Reviewer's report

Title: Specific exercise training for reducing neck and shoulder pain among military helicopter pilots and crew members: a randomized controlled trial protocol

Version: 1 Date: 30 May 2015

Reviewer: Marco Bergamin

Reviewer's report:

General comments:
This manuscript aimed to investigate whether a specifically tailored exercise intervention would reduce the prevalence and incidence rate of neck/shoulder pain among helicopter pilots and crew members. Authors auspicated that findings of this investigation can participate in producing future guidelines. Although the paper appears satisfactorily structured in its logical sequence and the methodological approach was correctly developed with a clear report of results, the rationale has not been well introduced as the protocol deserved. From a personal point of view, I would more stress the importance of exercise and the tailored approach on that, which is object of this investigation. Finally, I would like to thank the Authors for undertaking this work and hope that the under mentioned points will help to strengthen the manuscript.

Specific comments (majors and minors)
Lines 81-82. Please, stress the importance of exercise in prevention of neck and upper limb work related musculoskeletal disorders. Further, try to explain the reason because a personalized approach can have a higher value (with respect to a general exercise program) in order reduce and/or prevent neck/shoulder pain. For your convenience, please, read and cite these investigations. These studies demonstrated the importance of a tailored exercise protocol in treat and prevent neck and upper limb pain on workers.


Despite the paper is well written, I realized that Authors are not native English speakers; I suggest a further editing passage from a scientific writer to better
arrange the final draft.

**Level of interest:** An article of importance in its field

**Quality of written English:** Needs some language corrections before being published

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

**Declaration of competing interests:**

I declare that I have no competing interests.