

Title: Study Protocol: Does isolated hip strengthening for Patellofemoral Pain Syndrome (Anterior Knee Pain) give better long term results than traditional quadriceps based training? A randomised controlled trial.

Version: 3 Date: 27 December 2014

Reviewer: Michael Skovdal Rathleff

Reviewer's report:

Thanks for the revised version of the manuscript. It is much improved and the only issue left is the hypothesis and corresponding sample-size calculation.

Major Compulsory Revisions

Background and methods

You state that “Our hypothesis is that there is no difference between the three groups for primary or secondary outcomes measured at three months and one year”. This suggest that you expect there will be no difference between the three groups at your primary endpoint. However, your sample-size calculation is a superiority type. If you want to be able to conclude that there is no difference between groups, you need to conduct an equivalence sample-size calculation. This is an important part of the methods as it may determine what you will be able to conclude from your study.

Level of interest: An article whose findings are important to those with closely related research interests

Quality of written English: Acceptable

Statistical review: Yes, and I have assessed the statistics in my report.

Declaration of competing interests:

I declare that I have no competing interests.